

Yoga Teacher Training Diploma Intake 33 – Schedule (FINAL)

Taster Day: 11 January and 22 January 2020
Application deadline: 2 February 2020
Interviews: 15 February and 22 February 2020

Module Timetable¹

Module 1: 18 and 19 April 2020

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, will be taught to the group by Sarah Litton

Sunday a.m.

Yoga's Historical Context: the history of yoga and some core philosophical ideas.
Graham Burns

Sunday p.m.

Creative Asana – Section 1, Part 1.

Liz Lark

The Creative Asana modules will be structured around the asanas listed in your manual, which incorporate warm-ups and limbers, standing postures, twists, seated postures, forward bends and backbends. In each Creative Asana module you will look at one of the four sections exploring how safely and effectively to practise and teach asanas within that section, appropriate modifications, basic adjustment skills, and relevant sequencing principles. There will be two sessions devoted to each section – the first session will focus more on alignment and teaching points and the second on creative sequencing, adjusting and teaching skills.

Module 2: 30 and 31 May 2020

Saturday all day

Experiential Anatomy 1 and 2

Susanne Lahusen

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.

Sunday all day

Creative Asana – Section 2, Part 1.
Catriona Brokenshire

Module 3: 27 and 28 June 2020**Saturday all day**

Creative Asana – Section 3, Part 1.
Sarah Litton

Sunday a.m.

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

1 teacher

Sunday p.m.

Principles of Sequencing 1.
Liz Lark

Module 4: 25 and 26 July 2020**Saturday a.m.**

Key Yoga Texts - Patanjali's Yoga Sutras.
Sarah Litton

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.

Saturday p.m.

Experiential Anatomy 3 including Teaching Practice
Susanne Lahusen

Sunday all day

Creative Asana – Section 4, Part 1
Raquel Alves

Module 5: 25, 26 and 27 September 2020**Friday all day**

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

Katrina Repka

Saturday a.m.

Experiential Anatomy 4 including Teaching Practice
Susanne Lahusen

Saturday p.m.

Experiential Anatomy 5 including Teaching Practice
Susanne Lahusen

Sunday a.m.

(a) Introduction to Sanskrit pronunciation and de-mystifying Sanskrit posture names and (b) The use of language in yoga teaching-“how to say what you mean AND mean what you say”.

Graham Burns

Sunday p.m.

Teaching Workshop 2

2 teachers

Module 6: 31 October and 1 November 2020

Saturday a.m.

Anatomy and Physiology and Common Medical Conditions for Yoga Teachers 1: overview of the systems of the body, the nervous system and endocrine system

Paola Ceccarelli

Saturday p.m.

Teaching Workshop 3

1 teacher

Sunday a.m.

Key Yoga Texts - The Bhagavad Gita.

Paul Palmarozza

Sunday p.m.

Principles of Sequencing 2: including course planning.

Zephyr Wildman

Module 7: 12 and 13 December 2020

Saturday all day

Creative Asana – Section 1, Part 2.

Liz Lark

Sunday all day

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 8: 29, 30 and 31 January 2021

Friday a.m.

Anatomy and Physiology and Common Medical Conditions for Yoga Teachers 2: The cardiovascular system, respiratory system and digestive system.

Paola Ceccarelli

Friday p.m.

Teaching Workshop 4

2 teachers

Saturday all day

Creative Asana – Section 2, Part 2.

Cat Brokenshire

Sunday a.m.

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

how effectively to teach shoulderstand, including variations and modifications.

Raquel Alves

Sunday p.m.

Principles and Skills of Teaching 2 including a focus on creative adjustments.

Liz Lark

Module 9: 13 and 14 March 2021**Saturday all day**

Creative Asana – Section 3, Part 2.

Sarah Litton

Sunday a.m.

Key Yoga Texts - The Hatha Yoga Pradipika.

Graham Burns

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.

Graham Burns

Module 10: 1 and 2 May 2021**Saturday all day**

Creative Asana – Section 4, Part 2.

Raquel Alves

Sunday am

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 pm

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

Liz Lark

Module 11: 3 and 4 July 2021

Saturday all day - Final Teaching Assessment.

Sunday 9.30 a.m. to 2.45 p.m.

Restorative and Relaxation Postures: how to practise and teach restorative and relaxation postures.

Adelene Cheong

Sunday 3.00 to 5.00 pm

Closing ceremony, with chanting.

Ann Malone