

TT FINAL SCHEDULE

2019	Saturday 2nd November	Module 1	Welcome and Introduction	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2019	Saturday 2nd November	Module 1	Asana Practice: The 5 Essential Asanas	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2019						TT25	
2019	Sunday 3rd November	Module 1	Asana and Practice Teaching: Breath Awareness and Guidelines	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2019	Sunday 3rd November	Module 1	Anatomy: Breathing, the Foot & the Ankle	2.00pm - 6.00pm	Soho 2	TT25	Chris
2019						TT25	
2019	Saturday 7th December	Module 2	Asana and Practice Teaching: Foundation	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2019	Saturday 7th December	Module 2	Anatomy: Pelvis, Sacro-iliac, Hips & Knees, Abdominals	2.00pm - 6.00pm	Soho 2	TT25	Chris
2019						TT25	
2019	Sunday 8th December	Module 2	Asana & Practice Teaching: Stabilising Action and Extension	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2019	Sunday 8th December	Module 2	Asana and Practice Teaching: Active + Reflective Voice	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2019						TT25	
2020	Saturday 11th January	Module 3	Asana and Practice Teaching: Order To Teach A Pose	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2020	Saturday 11th January	Module 3	Philosophy: History and Methodology of Yoga	2.00pm - 6.00pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Sunday 12th January	Module 3	Anatomy: The Spine, the Head and the Nervous System	9.00am - 1.00pm	Soho 2	TT25	Chris
2020	Sunday 12th January	Module 3	Philosophy: The World of Yoga - A Fascinating Glimpse into Indian Culture	2.00pm - 6.00pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Saturday 1st February	Module 4	Asana and Practice Teaching: The Art of Seeing	9.00am - 1.30pm	Soho 2	TT25	Anna / Tony
2020	Saturday 1st February	Module 4	Philosophy: Joy of Sanskrit	2.30pm - 6.30pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Sunday 2nd February	Module 4	Philosophy: Classical Upanishads	9.00am - 1.00pm	Soho 1	TT25	Carlos
2020	Sunday 2nd February	Module 4	Anatomy: Shoulder, Wrist, Hand	2.00pm - 6.00pm	Soho 2	TT25	Chris
2020						TT25	
2020	Saturday 28th March	Module 5	Anatomy: Integration of Body Systems and Medical Conditions	9.00am - 1.00pm	Soho 2	TT25	Chris
2020	Saturday 28th March	Module 5	Asana and Practice Teaching: Restorative and Breathwork	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2020						TT25	
2020	Sunday 29th March	Module 5	Asana & Practice Teaching: The Power of Intention	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2020	Sunday 29th March	Module 5	Yoga Forum (1)	2.00pm - 4.00pm	Soho 1	TT25	Anna / Tony
2020	Sunday 29th March	Module 5	Yoga Business (1)	4.15pm - 5.15pm	Soho 1	TT25	Jonathan Sattin
2020						TT25	
2020	Saturday 30th May	Module 6	Asana and Practice Teaching: The Art of Demonstration	8.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2020	Saturday 30th May	Module 6	Philosophy: Bhagavad Gita	2.00pm - 6.00pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Sunday 31st May	Module 6	Meditation Practice and Instruction	8.00am - 9.00am	Soho 2	TT25	Carlos
2020	Sunday 31st May	Module 6	Asana and Practice Teaching: The Art of Assisting	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2020	Sunday 31st May	Module 6	Asana and Practice Teaching: The Art of Assisting (cont)	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2020						TT25	
2020	Monday 1st June	Module 6	Philosophy: Bhakti Tradition	9.00am - 1.00pm	CAMDEN 5	TT25	Carlos
2020	Monday 1st June	Module 6	Philosophy: Patanjala-Yoga-Shastra	2.00pm - 6.00pm	CAMDEN 5	TT25	Carlos
2020						TT25	
2020	Saturday 4th July	Module 7	Asana and Practice Teaching: Preventing Injury	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2020	Saturday 4th July	Module 7	Yoga Forum 2	2.00pm - 4.00pm	Soho 1	TT25	Anna / Tony
2020						TT25	
2020	Sunday 5th July	Module 7	Anatomy + Physiology workshop Postural Assessment (1)	9.00am - 1.00pm	Soho 1	TT25	Chris
2020	Sunday 5th July	Module 7	Asana and Practice Teaching: Review template for Teaching a Pose	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2020						TT25	
2020	Saturday 5th September	Module 8	Anatomy + Physiology workshop: Supporting injured students (2)	9.00am - 1.00pm	Soho 2	TT25	Andrew
2020	Saturday 5th September	Module 8	Philosophy: Yoga Upanishads	2.00pm - 6.00pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Sunday 6th September	Module 8	Philosophy: Vedanta	9.00am - 1.00pm	Soho 1	TT25	Carlos
2020	Sunday 6th September	Module 8	Asana and Practice Teaching: Art of Sequencing Pt.1	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2020						TT25	
2020	Saturday 26th September	Module 9	Asana and Practice Teaching: Art of Sequencing Pt.2	9.00am - 1.30pm	Soho 2	TT25	Anna / Tony
2020	Saturday 26th September	Module 9	Philosophy: Tantra and Kashmir Shaivism	2.30pm - 6.30pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Sunday 27th September	Module 9	Philosophy: Hatha Yoga and Related Traditions	9.00am - 1.00pm	Soho 1	TT25	Carlos
2020						TT25	
2020	Saturday 7th November	Module 10	Asana Workshop	9.00am - 1.30pm	Soho 2	TT25	Anna / Tony
2020	Saturday 7th November	YF3	Yoga Forum (3)	2.00pm - 4.00pm	Soho 2	TT25	Anna / Tony
2020						TT25	

