

## TT28 DRAFT SCHEDULE\_FINAL

								Hours
Saturday 26 June	Module 1	Welcome and Introduction	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 26 June	Module 1	Breath Awareness + Foundation breathing practices + Intro to Asana Homework + Basic Meditation	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 27 June	Module 1	Asana Practice: Basic Classes of Asana + Principles of Doing Asana + The 'Energy' of Asana /The Elements	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 27 June	Module 1	Asana and Practice Teaching: Teaching + Observing the Foundation + Form in Standing Poses	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 17th July	Module 2	Asana & Practice Teaching: Foundation to Stabilising + Extending Actions in Poses + Hip Openers	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 17th July	Module 2	Asana and Practice Teaching: Giving Clear Active Cues + Using Reflective Language	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 18th July	Module 2	Anatomy: Breathing, the Foot & the Ankle	9.00am - 1.00pm	Online	TT28	Chris Swain	4	
Sunday 18th July	Module 2	History and Philosophy: Foundations of Yoga	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Saturday 4th Sept	Module 3	Asana and Practice Teaching: Teaching a Pose in Order + Twists	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 4th Sept	Module 3	Asana and Practice Teaching: How to See+ Teach in Response to Your Students	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 5th Sept	Module 3	Anatomy: Pelvis, Sacro-Iliac, Hips & Knees, Abdominals	9.00am - 1.00pm	Online	TT28	Chris Swain	4	
Sunday 5th Sept	Module 3	History and Philosophy: Sanskrit for Yogis	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Saturday 9th October	Module 4	Asana & Practice Teaching: Intention: Infusing Class Theme, Teaching Focus and Choice of Poses	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 9th October	Module 4	Asana and Practice Teaching: Demonstrating Poses + Practices Clearly + Effectively + Backbends	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 10th October	Module 4	Anatomy: The Spine, the Head and the Nervous System	9.00am - 1.00pm	Online	TT28	Chris Swain	4	
Sunday 10th October	Module 4	History and Philosophy: The Early Upanishads	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Saturday 6th November	Module 5	History and Philosophy: Dharma, Karma and the Mahabharata	9.00am - 1.00pm	Online	TT28	Daniel Simpson	4	
Saturday 6th November	Module 5	History and Philosophy: Yoga in Bhagavad Gita	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Sunday 7th November	Module 5	Asana and Practice Teaching: Promoting Health, Avoiding Injury + Teaching Poses to Students Needs + Inversions	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 7th November	Module 5	Review and Practice Teaching: Teaching a Pose in Order + Refining Your Cues	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 11th December	Module 6	Asana and Practice Teaching: Sequencing for Effect: Powerful + Peaceful Practices + Chakra System	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 11th December	Module 6	Asana Workshop -Teaching for Self + Service: Teaching Dharma + Self Practice Seminar + Meditation	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 12th December	Module 6	History and Philosophy: The Yoga Sutra and Commentaries (1)	9.00am - 1.00pm	Online	TT28	Daniel Simpson	4	
Sunday 12th December	Module 6	History and Philosophy: The Yoga Sutra and Commentaries (2)	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Saturday 15th January	Module 7	History and Philosophy: Vedanta, Self-Inquiry and Devotion	9.00am - 1.00pm	Online	TT28	Daniel Simpson	4	
Saturday 15th January	Module 7	History and Philosophy: Tantra in theory and practice	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Sunday 16th January	Module 7	Anatomy: Shoulder, Wrist, Hand	2.00pm - 6.00pm	Soho 1 + 2	TT28	Chris Swain	4	
Saturday 12th February	Module 8	Asana and Practice Teaching: Sequencing To Peak Poses + for Particular Effects	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 12th February	Module 8	Anatomy: Integration of Body Systems and Medical Conditions	2.00pm - 6.00pm	Soho 1 + 2	TT28	Chris Swain	4	
Sunday 13th February	Module 8	History and Philosophy: Hatha and Raja yoga (1)	9.00am - 1.00pm	Online	TT28	Daniel Simpson	4	
Sunday 13th February	Module 8	History and Philosophy: Hatha and Raja yoga (2)	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Saturday 2nd April	Module 9	History and Philosophy: Yoga and Shaivism	9.00am - 1.00pm	Online	TT28	Daniel Simpson	4	
Saturday 2nd April	Module 9	History and Philosophy: Modern Yoga	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Sunday 3rd April	Module 9	Contemporary Topics: Becoming a Teacher; Consent + Trauma Sensitivity & Role of Modern yoga teacher	9.00am - 12.00pm	Online	TT28	Lisa Sanfilippo	3	
MARCH / APRIL		MID-TERM - ONE HOUR CLASS OBSERVATION		TBA	TT28	Susannah	1	
Saturday 18th June	Module 10	Anatomy + Physiology workshop (1): Postural Assessment	9.00am - 1.00pm	Soho 1 + 2	TT28	Chris Swain	4	
Saturday 18th June	Module 10	Asana and Practice Teaching: Full Spectrum of Poses Review + Backbends + Inversions Focus	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 19th June	Module 10	Anatomy + Physiology workshop (2): Supporting Injured Students	9.00am - 1.00pm	Soho 1 + 2	TT28	Anji Gopal	4	
Sunday 19th June	Module 10	Practice Teaching: Group A & B	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4	
Saturday 30th July	Module 11	Asana & Practice Teaching: Planning Classes: How to Teach Beginners, Structuring a Beginners Course	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	
Sunday 31st July	Module 11	History and Philosophy: Meditation and Mindfulness	9.00am - 1.00pm	Online	TT28	Daniel Simpson	4	
Sunday 31st July	Module 11	History and Philosophy: Yogic Ethics and Wordly Life	2.00pm - 6.00pm	Online	TT28	Daniel Simpson	4	
Saturday 17th September	Module 12	Asana and Practice Teaching: Review	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4	

