

TT FINAL SCHEDULE

Year	Date	Module	Description	Time	Studio	Intake	Teacher
2018	Saturday 10th November	Module 1	Welcome and Introduction	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2018	Saturday 10th November	Module 1	Asana Practice: The 5 Essential Asanas	2.00pm - 6.00pm	Soho 2	TT24	Susannah/Jeff
2018						TT24	
2018	Sunday 11th November	Module 1	Breath Awareness and Guidelines for Breath	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2018	Sunday 11th November	Module 1	Anatomy: Breathing, the Foot & the Ankle	2.00pm - 6.00pm	Soho 2	TT24	Chris
2018						TT24	
2018	Saturday 8th December	Module 2	Asana and Practice Teaching: Foundation	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2018	Saturday 8th December	Module 2	Anatomy: Pelvis, Sacro-Iliac, Hips & Knees, Abdominals	2.00pm - 6.00pm	Soho 2	TT24	Chris
2018						TT24	
2018	Sunday 9th December	Module 2	Asana & Practice Teaching: Stabilising Action and Extension	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2018	Sunday 9th December	Module 2	Asana and Practice Teaching: Active + Reflective Voice	2.00pm - 6.00pm	Soho 2	TT24	Susannah/Jeff
2018						TT24	
2019	Saturday 12th January	Module 3	Asana and Practice Teaching: Order To Teach A Pose	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2019						TT24	
2019	Saturday 12th January	Module 3	Philosophy: History and Methodology of Yoga	2.00pm - 6.00pm	Soho 1	TT24	Carlos
2019						TT24	
2019	Sunday 13th January	Module 3	Anatomy: The Spine, the Head and the Nervous System	9.00am - 1.00pm	Soho 2	TT24	Chris
2019	Sunday 13th January	Module 3	Philosophy: The World of Yoga - A Fascinating Glimpse into Indian Culture	2.00pm - 5.00pm	Soho 1	TT24	Carlos
2019						TT24	
2019	Saturday 2nd February	Module 4	Asana and Practice Teaching: The Art of Seeing	9.00am - 1.30pm	Soho 2	TT24	Susannah/Jeff
2019	Saturday 2nd February	Module 4	Philosophy: Joy of Sanskrit	2.30pm - 6.30pm	Soho 1	TT24	Carlos
2019						TT24	
2019	Sunday 3rd February	Module 4	Philosophy: Classical Upanishads	9.00am - 1.00pm	Soho 1	TT24	Carlos
2019	Sunday 3rd February	Module 4	Anatomy: Shoulder, Wrist, hand	2.00pm - 6.00pm	Soho 2	TT24	Chris
2019						TT24	
2019	Saturday 30th March	Module 5	Asana Restorative and Breathwork	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2019	Saturday 30th March	Module 5	Anatomy: Integration of Body Systems and Medical Conditions	2.00pm - 6.00pm	Soho 1	TT24	Chris
2019						TT24	
2019	Sunday 31st March	Module 5	Asana & Practice Teaching: The Power of Intention	9.00am - 1.30pm	Soho 2	TT24	Susannah/Jeff
2019	Sunday 31st March	Module 5	Yoga Forum 1	2.30pm - 4.30pm	Soho 1	TT24	Susannah/Jeff
2019	Sunday 31st March	Module 5	Yoga Business (1)	4.45pm - 5.45pm	Soho 1	TT24	Jonathan Sattin
2019						TT24	
2019	Saturday 18th May	Module 6	Asana and Practice Teaching: The Art of Demonstration	8.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2019	Saturday 18th May	Module 6	Philosophy: Bhagavad Gita	2.00pm - 6.00pm	Soho 1	TT24	Carlos
2019						TT24	
2019	Sunday 19th May	Module 6	Meditation Practice and Instruction	8.00am - 9.00am	Soho 2	TT24	Carlos
2019	Sunday 19th May	Module 6	Asana and Practice Teaching: Assisting Guidelines	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2019	Sunday 19th May	Module 6	Asana and Practice Teaching: Art of Adjusting 1	2.00pm - 6.00pm	Soho 2	TT24	Susannah/Jeff
2019						TT24	
2019	Monday 20th May	Module 6	Philosophy: Bhakti Tradition	9.00am - 1.00pm	CAMDEN 5	TT24	Carlos
2019	Monday 20th May	Module 6	Philosophy: Patanjala-Yoga-Shastra	2.00pm - 6.00pm	CAMDEN 5	TT24	Carlos
2019						TT24	
2019	Saturday 13th July	Module 7	Asana and Practice Teaching: Preventing Injury	9.00am - 1.00pm	Soho 2	TT24	Susannah/Jeff
2019	Saturday 13th July	Module 7	Yoga Forum 2	2.00pm - 4.00pm	Soho 1	TT24	Susannah/Jeff
2019						TT24	
2019	Sunday 14th July	Module 7	Anatomy + Physiology workshop 1	9.00am - 1.00pm	Soho 1	TT24	Chris
2019	Sunday 14th July	Module 7	Review and Practice Teaching: Template for teaching a pose	2.00pm - 6.00pm	Soho 2	TT24	Susannah/Jeff
2019						TT24	
2019	Saturday 7th September	Module 8	Anatomy + Physiology workshop 2	9.00am - 1.00pm	Soho 2	TT24	Andrew
2019	Saturday 7th September	Module 8	Philosophy: Yoga Upanishads	2.00pm - 6.00pm	Soho 1	TT24	Carlos
2019						TT24	
2019	Sunday 8th September	Module 8	Philosophy: Vedanta	9.00am - 1.00pm	Soho 1	TT24	Carlos
2019	Sunday 8th September	Module 8	Asana and Practice Teaching: Art of Sequencing Pt.1	2.00pm - 6.00pm	Soho 2	TT24	Susannah/Jeff
2019						TT24	
2019	Saturday 28th September	Module 9	Asana and Practice Teaching: Art of Sequencing Pt.2	9.00am - 1.30pm	Soho 2	TT24	Susannah/Jeff
2019	Saturday 28th September	Module 9	Philosophy: Tantra and Kashmir Shaivism	2.30pm - 6.30pm	Soho 1	TT24	Carlos

