

## Yoga Teacher Training Diploma Intake 36: October 2021 Schedule

### Module Timetable<sup>1</sup>

#### **Module 1: 23 and 24 October 2021**

##### **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

##### **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.

##### **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.

#### **Module 2: 20 and 21 November 2021 - Live Online**

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

##### Creative Asana – Section 2, Part 1

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

##### Experiential Anatomy 2

#### **Module 3: 11 and 12 December 2021**

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

##### Experiential Anatomy 3 and 4

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

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<sup>1</sup> Please note that we occasionally need to change the order of modules and/or the module teachers due to unexpected commitments.

Creative Asana – Section 2, Part 1

**Sunday p.m.**

Teaching Workshop 1: a workshop session in which you will each teach a group of your fellow students

**Module 4: 22 January 2022 - Live Online**

**Saturday a.m.**

Creative Asana – Section 3, Part 1

**Saturday p.m.**

Principles of Sequencing 1

**Module 5: 19 and 20 February 2021**

**Saturday a.m.**

Creative Asana – Section 3, Part 1

**Saturday p.m.**

Experiential Anatomy 5

**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

**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

**Module 6: 26 March 2022 - Live Online**

**Saturday a.m.**

Creative Asana – Section 4, Part 1

**Saturday p.m.**

Teaching Workshop 2

**Module 7: 22, 23 and 24 April 2022**

**Friday a.m.**

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

**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.**

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Creative Asana – Section 4, Part 1

**Sunday all day**

Creative Asana – Section 1, Part 2

**Module 8: 28 May 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.**

Teaching Workshop 4

**Module 9: 25 and 26 June 2022**

**Saturday a.m.**

Principles and Skills of Teaching 2

**Saturday p.m.**

Pranayama Part 2

**Sunday all day**

Creative Asana – Section 2, Part 2

**Module 10: 23 July 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.**

Principles of Sequencing part 2: course planning

**Module 11: 17 and 18 September 2022**

**Saturday all day**

Creative Asana – Section 3, Part 2

**Sunday a.m.**

The Subtle Body Part 1: chakras, bandhas, koshas and other things, what they are and how to incorporate them into teaching

**Sunday p.m.**

Key Yoga Texts - The Hatha Yoga Pradipika

**Module 12: 22 October 2022 - Live Online**

**Saturday a.m.**

Key Yoga Texts - The Bhagavad Gita

**Saturday p.m.**

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

**Module 13: 19 and 20 November 2022**

**Saturday all day**

Creative Asana 4.2

**Sunday a.m.**

Introduction to Sanskrit pronunciation and de-mystifying Sanskrit posture names and use of language

**Sunday p.m.**

Teaching Workshop 5: including a guide to, and preparation for, your Final Teaching Assessment

**Module 14: 17 December 2022**

**Saturday a.m.**

The Subtle Body Part 2

**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

**Module 15: 28 and 29 January 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.

**Sunday 3.00 to 5.00 p.m.** (approx.)

Closing ceremony and celebration