

TT FINAL SCHEDULE

2020	Saturday 13th June	Module 1	Welcome and Introduction	9.00am - 1.00pm	Soho 2	TT26	Lisa / Erika
2020	Saturday 13th June	Module 1	Asana and Practice Teaching: The 5 Essentials	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
						TT26	
2020	Sunday 14th June	Module 1	Breath Awareness and Guidelines	9.00am - 1.00pm	Soho 2	TT26	Lisa / Erika
2020	Sunday 14th June	Module 1	Anatomy: Breathing, the Foot & the Ankle	2.00pm - 6.00pm	Soho 2	TT26	Chris
						TT26	
2020	Saturday 4th July	Module 2	Asana and Practice Teaching: Foundation	1.30pm - 6.00pm	Soho 2	TT26	Lisa / Erika
						TT26	
2020	Sunday 5th July	Module 2	Asana and Practice Teaching: Stabilising Action and Extension	9.00am - 1.00pm	Soho 2	TT26	Lisa / Erika
2020	Sunday 5th July	Module 2	Anatomy: Pelvis, Sacro-Iliac, Hips & Knees, Abdominals	2.00pm - 6.00pm	Soho 1	TT26	Chris
						TT26	
2020	Saturday 12th September	Module 3	Philosophy: History and Methodology of Yoga	9.00am - 1.00pm	Soho 1	TT26	Carlos
2020	Saturday 12th September	Module 3	Asana and Practice Teaching: Order To Teach A Pose	2.00pm - 6.15pm	Soho 2	TT26	Lisa / Erika
						TT26	
2020	Sunday 13th September	Module 3	Philosophy: Joy of Sanskrit	9.30am - 1.30pm	Soho 1	TT26	Carlos
2020	Sunday 13th September	Module 3	Philosophy: The World of Yoga - A Fascinating Glimpse into Indian Culture	2.30pm - 5.30pm	Soho 1	TT26	Carlos
						TT26	
2020	Saturday 17th October	Module 4	Yoga Business (1)	9.00am - 10.00am	Soho 1	TT26	Jonathan Sattin
2020	Saturday 17th October	YF1	Yoga Forum (1)	10.30am - 12.30pm	Soho 1	TT26	Lisa / Erika
2020	Saturday 17th October	Module 4	Asana and Practice Teaching: The Power of Intention	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
						TT26	
2020	Sunday 18th October	Module 4	Anatomy: The Spine, the Head and the Nervous System	9.00am - 1.00pm	Soho 2	TT26	Chris
2020	Sunday 18th October	Module 4	Asana and Practice Teaching: The Art of Seeing	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
						TT26	
2020	Friday 4th December	Module 5	Philosophy: Classical Upanishads	6.00pm - 9.00pm	Fitzrovia Community Centre	TT26	Carlos
2020						TT26	
2020	Saturday 5th December	Module 5	Asana and Practice Teaching: Assisting Guidelines	9.00am - 1.00pm	Soho 2	TT26	Lisa / Erika
2020						TT26	
2020	Sunday 6th December	Module 5	Asana and Practice Teaching: Restorative & Breathwork	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
2020						TT26	
2021	Saturday 16th January	Module 6	Philosophy: Bhagavad Gita	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Saturday 16th January	Module 6	Asana and Practice Teaching: Pranayama Practices + the Art of Demonstration	2.00pm - 6.15pm	Soho 2	TT26	Lisa / Erika
2021						TT26	
2021	Sunday 17th January	Module 6	Philosophy: Bhakti Tradition	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Sunday 17th January	Module 6	Asana and Practice Teaching: Art of Adjusting (1)	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
2021						TT26	
2021	Monday 18th January	Module 6	Philosophy: Patanjala-Yoga-Shastra	9.00am - 1.00pm	CAMDEN 5	TT26	Carlos
2021	Monday 18th January	Module 6	Meditation Practice and Instruction	2.00pm - 5.00pm	CAMDEN 5	TT26	Carlos
2021						TT26	
2021	Saturday 6th March	Module 7	Asana and Practice Teaching: Preventing Injury	9.00am - 1.00pm	Soho 2	TT26	Lisa / Erika
2021	Saturday 6th March	Module 7	Anatomy: Shoulder, Wrist, Hand	2.00pm - 6.00pm	Soho 1	TT26	Chris
2021						TT26	
2021	Sunday 7th March	YF2	Yoga Forum (2)	11.00am - 1.00pm	Soho 1	TT26	Lisa / Erika
2021	Sunday 7th March	Module 7	Asana and Practice Teaching: Review Template for Teaching a Pose	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
2021						TT26	
2021	Saturday 24th April	Module 8	Philosophy: Yoga Upanishads	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Saturday 24th April	Module 8	Anatomy: Integration of Body Systems and Medical Conditions	2.00pm - 6.00pm	Soho 2	TT26	Chris
2021						TT26	
2021	Sunday 25th April	Module 8	Philosophy: Vedanta	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Sunday 25th April	Module 8	Asana and Practice Teaching: Art of Sequencing (1)	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika
2021						TT26	
2021	Saturday 15th May	Module 9	Philosophy: Tantra and Kashmir Shaivism	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Saturday 15th May	Module 9	Asana and Practice Teaching: Art of Sequencing (2)	2.00pm - 6.15pm	Soho 2	TT26	Lisa / Erika
2021						TT26	
2021	Sunday 16th May	Module 9	Philosophy: Hatha Yoga and Related Traditions	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Sunday 16th May	Module 9	Anatomy + Physiology workshop 1 - Postural Assessment	2.00pm - 6.00pm	Soho 1	TT26	Chris
2021						TT26	
2021	Saturday 26th June	Module 10	Asana and Practice Teaching: Workshop	9.30am - 1.30pm	Soho 2	TT26	Lisa / Erika
2021	Saturday 26th June	YF3	Yoga Forum (3)	2.30pm - 4.30pm	Soho 1	TT26	Lisa / Erika
2021						TT26	
2021	Sunday 27th June	Module 10	Asana and Practice Teaching: Inversions	9.00am - 1.00pm	Soho 2	TT26	Lisa / Erika
2021	Sunday 27th June	Module 10	Practice Teaching: Group A & B	2.00pm - 6.00pm	Soho 2	TT26	Lisa / Erika

