

## YOGA TEACHER TRAINING COURSE 2022-2024

Date	Module	Assignments
02 APR 22	<p>ONE</p> <p>Asanas, teaching and learning styles, history and origins of yoga, anatomy, personal development</p>	
07 MAY 22		
04 JUN 22		
02 JUL 22		
06 AUG 22		Written assignments due
03 SEP 22		Teaching Assessments
01 OCT 22	<p>TWO</p> <p>Yogic lifestyle, pranayama, philosophy of yoga, use of props, modifying postures</p>	
05 NOV 22		
03 DEC 22		
07 JAN 23		
04 FEB 23		Written assignments due
04 MAR 23		Teaching Assessments
01 APR 23	<p>THREE</p> <p>Psychology of yoga, meditation, relaxation, sequencing, restorative</p>	
06 MAY 23		
03 JUN 23		
01 JUL 23		
05 AUG 23		Written assignments due
02 SEP 23		Teaching Assessments
07 OCT 23	<p>FOUR</p> <p>Adjusting and assisting students, demonstrating postures, ethics and professionalism, running a yoga business</p>	
04 OCT 23		
04 NOV 23		
02 DEC 23		
06 JAN 24		Written assignments due
03 FEB 24		Teaching Assessments