

TT23 DRAFT SCHEDULE

Year	Date	Module	Description	Time	Studio	Intake
2018	Saturday 16th June	Module 1	Welcome and Introduction	9.00am - 1.00pm	Soho 2	TT23
2018	Saturday 16th June	Module 1	Asana and Practice Teaching: The 5 Essentials	2.00pm - 6.00pm	Soho 2	TT23
2018						TT23
2018	Sunday 17th June	Module 1	Breath Awareness and Guidelines	9.00am - 1.00pm	Soho 2	TT23
2018	Sunday 17th June	Module 1	Anatomy: Breathing, the Foot & the Ankle	2.00pm - 6.00pm	Soho 2	TT23
2018						TT23
2018	Saturday 14th July	Module 2	Asana and Practice Teaching: Foundation	1.30pm - 6.00pm	Soho 2	TT23
2018						TT23
2018	Sunday 15th July	Module 2	Asana and Practice Teaching: Stabilising Action and Extension	9.00am - 1.00pm	Soho 2	TT23
2018	Sunday 15th July	Module 2	Anatomy: Pelvis, Sacro-Iliac, Hips & Knees, Abdominals	2.00pm - 6.00pm	Soho 1	TT23
2018						TT23
2018	Saturday 15th September	Module 3	Philosophy: History and Methodology of Yoga	9.00am - 1.00pm	Soho 1	TT23
2018	Saturday 15th September	Module 3	Asana and Practice Teaching: Order To Teach A Pose	2.00pm - 6.15pm	Soho 2	TT23
2018						TT23
2018	Sunday 16th September	Module 3	Philosophy: Joy of Sanskrit	9.30am - 1.30pm	Soho 1	TT23
2018	Sunday 16th September	Module 3	Philosophy: The World of Yoga - A Fascinating Glimpse into Indian Culture	2.30pm - 5.30pm	Soho 1	TT23
2018						TT23
2018	Saturday 13th October	Module 4	Yoga Business (1)	9.30am - 10.30am	Soho 1	TT23
2018	Saturday 13th October	YF1	Yoga Forum 1	11.00am - 12.30pm	Soho 1	TT23
2018	Saturday 13th October	Module 4	Asana and Practice Teaching: The Power of Intention	1.30pm - 6.00pm	Soho 2	TT23
2018						TT23
2018	Sunday 14th October	Module 4	Anatomy: The Spine, the Head and the Nervous System	9.00am - 1.00pm	Soho 1	TT23
2018	Sunday 14th October	Module 4	Asana and Practice Teaching: The Art of Seeing	2.00pm - 6.00pm	Soho 2	TT23
2018						TT23
2018	Friday 30th November	Module 4	Philosophy: Classical Upanishads	6.00pm - 9.00pm	External	TT23
2018						TT23
2018	Saturday 1st December	Module 5	Asana and Practice Teaching: Assisting Guidelines	9.00am - 1.30pm	Soho 2	TT23
2018						TT23
2018	Sunday 2nd December	Module 5	Asana and Practice Teaching: Restorative & Breathwork	2.00pm - 6.00pm	Soho 2	TT23
2018						TT23
2019	Saturday 12th January	Module 6	Philosophy: Bhagavad Gita	9.00am - 1.00pm	Soho 1	TT23
2019	Saturday 12th January	Module 6	Asana and Practice Teaching: Pranayama Practices + the Art of Demonstration	2.00pm - 6.15pm	Soho 2	TT23
2019						TT23
2019	Sunday 13th January	Module 6	Philosophy: Bhakti Tradition	9.00am - 1.00pm	Soho 1	TT23
2019	Sunday 13th January	Module 6	Asana and Practice Teaching: Art of Adjusting 1	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	Monday 14th January	Module 6	Philosophy: Patanjala-Yoga-Shastra	9.00am - 1.00pm	CAMDEN 5	TT23
2019	Monday 14th January	Module 6	Meditation Practice and Instruction	2.00pm - 5.00pm	CAMDEN 5	TT23
2019						TT23
2019	Saturday 2nd March	Module 7	Asana and Practice Teaching: Preventing Injury	9.00am - 1.00pm	Soho 2	TT23
2019	Saturday 2nd March	Module 7	Anatomy: Shoulder, Wrist, hand	2.00pm - 6.00pm	Soho 1	TT23
2019						TT23
2019	Sunday 3rd March	YF2	Yoga Forum 2	11.30am - 1.00pm	Soho 1	TT23
2019	Sunday 3rd March	Module 7	Asana and Practice Teaching: Review Template for Teaching a Pose	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	Saturday 27th April	Module 8	Philosophy: Yoga Upanishads	9.00am - 1.00pm	Soho 1	TT23
2019	Saturday 27th April	Module 8	Anatomy: Integration of Body Systems and Medical Conditions	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	Sunday 28th April	Module 8	Philosophy: Vedanta	9.00am - 1.00pm	Soho 1	TT23
2019	Sunday 28th April	Module 8	Asana and Practice Teaching: Art of Sequencing Pt.1	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	Saturday 18th May	Module 9	Philosophy: Tantra and Kashmir Shaivism	9.00am - 1.00pm	Soho 1	TT23
2019	Saturday 18th May	Module 9	Asana and Practice Teaching: Art of Sequencing Pt.2	2.00pm - 6.15pm	Soho 2	TT23

