



## TEACHER TRAINING COURSE

Date	Module	Assignments
5 Sep 20	<b>ONE</b> Asanas, teaching and learning styles, history and origins of yoga, anatomy, personal development	
3 Oct 20		
7 Nov 20		
5 Dec 20		
2 Jan 21		Written assignments due
6 Feb 21		Practical assignment
7 Feb 21	<b>TWO</b> Yogic lifestyle, pranayama, philosophy of yoga, use of props, modifying postures	
6 Mar 21		
3 Apr 21		
1 May 21		
5 Jun 21		Written assignments due
3 Jul 21		Practical assignments
7 Aug 21	<b>THREE</b> Psychology of yoga, meditation, relaxation, comparative styles, sequencing,	
4 Sep 21		
2 Oct 21		
6 Nov 21		
4 Dec 21		Written assignments due
8 Jan 22		
5 Feb 22	Practical assignments	
5 Mar 22	<b>FOUR</b> Adjusting and assisting students, demonstrating postures, ethics and professionalism, running a yoga business	
2 Apr 22		
7 May 22		
4 Jun 22		
2 Jul 22		Written assignments due
6 Aug 22		Practical exams
7 Aug 22 am only		Written exam