

TEACHER TRAINING COURSE

Date	Module	Assignments
7 Sep 19	ONE Asanas, teaching and learning styles, history and origins of yoga, anatomy, personal development	
5 Oct 19		
2 Nov 19		
7 Dec 19		
4 Jan 20		Written assignments due
1 Feb 20		Practical assignment
7 Mar 20	TWO Yogic lifestyle, pranayama, philosophy of yoga, use of props, modifying postures	
4 Apr 20		
2 May 20		
6 Jun 20		
4 Jul 20		Written assignments due
1 Aug 20		Practical assignments
5 Sep 20	THREE Psychology of yoga, meditation, relaxation, comparative styles, sequencing,	
3 Oct 20		
7 Nov 20		
5 Dec 20		
2 Jan 21		Written assignments due
6 Feb 21		
7 Feb 21 am only		Practical assignments
6 Mar 21	FOUR Adjusting and assisting students, demonstrating postures, ethics and professionalism, running a yoga business	
3 Apr 21		
1 May 21		
5 Jun 21		
3 Jul 21		Written assignments due
7 Aug 21		Practical exams
8 Aug 21		Written exam