2019						TT23
2019	Sunday 19th May	Module 9	Philosophy: Hatha Yoga and Related Traditions	9.00am - 1.00pm	Soho 1	TT23
2019	Sunday 19th May	Module 9	Anatomy + Physiology workshop 1	2.00pm - 6.00pm	Soho 1	TT23
2019						TT23
2019	Saturday 22nd June	Module 10	Asana and Practice Teaching: Workshop	9.30am - 1.30pm	Soho 2	TT23
2019	Saturday 22nd June	YF3	Yoga Forum 3	2.30pm - 4.00pm	Soho 1	TT23
2019						TT23
2019	Sunday 23rd June	Module 10	Asana and Practice Teaching: Inversions	9.00am - 1.00pm	Soho 2	TT23
2019	Sunday 23rd June	Module 10	Practice Teaching: Group A & B	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	SEPTEMBER		MID-TERM - ONE HOUR CLASS OBSERVATION + 1st MENTOR MEETING			TT23
2019						TT23
2019	Saturday 7th September	Module 11	Philosophy: Kularnava Tantra	9.00am - 1.00pm	Soho 1	TT23
2019	Saturday 7th September	Module 11	Anatomy + Physiology workshop 2	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	Sunday 8th September	Module 11	Asana and Practice Teaching: 6 Weeks Beginners Course	8.30am - 1.00pm	Soho 2	TT23
2019	Sunday 8th September	Module 11	Philosophy: Shiva Sutras	2.00pm - 6.00pm	Soho 1	TT23
2019						TT23
2019	Saturday 28th September	Module 12	Philosophy: Spanda Karikas	9.00am - 1.00pm	Soho 1	TT23
2019	Saturday 28th September	Module 12	Asana and Practice Teaching: Role of being a Yoga Teacher	2.00pm - 6.15pm	Soho 2	TT23
2019						TT23
2019	Sunday 29th September	Module 12	Anatomy + Physiology workshop 3	9.00am - 1.00pm	Soho 2	TT23
2019	Sunday 29th September	Module 12	Philosophy: Pratyabhijna	2.00pm - 6.00pm	Soho 1	TT23
2019						TT23
2019	Saturday 26th October	Module 13	Asana Workshop: Practice Teaching and Review	9.00am - 1.00pm	Soho 2	TT23
2019	Saturday 26th October	YF 4	Yoga Forum 4	2.00pm - 3.30pm	Soho 1	TT23
2019	Saturday 26th October	Module 13	Yoga Business (2)	4.00pm - 6.00pm	Soho 1	TT23
2019						TT23
2019	Sunday 27th October	Module 13	Asana and Practice Teaching: Preparation for 18 month assessment	2.00pm - 6.00pm	Soho 2	TT23
2019						TT23
2019	Saturday 30th November	Module 14	Meditation Practice and Instruction	8.00am - 9.00am	Soho 1	TT23
2019	Saturday 30th November	Module 14	Philosophy: Yoga of Discipline	9.30am - 1.30pm	Soho 1	TT23
2019	Saturday 30th November	Module 14	Meditation Practice and Instruction	2.30pm - 4.30pm	Soho 1	TT23
2019						TT23
2019	Sunday 1st December	Module 14	Asana and Practice Teaching	9.00am - 2.00pm	Soho 2	TT23
2019						TT23
2019	Monday 2nd December	Module 14	Philosophy: Dharma + Ethical Values	9.00am - 1.00pm	CAMDEN 5	TT23
2019	Monday 2nd December	Module 14	Chanting Session	2.00pm - 3.00pm	CAMDEN 5	TT23
2019						TT23
2019	Saturday 7th December		Personal Practice & 18 Month Assessment	9.00am - 6.00pm	Soho 1	TT23
2019						TT23
2019	Sunday 8th December		Personal Practice & 18 Month Assessment	9.00am - 6.00pm	Soho 1	TT23
2019						TT23
2020	January - May		MENTOR MEETINGS 2 - 6			TT23
2020						TT23
2020	Sunday 29th March	Module 15	Anatomy + Physiology workshop 4	9.00am - 1.00pm	Soho 1	TT23
2020	Sunday 29th March	Module 15	Asana and Practice Teaching: Art of Adjusting 2	2.00pm - 6.00pm	Soho 2	TT23
2020						TT23
2020	April - May		FINAL ASSESSMENTS - ONE HOUR CLASS OBSERVATION			TT23
2020						TT23
2020	Saturday 9th May	Module 16	Asana Workshop + Closing	9.30am - 1.30pm	Soho 2	TT23
2020						TT23
2020	SEPTEMBER		GRADUATION CEREMONY (TBC)	TBC	TBC	TT23
2020						TT23