

Yoga Teacher Training Diploma Manchester Intake 6 –March 2022 Schedule v1

Module Timetable¹

Module 1: 12 and 13 March 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

Sunday a.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.

Sunday p.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

Module 2: 9 April 2022 - Live Online

Saturday a.m.

Experiential Anatomy 1 (Intro)

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

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

Saturday p.m.

Creative Asana – Section 2, Part 1

Module 3: 14 and 15 May 2022

Saturday a.m

Creative Asana – Section 2, Part 1

Saturday p.m

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

Sunday a.m

Pranayama Part 1 : what is pranayama?; a discussion of its gross and subtle aspects, emphasis on safe practice, practice of specific techniques and discussion of their effects

Sunday p.m

Experiential Anatomy 3 (Pelvis)

Module 4: 11 June 2022 - Live Online

Saturday a.m.

Creative Asana – Section 3, Part 1

Saturday p.m.

Principles of Sequencing 1

Module 5: 30 and 31 July 2022

Saturday a.m.

Teaching Workshop 2

Saturday p.m.

Creative Asana – Section 3, Part 1

Sunday all day

Experiential anatomy (The Torso and Lower Limbs)

Module 6: 10 September 2022 - Live Online

Saturday a.m.

Experiential Anatomy (Upper Limbs)

Saturday p.m.

Creative Asana – Section 4, Part 1

Module 7: 14, 15, and 16 October 2022

Friday a.m.

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

Friday p.m.

Teaching workshop 3

Saturday all day

Creative Asana – Section 1, Part 2

Sunday a.m.

Creative Asana – Section 4, Part 1

Sunday p.m.

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

Module 8: 12 November 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.

Principles of Sequencing part 2: course planning

Module 9: 10 and 11 December 2022

Saturday a.m.

Principles and Skills of Teaching 3

Saturday p.m.
Principles and Skills of Teaching 4

Sunday all day
Creative Asana – Section 2, Part 2

Module 10: 14 January 2023 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.
Teaching Workshop 4

Module 11: 11 and 12 February 2023

Saturday all day
Creative Asana – Section 3, Part 2

Sunday a.m.
Key Yoga Texts - The Hatha Yoga Pradipika

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

Module 12: 11 March 2023 Live Online

Saturday a.m.2
Meditation

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

Module 13: 22 and 23 April 2023

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

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

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Diploma

Sunday all day
Creative Asana 4.2

Module 14: 13 May 2023 Live Online

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: 10 and 11 June 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, with chanting