TT FINAL SCHEDULE

2020	Sunday 8th November	Module 10	Asana and Practice Teaching: Inversions	8.30am - 1.00pm	Soho 2	TT25	Anna / Tony
2020	Sunday 8th November	Module 10	Practice Teaching: Group A & B	2.00pm - 6.00pm	Soho 1 + 2	TT25	Anna / Tony
2020						TT25	
2020	Saturday 5th December	Module 11	Asana & Practice Teaching: 6 Weeks Beginners Course	1.45pm - 6.15pm	Soho 2	TT25	Anna / Tony
2020	Sunday 6th December	Module 11	Philosophy: Kularnava Tantra	9.00am - 1.00pm	Soho 1	TT25	Carlos
2020	Sunday 6th December	Module 11	Philosophy: Shiva Sutras	2.00pm - 6.00pm	Soho 1	TT25	Carlos
2020						TT25	
2021	JANUARY - FEBRUARY		MID-TERM - ONE HOUR CLASS OBSERVATION + 1st MENTOR MEETING		TBA	TT25	Anna / Tony + Assistants
2021						TT25	
2021	Saturday 6th February	Module 12	Philosophy: Spanda Karikas	9.00am - 1.00pm	Soho 1	TT25	Carlos
2021	Saturday 6th February	Module 12	Asana Workshop: Practice Teaching and Review	2.00pm - 6.15pm	Soho 2	TT25	Anna / Tony
2020						TT25	
2021	Sunday 7th February	Module 12	Anatomy + Physiology workshop 1 - Postural Assessment	9.00am - 1.00pm	Soho 2	TT25	Chris
2021	Sunday 7th February	Module 12	Philosophy: Pratyabhijna	2.00pm - 6.00pm	Soho 1	TT25	Carlos
2021						TT25	
2021	Saturday 6th March	Module 13	Anatomy + Physiology workshop Using Anatomy to Deepen Your Practice and Refine You	9.00am - 1.00pm	Soho 1	TT25	Andrew
2021	Saturday 6th March	Module 13	Asana and Practice Teaching: Role of being a Yoga Teacher	2.00pm - 6.00pm	Soho 2	TT25	Anna / Tony
2020						TT25	
2021	Sunday 7th March	Module 13	Asana Workshop: Preparation for 18 month assessment	9.00am - 1.00pm	Soho 2	TT25	Anna / Tony
2021	Sunday 7th March	Module 13	Yoga Forum 4	2.00pm - 4.00pm	Soho 1	TT25	Anna or Tony
2021	Sunday 7th March	Module 13	Yoga Business (2)	4.15pm - 5.15.00pm	Soho 1	TT25	Jonathan Sattin
2021						TT25	
2021	Saturday 24th April	Module 14	Meditation Practice and Instruction	8.00am - 9.00am	Soho 1	TT25	Carlos
2021	Saturday 24th April	Module 14	Asana and Practice Teaching	9.30am - 1.30pm	Soho 2	TT25	Anna / Tony
2021	Saturday 24th April	Module 14	Philosophy: Yoga of Discipline	2.30pm - 6.30pm	Soho 1	TT25	Carlos
2021						TT25	
2021	Sunday 25th April	Module 14	Meditation Practice and Instruction	8.00am - 9.00am	Soho 1	TT25	Carlos
2021	Sunday 25th April	Module 14	Asana and Practice Teaching	9.30am - 1.30pm	Soho 2	TT25	Anna / Tony
2021	Sunday 25th April	Module 14	Philosophy: Dharma + Ethical Values	2.30pm - 6.30pm	Soho 1	TT25	Carlos
2020						TT25	
2021	Monday 26th April	Module 14	Meditation Practice and Instruction	10.00am - 1.00pm	CAMDEN 5	TT25	Carlos
2021	Monday 26th April	Module 14	Chanting Session	2.00pm - 3.00pm	CAMDEN 5	TT25	Nikki Slade
2021						TT25	
2021	Saturday 8th May		Personal Practice & 18 Month Assessment	9.00am - 6.00pm	Soho 1	TT25	Anna / Tony
2021	Sunday 9th May		Personal Practice & 18 Month Assessment	9.00am - 6.00pm	Soho 1	TT25	Anna / Tony
2021						TT25	
2021	May - September		MENTOR MEETINGS 2 - 6			TT25	Anna / Tony + Assistants
2021						TT25	
2021						TT25	
2021	Saturday 24th July	Module 15	Content TBC	9.00am - 1.00pm	Soho 2	TT25	TBC
2021	Saturday 24th July	Module 15	Asana and Practice Teaching: The Art of Assisting 2	2.00pm - 6.15pm	Soho 2	TT25	Anna / Tony
2021						TT25	
2021	September		FINAL ASSESSMENTS - ONE HOUR CLASS OBSERVATION			TT25	Anna / Tony
2021						TT25	
2021	Sunday 26th September	Module 16	Chant + Final Gathering	2.00pm - 4.00pm	Soho 2	TT25	Anna / Tony / Nikki Slade