Saturday 17th September	Module 12	Anatomy + Physiology workshop (3): The Anatomy of Asana	2.00pm - 6.00pm	Soho 1 + 2	TT28	Chris Swain	4
Sunday 18th September	Module 12	Contemporary Topics: Marketing + Social Media Integrity + Skillfulness	9.00am - 1.00pm	Online	TT28	TBC	4
Sunday 18th September	Module 12	Contemporary Topics: Cultural Appropriation & Inclusivity + Diversity	2.00pm - 6.00pm	Online	TT28	TBC	4
Saturday 22nd October	Module 13	Asana and Practice Teaching: Being a "Yogi" and Being a Teacher: Finding your Dharma	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4
Saturday 22nd October	Module 13	Anatomy + Physiology workshop (4): Using Anatomy to Deepen Your Practice and Refine Your Teaching	2.00pm - 6.00pm	Soho 1 + 2	TT28	Anji Gopal	4
Sunday 23rd October	Module 13	Asana Workshop: Asana workshop + Self Practice + Teacher Forum	9.00am - 1.00pm	Soho 1 + 2	TT28	Susannah	4
Sunday 23rd October	Module 13	Asana Workshop: Preparation for final assessment	2.00pm - 6.00pm	Soho 1 + 2	TT28	Susannah	4
Saturday 12th November	Module 14	Yoga Business: Setting up a business	10.00-12.00pm	Soho 2	TT28	Jonathan Sattin	2
Saturday 12th November	Module 14	Contemporary Topics: Yoga CV and Auditioning	12.00-13.00pm	Soho 2	TT28	Genny Wilkinson Priest	1
Saturday 12th November	Module 14	Philosophy: Review / Discussion / Assignment	2.00pm - 6.00pm	Soho 2	TT28	Daniel Simpson	4
Sunday 11th December	Module 15	Asana Workshop + Closing	2.00pm - 6.00pm	Soho 2	TT28	Susannah	4
DECEMBER		FINAL ASSESSMENTS - ONE HOUR CLASS OBSERVATION		TBA	TT28	Susannah	1