

YOGA TEACHER TRAINING COURSE 2021-2023

Date	Module	Assignments
11 SEP 21	ONE Asanas, teaching and learning styles, history and origins of yoga, anatomy, personal development	
02 OCT 21		
06 NOV 21		
04 DEC 21		
08 JAN 22		Written assignments due
05 FEB 22		Teaching Assessments
05 MAR 22	TWO Yogic lifestyle, pranayama, philosophy of yoga, use of props, modifying postures	
02 APR 22		
07 MAY 22		
04 JUN 22		
02 JUL 22		Written assignments due
06 AUG 22		Teaching Assessments
03 SEP 22	THREE Psychology of yoga, meditation, relaxation, sequencing, restorative	
01 OCT 22		
05 NOV 22		
03 DEC 22		
07 JAN 23		Written assignments due
04 FEB 23		Teaching Assessments
04 MAR 23	FOUR Adjusting and assisting students, demonstrating postures, ethics and professionalism, running a yoga business	
01 APR 23		
06 MAY 23		
03 JUN 23		
01 JUL 23		Written assignments due
05 AUG 23		Final Teaching assessments
06 AUG 23		