

## Yoga Teacher Training Diploma Hebden Bridge Course Schedule

Application closing date Sunday 20 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.
- (c) Exploration of downward facing dog.
- (d) Principles and skills of teaching (part 1).

*Amanda Latchmore and Jane Craggs*

***On Saturday lunch will be provided by Yogacampus to enable you to get to know your fellow students.***

##### **Sunday a.m.**

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

*Susanne Lahusen*

##### **Sunday p.m.**

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

*Graham Burns*

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

##### **Saturday all day**

Experiential Anatomy (parts 2 and 3).

*Susanne Lahusen*

##### **Sunday all day**

Principles of standing postures: a breakdown of the core principles of key standing postures.

*Amanda Latchmore*

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

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

How the breath structure can support a yoga practice.

*Jane Craggs*

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

Introduction to the alignment principles of twists.

*Amanda Latchmore*

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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.

**Sunday all day**

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

*Jane Craggs*

**Module 4 – 25, 26 and 27 May 2012****Friday 15.30 to 19.00 p.m.**

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.

*Jane Craggs*

**Saturday all day**

Experiential Anatomy (parts 4 and 5).

*Laura Glaser*

**Sunday a.m.**

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

*Jane Craggs*

**Sunday p.m.**

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

*Graham Burns*

**Module 5 – 14 and 15 July 2012****Saturday a.m.**

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.

*Amanda Latchmore and Jane Craggs*

**Saturday p.m.**

Teaching practice – you will each teach a group of your fellow students.

*Amanda Latchmore and Jane Craggs*

**Sunday a.m.**

Principles of sequencing (part 1) - how to begin to put postures and practices together safely and effectively; different approaches to class sequencing.

*Graham Burns*

**Sunday p.m.**

(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”.

*Graham Burns*

**Module 6 – 22 and 23 September 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.

*Amanda Latchmore*

**Sunday all day**

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

*Sasha Markovic*

**Module 7 – 3 and 4 November 2012****Friday 12.30 to 15.30 p.m.**

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

*Jon Pearson*

**Friday 16.30 to 21.30 p.m.**

Anatomy and physiology and common medical conditions for yoga teachers (part 1).

*Ruth Gilmore*

**Saturday a.m.**

Anatomy and physiology and common medical conditions for yoga teachers (part 1 - continued.).

*Ruth Gilmore*

**Saturday p.m.**

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.

*Jane Craggs*

**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 (cont.).

*Jane Craggs*

**Module 8 – 8 and 9 December 2012****Saturday a.m.**

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

*Jane Craggs*

**Saturday p.m.**

Principles of sequencing (part 2) - further ways of safely and effectively sequencing classes, looking in particular at how sequencing can impact on the energetics of a practice.

*Liz Lark*

**Sunday all day**

Principles and skills of adjustment.

*Liz Lark*

**Module 9 - 1, 2 and 3 February 2013**

**Friday 15.30 to 21.00 p.m.**

Anatomy and physiology and common medical conditions for yoga teachers (part 2).  
*Ruth Gilmore*

**Saturday all day**

Anatomy and physiology and common medical conditions for yoga teachers (part 3).  
*Ruth Gilmore*

**Sunday a.m.**

Teaching practice workshop.  
*Amanda Latchmore*

**Saturday p.m.**

Principles of sequencing (part 3), including class and course planning.  
*Amanda Latchmore*

**Module 10 - mid March 2013**

**Saturday a.m.**

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

**Saturday p.m.**

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

**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.  
*Catriona Brokenshire*

**Module 11 - mid May 2013**

**Saturday a.m.**

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

**Saturday p.m.**

Teaching practice workshop.  
*Amanda Latchmore*

**Sunday a.m.**

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

**Sunday p.m.**

Safe integration of pregnant students into general classes.  
*Donna Southwell*

**Module 12 - early July 2013**

**Saturday all day** - final teaching assessment.

*Board members*

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

How to practise and teach restorative and relaxation postures.

*Christine Howitt*

**Sunday 3.00 to 5.30 p.m.** (approx)

Food and chanting with guest musicians.