

Yoga Teacher Training Diploma York Intake 5 –October 2021 Schedule

Module Timetable¹

Module 1: 16 and 17 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: 13 November 2021 - Live Online

Saturday a.m.

Experiential Anatomy 2 (the torso)

Saturday p.m.

Creative Asana – Section 2, Part 1

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

Module 3: 4 and 5 December 2021

Saturday all day

Experiential Anatomy 3 and 4 (the pelvis and upper limbs)

Sunday a.m.

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: 15 January 2022- Live Online

Saturday a.m.

Creative Asana – Section 3, Part 1

Saturday p.m.

Principles of Sequencing 1

Module 5: 12 and 13 February 2022

Saturday a.m.

Creative Asana – Section 3, Part 1

Saturday p.m.

Experiential Anatomy 5 (the feet and lower legs)

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: 5 March 2022 - Live Online

Saturday a.m.

Creative Asana – Section 4, Part 1

Saturday p.m.

Teaching Workshop 2

Module 7: 8,9 and 10 April 2022 (Easter is 17th)

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 a.m.

Creative Asana – Section 4, Part 1

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

Sunday all day

Creative Asana – Section 1, Part 2

Module 8: 14 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 (use of language)

Module 9: 11 and 12 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: 9 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: 10 and 11 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: 8 October 2022 - Live Online

Saturday a.m.

Key Yoga Texts - The Bhagavad Gita

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

Module 13: 12 and 13 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: 3 December 2021 - 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: 14 and 15 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, with chanting