TT FINAL SCHEDULE

2021						TT26	
2021	SEPTEMBER		MID-TERM - ONE HOUR CLASS OBSERVATION + 1st MENTOR MEETING			TT26	Lisa / Erika
2021						TT26	
2021	Saturday 4th September	Module 11	Philosophy: Kularnava Tantra	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Saturday 4th September	Module 11	Anatomy + Physiology workshop 2 - Using Anatomy to Empower Practice + Teaching	2.00pm - 6.00pm	Soho 2	TT26	Andrew
2021						TT26	
2021	Sunday 5th September	Module 11	Asana and Practice Teaching: 6 Weeks Beginners Course	8.30am - 1.00pm	Soho 2	TT26	Lisa / Erika
2021	Sunday 5th September	Module 11	Philosophy: Shiva Sutras	2.00pm - 6.00pm	Soho 1	TT26	Carlos
2021						TT26	
2021	Saturday 25th September	Module 12	Philosophy: Spanda Karikas	9.00am - 1.00pm	Soho 1	TT26	Carlos
2021	Saturday 25th September	Module 12	Asana and Practice Teaching: Role of being a Yoga Teacher	2.00pm - 6.15pm	Soho 2	TT26	Lisa / Erika
2021						TT26	
2021	Sunday 26th September	Module 12	Anatomy + Physiology workshop 3 - The Anatomy of Asana	9.00am - 1.00pm	Soho 2	TT26	Chris
2021	Sunday 26th September	Module 12	Philosophy: Pratyabhijna	2.00pm - 6.00pm	Soho 1	TT26	Carlos