



# Yoga Teacher Training Diploma: Hebden Bridge Course Schedule

Application closing date **Sunday 20<sup>th</sup> November 2011**  
**Interview Weekend 3 and 4 December 2011**

## *Timetable<sup>1</sup>*

### **Module 1 – 28 and 29 January 2012**

#### **Saturday all day**

- (a) Brief introduction to the course and to each other.
- (b) Introduction to the mechanics of breathing and how the stress response and posture affect our ability to breathe well. Exploration of breath linked movements.
- (c) Exploration of downward facing dog.

#### **Sunday morning**

Principles and skills of teaching (part 1).

#### **Sunday afternoon**

Yoga's Historical Context (part 1) – an introduction to yoga philosophy and teachings, exploring the early roots of the yoga tradition.

***On Sunday lunch will be provided by Yogacampus to enable you to get to know your fellow students and some of the course teachers***

### **Module 2 – 10 and 11 March 2012**

#### **Saturday all day**

Experiential Anatomy (1) and (2) - the first of a series of sessions looking at the practical application of human anatomy in yoga teaching.

#### **Sunday all day**

Principles of standing postures. A breakdown of the core principles of key standing postures.

### **Module 3 – 21 and 22 April 2012**

#### **Saturday a.m.**

Introduction to the alignment principles of twists.

#### **Saturday p.m.**

Experiential Anatomy (3).

#### **Sunday all day**

Principles of seated postures, forward and backbends. The essential aspects of safely practising seated postures, forward bends and backbends.

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<sup>1</sup> Please note that, while the module dates will not change, unexpected commitments mean that we very occasionally need to change the order of modules and/or the module teachers.

**Module 4 – 25, 26 and 27 May 2012 (note bank holiday 1 week later in 2012)**

**Friday afternoon**

From 4.30 to 7.00 Historical overview of Patanjali's Yoga Sutras: brief summary of the four chapters; study of particular aspects of the Sutras; incorporation of the Sutras into teaching and daily life.

**Saturday all day**

Experiential Anatomy (4) and (5)

**Sunday morning**

Principles of inversions: when and how shoulderstand, headstand and handstand are safely practised.

**Sunday afternoon**

Yoga's Historical Context (part 2) - later developments in yoga philosophy and teachings and the development of contemporary styles and schools of yoga.

**Module 5 – 14 and 15 July 2012**

**Saturday morning**

Asana workshop: a review of key asana principles and techniques, exploring how your own practice has developed in the light of the course so far.

**Saturday afternoon**

Teaching practice – you will each teach a group of your fellow students. N.B this module requires a 2<sup>nd</sup> room as group splits into 2.

**Sunday morning**

Principles of sequencing (part 1).

**Sunday afternoon**

(a) Introduction to Sanskrit pronunciation and de-mystifying Sanskrit posture names.  
(b) Use of language in yoga teaching – “how to say what you mean AND mean what you say”.

**Module 6 – 22 and 23 Sept 2012**

**Saturday all day**

How to teach and modify standing postures: revisiting the key principles of standing postures with an emphasis on how to teach them safely and effectively.

**Sunday all day**

The subtle body: chakras, bandhas, koshas and other things: what they are and how to incorporate them into teaching.

**Module 7 – 3 and 4 November 2012**

**Friday afternoon - 12.30 to 15.30**

Meditation: different types of and approaches to meditation; incorporating meditation into yoga classes.

**Friday afternoon – 16.30 to 19.00**

Anatomy and physiology of the body systems and common medical conditions for yoga teachers (part 1).

**Saturday morning**

Anatomy and physiology of the body systems and common medical conditions for yoga teachers (part 1).

**Saturday afternoon**

How to teach and modify seated postures, forward and back bends: revisiting the key principles of these postures with an emphasis on how to teach them safely and effectively.

**Sunday all day**

How to teach and modify seated postures, forward and back bends: revisiting the key principles of these postures with an emphasis on how to teach them safely and effectively.

**Module 8 – 8 and 9 Dec 2012**

**Saturday morning**

How to teach inversions: safe and effective teaching of inversions, including modifications and alternative approaches.

**Saturday afternoon**

Principles of sequencing (part 2).

**Sunday all day**

Principles and skills of adjustment.

**Module 9 - late Jan 2013**

**Friday afternoon**

Sequencing part 3, including class and course planning.

**Saturday morning**

Teaching practice workshop.

**Saturday afternoon**

Anatomy and physiology and common medical conditions for yoga teachers (part 2)

**Sunday all day**

Anatomy and physiology and common medical conditions for yoga teachers (part 3)

**Module 10 - end March 2013**

**Saturday morning**

The Hatha Yoga Pradipika: a historical overview and look at its key concepts.

**Saturday afternoon**

Principles and skills of teaching (part 2): an interactive session including more teaching practice.

**Sunday all day**

Pranayama. What is pranayama? Its gross and subtle aspects, emphasis on safe practice, practice of specific techniques and discussion of their effects.

**Module 11 – mid May 2013**

**Saturday morning**

How to teach and modify twists: revisiting the key principles of twisting postures with an emphasis on how to teach them safely and effectively.

**Saturday afternoon**

Teaching practice workshop.

**Sunday morning**

The Bhagavad Gita: a historical overview and look at its key concepts.

**Sunday afternoon**

Safe integration of pregnant students into general classes.

**Module 12 - early July 2013**

**Saturday all day** (with possibility of Friday evening) - final teaching assessment.

**Sunday 10.00 a.m. to 3.00 p.m.** (with short lunch break)

How to practise and teach restorative and relaxation postures.

**Sunday 3.00 to 5.30 pm** (approx)

Food and chanting with guest musicians.