

## YOGA TEACHER TRAINING COURSE 2022-2023

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