YOGACAMPUS
SHARING KNOWLEDGE

Yoga Teacher Training Diploma
Intake 36: January 2022 Schedule

Module Timetable[1]

Module 1: 22 and 23 January 2022

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) Principles and Skills of Teaching 1
(d) Variations on a theme of sun salutations, with particular emphasis on the key poses

Sarah Litton

Sunday a.m.

Experiential Anatomy 1
The Experiential Anatomy modules will explore the application of human anatomy in yoga teaching in a focussed and highly practical way.
Susanne Lahusen

Sunday p.m.

Creative Asana – Section 1, Part 1
The Creative Asana modules will be structured around four sections of a class sequence, which will incorporate warm-ups and limbers, standing postures, twists, seated postures, forward bends and backbends. In each Creative Asana module you will look at the structure of one of four segments of a class, exploring how safely and effectively to practise and teach asanas within that segment, appropriate modifications, basic adjustment skills, and sequencing principles relevant to that segment. There will be two sessions devoted to each segment. The idea is that these modules will give you a sound base on which to graft your own creativity of sequencing and teaching.
Liz Lark

Module 2: 19 February 2022 - Live Online

Saturday a.m.

Experiential Anatomy 2
Susanne Lahusen

Saturday p.m.

Creative Asana – Section 2, Part 1
Catriona Brokenshire

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[1] *Please note that we occasionally need to change the order of modules and/or the module teachers due to unexpected commitments.*

Module 3: 26 and 27 March 2022

Saturday all day
Experiential Anatomy 3 and 4
Susanne Lahusen

Sunday a.m.
Creative Asana – Section 2, Part 1
Catriona Brokenshire

Sunday p.m.
Teaching Workshop 1: a workshop session in which you will each teach a group of your fellow students
Mina Hosokawa & Eunice Laurel

Module 4: 23 April 2022 - Live Online

Saturday a.m.
Creative Asana – Section 3, Part 1
Sarah Litton

Saturday p.m.
Principles of Sequencing 1
Liz Lark

Module 5: 28 and 29 May 2022

Saturday a.m.
Creative Asana – Section 3, Part 1
Sarah Litton

Saturday p.m.
Experiential Anatomy 5
Susanne Lahusen

Sunday a.m.
Key Yoga Texts - Patanjali's Yoga Sutras
In each of the Key Yoga Texts modules, you will explore the structure and content of an important text of the yoga tradition, with particular reference to the application of the teachings of that text in contemporary life and teaching
Sarah Litton

Sunday p.m.
Pranayama: what is pranayama?; a discussion of its gross and subtle aspects, emphasis on safe practice, practice of specific techniques and discussion of their effects
Catriona Brokenshire

Module 6: 25 June 2022 - Live Online

Saturday a.m.
Teaching Workshop 2
Karen Russell and Eunice Laurel

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Saturday p.m.
Meditation: the place of meditation in the yoga tradition, starting your own meditation practice, and how to incorporate meditation into yoga classes

Graham Burns

Module 7: 22, 23 and 24 July 2022

Friday a.m.
Creative Asana Section 4

Friday p.m.
Teaching workshop 3

Saturday a.m.
Inversions : a practical session exploring the core principles of inversions, focussing particularly on safety issues and preparatory postures.

Saturday p.m.
Creative Asana – Section 4, Part 1

Sunday all day
Creative Asana – Section 1, Part 2
Liz Lark

Module 8: 17 September 2022 - Live Online

Saturday a.m.
Anatomy and Physiology and Common Medical Conditions for Yoga Teachers 1: overview of the cardiovascular system, the respiratory system and the digestive system

Saturday p.m.
The Subtle Body Part 1:chakras, bandhas, koshas and other things, what they are and how to incorporate them into teaching
Graham Burns

Module 9: 22 and 23 October 2022

Saturday a.m.
Principles and Skills of Teaching 2
Liz Lark

Saturday p.m.
Teaching Workshop 4

Sunday all day
Creative Asana – Section 2, Part 2
Catriona Brokenshire

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Module 10: 19 November 2022- Live Online

Saturday a.m.
Anatomy and Physiology and Common Medical Conditions for Yoga Teachers 2: the endocrine system, the nervous system and the lymphatic (immune) system

Saturday p.m.
Key Yoga Texts - The Hatha Yoga Pradipika
Graham Burns

Module 11: 10 and 11 December 2022

Saturday all day
Creative Asana – Section 3, Part 2
Sarah Litton

Sunday a.m.
Pranayama Part 2
Catriona Brokenshire

Sunday p.m.
Principles of Sequencing 2: Course Planning

Module 12: 21 January 2023 - Live Online

Saturday a.m.
Key Yoga Texts - The Bhagavad Gita

Saturday p.m.
Introduction to Sanskrit pronunciation and de-mystifying Sanskrit posture names and use of language
Graham Burns

Module 13: 18 and 19 February 2023

Saturday all day
Creative Asana 4.2

Sunday a.m.
Being a Yoga Teacher: how to manage your life as a yoga teacher, including practical advice on marketing and essential business skills
Mina Hosokawa

Sunday p.m.
Teaching Workshop 5: including a guide to, and preparation for, your Final Teaching Assessment
Liz Lark

Module 14: 18 March 2023

Saturday a.m.
The Subtle Body Part 2
Graham Burns

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Saturday p.m.
Yoga Philosophy Round-up: a review of some of the history of yoga and yoga philosophies in the context of yoga teaching
Graham Burns

Module 15: 29 and 30 April 2023

Saturday all day (with possibility of Friday afternoon)
Final Teaching Assessment

Sunday 9.30 a.m. to 2.45 p.m. (with short lunch break)
Restorative and Relaxation Postures: how to practise and teach restorative and relaxation postures.
Adelene Cheong

Sunday 3.00 to 5.00 p.m. (approx.)
Closing ceremony and celebration

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