



Diploma of Yoga Teaching – Lecture Timetable August 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 13th Aug 2024 7pm-9pm (Zoom only)

Date	Time	MODULE/Lecture Topic	Mode	Teacher	Assessment & Due Date
Sat 17/8	9:30am-1:15pm	TEACHING SKILLS Prac Lab: Forward & Backbending Postures	Studio	Mel	N
Sat 17/8	2pm-5:45pm	PRANAYAMA Essentials of Pranayama	Studio	Jenni	Y – after the Techniques of Pranayama lecture
Sun 18/8	9:30am-1:15pm	TEACHING SKILLS Designing & Sequencing the Yoga Class #1	Studio	Nickie	N
Sun 18/8	2pm-5:45pm	PHILOSOPHY Bhagavad Gita and the Upanishads	Studio	Jaymala	N
Tue 20/8	6pm-9:45pm	PHYSIOLOGY Nervous & Endocrine Systems	Zoom	Mel	N
Tue 27/8	6pm-9:45pm	SPECIALIST SKILLS Prenatal Yoga	Zoom	Mel	Y – 16 Oct
Sat 31/8	9:30am-1:15pm	PRANAYAMA Techniques of Pranayama	Studio	Jenni	Y – 2 x pranayama cues 10 Sept
Sat 31/8	2pm-5:45pm	MEDITATION Meditation	Studio	Wendy	Y – Yoga Nidra script 17 Sept
Sun 1/9	9:30am-1:15pm	TEACHING SKILLS Class Plan: Twisting Postures & Lateral Flexion	Studio	Wendy	Y – 30 Sept
Sun 1/9	2pm-5:45pm	TEACHING SKILLS Cuing & Language	Studio	Mel	N
Tue 3/9	6pm-9:45pm	ANATOMY Muscles of the Lower Body	Zoom Only	Jenni	N
Tue 10/9	6pm-9:45pm	ANATOMY Muscles of the Upper Body	Zoom Only	Jenni	N



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Tue 17/9	6pm-9:45pm	MEDITATION Mindfulness	Zoom Only	Beata	Y – Mindfulness diary 6 Oct
Sat 21/9	9:30am-1:15pm	TEACHING SKILLS Prac Lab: Arm Balancing NO ZOOM AVAILABLE DUE TO SAFETY REASONS	Studio	Jenni	N
Sat 21/9	2pm-5:45pm	TEACHING SKILLS Teaching Skills Practice	Studio	Wendy	Y – poses will be assigned prior
Sun 22/9	9:30am-1:15pm	TEACHING SKILLS Intro to Surya Namskara	Studio	Nickie	N
Sun 22/9	2pm-5:45pm	TEACHING SKILLS Teaching Skills Practice	Studio	Wendy	Y – poses will be assigned prior
Tue 24/9	6pm-9:45pm	ANATOMY Muscles of the Mid Body	Zoom only	Jenni	N
Tue 1/10	6pm-9:45pm	ANATOMY Spine, Joints & Back Injuries	Zoom Only	Martina	N
Tue 8/10	6pm-9:45pm	PHYSIOLOGY Digestive and Immune Systems	Zoom	Mel	N
Sat 12/10	9:30am-1:15pm	TEACHING SKILLS Designing & Sequencing the Yoga Class #2	Studio	Nickie	N
Sat 12/10	2pm-5:45pm	TEACHING SKILLS Class Plan: Inversions	Studio	Jenni	Y – 26 Oct
Sun 13/10	9:30am-1:15pm	TEACHING SKILLS Class Plan: Forward Bending	Studio	Wendy	Y – 11 Nov
Sun 13/10	2pm-5:45pm	SPECIALIST SKILLS Yin Yoga	Studio	Beata	Y – 25 Nov
Tue 15/10	6pm-9:45pm	PHYSIOLOGY Cardiovascular System & High Blood Pressure	Zoom Only	Mel	N
WED 16/10	730PM-9PM	BUSINESS MANDATORY ETHICS LECTURE	Zoom Only	Mel	Must attend
Tue 22/10	6pm-9:45pm	PHILOSOPHY Yoga Sutras of Patanjali	Zoom Only	Jaymala	N



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Tue 29/10	6pm-9:45pm	TEACHING SKILLS Online Teaching Skills Practice	Zoom Only	Mel	Y – poses will be assigned prior
Sat 2/11	9:30am-1:15pm	TEACHING SKILLS Prac Lab: Inversions NO ZOOM AVAILABLE DUE TO SAFETY REASONS	Studio	Jenni	N
Sat 2/11	2pm-5:45pm	TEACHING SKILLS Prac Lab: Twists and Lat Flex Postures	Studio	Wendy	N
Sun 3/11	9:30am-1:15pm	TEACHING SKILLS Prac Lab: Standing and Balancing Postures	Studio	Wendy	N
Sun 3/11	2pm-5:45pm	TEACHING SKILLS Adjustments #1	Studio	Jenni	N
Tue 5/11	6pm-9:45pm	TEACHING SKILLS Class Plan: Backbending Poses	Zoom Only	Wendy	Y – 7 Dec
Tue 12/11	6pm-9:45pm	TEACHING SKILLS Online Teaching Skills Practice	Zoom Only	Mel	Y – poses will be assigned prior
Tue 19/11	6pm-9:45pm	BUSINESS Yoga Business	Zoom Only	Mel	N
		Class Observations x 10			15 Oct
		ALL outstanding assignments handed in (or not marked)			
		Graduation Provided that all work is completed, certificates will be issued before Christmas. Official graduation may take place in the new year, depending on everyone's availability.			TBA



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Lecturer Contact List

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

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

Jenni Morrison-Jack, 0424 827 454, ihanayoga@gmail.com

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