



Diploma of Yoga Teaching – Lecture Timetable March 2024 Group – 200 hours

Tues evening lectures held via Zoom only. Weekend lectures held face-to-face in the studio. Weekend lectures will be on Zoom only by request.

If at studio: Wear comfortable clothing as we sit on the floor. Bring your own equipment if possible or a large beach towel to place over props.

If at home: purchase 2 x yoga blocks and a yoga bolster. Try not to sit on soft surfaces such as a bed. Set up your mat and props for asana-based lectures.

Induction: Tue 5 March 2024 7pm-9pm (Zoom only)

Date	Time	Lecture	Mode	Teacher	Assessment? Due Date
Tue 12/3	6pm-9:45pm	PHYSIOLOGY: Cardiovascular System & High Blood Pressure	Zoom	Mel	N
Sat 16/3	9:30am-1:15pm	TEACHING SKILLS: Class Plan: Forward Bending	Studio	Wendy	Y 7 April 24
Sat 16/3	2pm-5:45pm	TEACHING SKILLS: Intro to Surya Namaskar	Studio	Nickie	N
Sun 17/3	9:30am-1:15pm	PRANAYAMA: Essentials Pranayama	Studio	Jenni	N
Sun 17/3	2pm-5:45pm	MEDITATION: Meditation	Studio	Wendy	Y 21 April 24
Tue 19/3	6pm-9:45pm	MEDITATION: Mindfulness Meditation	Zoom	Beata	Y 21 April 24
Tue 26/3	6pm-9:45pm	PHILOSOPHY: Yoga Sutras of Patanjali	Zoom	Jaymala	N
Tue 2/4		Day OFF			
Sat 6/4	9:30am-1:15pm	TEACHING SKILLS: Class Plan: Inversions	Studio	Jenni	Y 28 April 24
Sat 6/4	2pm-5:45pm	TEACHING SKILLS: Class Plan: Back Bending	Studio	Wendy	Y 12 May 24
Sun 7/4	9:30am-1:15pm	TEACHING SKILLS: Prac Lab: Arm Balancing	Studio	Jenni	N
Sat 7/4	2pm-5:45pm	TEACHING SKILLS: Designing & Sequencing the Yoga Class #1	Studio	Nickie	N
Tue 9/4	6pm-9:45pm	TEACHING SKILLS: Online Teaching Rounds	Zoom	Mel	Y
Tue 16/4		Day OFF			
Tue 23/4	6pm-9:45pm	TEACHING SKILLS: Class Plan: Twisting Postures & Lateral Flexion	Zoom	Wendy	N
Sat 27/4	9:30am-1:15pm	TEACHING SKILLS: Prac Lab: Twisting Postures & Lateral Flexion	Studio	Wendy	Y 26 May 24
Sat 27/4	2pm-5:45pm	ANATOMY: Muscles Lower Limbs	Studio	Jenni	N



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Sun 28/4	9:30am-1:15pm	ANATOMY Spine, Joints & Back Injuries	Studio	Martina	N
Sun 28/4	2pm-5:45pm	SPECIAL NEEDS: Yin Yoga	Studio	Beata	Y 9 June 24
Tue 30/4	6pm-9:45pm	SPECIAL NEEDS: Prenatal Yoga	Zoom	Mel	Y 16 June 24
Tue 7/5	6pm-9:45pm	ANATOMY Muscles of the Mid Body	Zoom	Jenni	N
Tue 14/5	6pm-9:45pm	TEACHING SKILLS: Online Teaching Rounds	Zoom	Mel	Y
Tue 21/5	6pm-9:45pm	PHYSIOLOGY : Nervous & Endocrine System	Zoom	Mel	N
Sat 25/5	9:30am-1:15pm	PRANAYAMA: Techniques of Pranayama	Studio	Jenni	Y 30 June 24
Sat 25/5	2pm-5:45pm	TEACHING SKILLS: Prac Lab: Standing and Balancing Postures	Studio	Wendy	N
Sun 26/5	9:30am-1:15pm	ANATOMY Muscles of Upper Limbs	Studio	Jenni	N
Sun 26/5	2pm-5:45pm	TEACHING SKILLS: Designing & Sequencing the Yoga Class #2	Studio	Nickie	N
Tue 28/5	6pm-9:45pm	PHYSIOLOGY: Digestive and Immune Systems	Zoom	Mel	N
Tue 4/6	6pm-9:45pm	TEACHING SKILLS: Cuing & Language	Zoom	Mel	N
Tue 11/6	6pm-9:45pm	PHILOSOPHY: Bhagavad Gita and the Upanishads	Zoom	Jaymala	N
Tue 18/6	6pm-9:45pm	BUSINESS: Yoga Business	Zoom	Mel	N
Tue 25/6		DAY OFF			
Sat 29/6	9:30am-1:15pm	TEACHING SKILLS: PRAC LAB: Inversions	Studio	Jenni	N
Sat 29/6	2pm-5:45pm	TEACHING SKILLS: Teaching Skills Practice	Studio	Mel	Y
Sun 30/6	9:30am-1:15pm	TEACHING SKILLS: PRAC LAB: Forward & Backbending Poses	Studio	Wendy	N



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Sun 30/6	2pm-5:45pm	TEACHING SKILLS: Adjustments #1	Studio	Jenni	N
		Teaching Rounds outside of lecture time Presentations x 2 Participation x 1			7 July 24
		Class Observations x 10			21 July 24
		ALL outstanding assignments handed in (or not marked)			21 July 24
		Graduation			Fri 2 Aug 24 6:30pm-8:30pm

Lecturer Contact List

Beata Heymann, 0466 918 428, beataheyman@gmail.com

Jaymala Sharma, 0450 591 196, jaymalasharma24@gmail.com

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