



Advanced Diploma of Yoga Teaching – Lecture Timetable February 2024 Group – 350 hours - Weekend

Lectures held face-to-face in the studio. Zoom by request only.

Wear comfortable clothing as we sit on the floor. Bring your own equipment if you like, otherwise all equipment is available in the studio.

Induction: Sat 10th Feb 2024 10am-12pm (Zoom only)

Date	Time	Lecture	Teacher	Notes to Read?	Assessment ? & Due Date
Sat 17/2	9:30am-1:15pm	TEACHING SKILLS PRAC LAB: Intro to Surya Namaskar	Nickie	Y	N
Sat 17/2	2pm-5:45pm	PHILOSOPHY Sanskrit and Chanting	Jaymala	Y	N
Sun 18/2	9:30am-1:15pm	ANATOMY Muscles Lower Limbs	Jenni	Y – slides	N
Sun 18/2	2pm-5:45pm	MEDITATION Savasana	Wendy	Y	N
Sat 23/3	9:30am-1:15pm	TEACHING SKILLS Class Plan: Forward Bending	Wendy	Y	Y 15 April 24
Sat 23/3	2pm -5:45pm	MEDITATION Mindfulness	Beata	Y	Y 29 April 24
Sun 24/3	9:30am-1:15pm	PRANAYAMA Essentials Pranayama	Jenni	Y – same slides for both pranayama lectures	N
Sun 24/3	2pm-5:45pm	MEDITATION Meditation	Wendy	Y	Y 27 May 24
Sat 13/4	930am-115pm	ANATOMY Bandhas	Jenni	Y – slides	N
Sat 13/4	2pm-5:45pm	PHYSIOLOGY Nervous & Endocrine Systems	Mel	Y	N
Sun 14/4	9:30am-1:15pm	ANATOMY Muscles Mid Body	Jenni	Y – slides	N
Sun 14/4	2pm-5:45pm	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #1	Nickie	Y	N
Sat 4/5	9:30am-1:15pm	TEACHING SKILLS Class Plan: Twisting Postures & Lateral Flexion	Wendy	Y	Y 17 June 24



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Sat 4/5	2pm-5:45pm	SPECIALIST SKILLS Yin Yoga	Beata	Y	Y 1 July 24
Sun 5/5	9:30am-1:15pm	PHILOSOPHY Yoga Sutras of Patanjali	Jaymala	Y	N
Sun 5/5	2pm-5:45pm	ANATOMY Spine, Joints & Back Injuries	Martina	Y	N
Sat 15/6	9:30am-1:15pm	TEACHING SKILLS Teaching Skills Practice	Mel	N – you will be assigned poses to teach the class	Y
Sat 16/6	2pm-5:45pm	TEACHING SKILLS PRAC LAB: Arm Balancing (NB: No Zoom available for this lecture for safety reasons)	Jenni	N – practical lecture	N
Sun 16/6	9:30am-1:15pm	TEACHING SKILLS Teaching Skills Practice	Jenni	N – you will be assigned poses to teach the class Y	N
Sun 16/6	2pm-5:45pm	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #2	Nickie	Y – same set of notes for both lectures	N
July 23 Group		ASSESSMENTS DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5			21 July 24
July 23 Group		ASSESSMENTS DUE Class Observations x 20			21 July 24
July 23 Group		ASSESSMENTS DUE ALL outstanding assignments handed in (or not marked)			21 July 24
July 23 Group		ATTENDANCE REQUIRED			21 July 24



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		Must have attended the Ethics lecture during the year or in 2023			
July 23 Group		Graduation			Fri 2 Aug 24 6:30pm-8:30pm
Sat 29/6		Induction 3pm-5pm			
		New July 24 Group Start			
Sat 6/7	9:30am-1:15pm	ANATOMY Muscles Upper Limbs	Jenni	Y – slides	N
Sat 6/7	2pm-5:45pm	PHYSIOLOGY Cardiovascular System & High Blood Pressure	Mel	Y	N
Sun 7/7	9:30am-1:15pm	PHYSIOLOGY Digestive and Immune Systems	Mel	Y	N
Sun 7/7	2pm-5:45pm	TEACHING SKILLS Adjustments #1	Jenni	Y– same slides for both adjusting lectures	N
Sat 24/8	9:30am-1:15pm	TEACHING SKILLS PRAC LAB: Standing and Balancing Postures	Wendy	Y	N
Sat 24/8	2pm-5:45pm	PHILOSOPHY Bhagavad Gita and the Upanishads	Jaymala	Y	N
Sun 25/8	9:30am-1:15pm	PRANAYAMA Techniques of Pranayama	Jenni	Y – same slides for both pranayama lectures	Y 16 Sept 24
Sun 25/8	2pm-5:45pm	TEACHING SKILLS Teaching Skills Practice	Wendy	N – you will be assigned poses to teach the class	Y
Sat 28/9	9:30am-1:15pm	TEACHING SKILLS Class Plan: Back Bending	Wendy	Y	Y 4 Nov 24
Sat 28/9	2pm-5:45pm	TEACHING SKILLS Class Plan: Inversions	Jenni	Y	Y 14 Oct



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Sun 29/9	9:30am-1:15pm	SPECIALIST SKILLS Trauma Informed Yoga	Beata	Y	N
Sun 29/9	2pm-5:45pm	TEACHING SKILLS PRAC LAB: Twisting Postures & Lateral Flexion	Wendy	N – practical lecture	N
Sat 26/10	9:30am-1:15pm	TEACHING SKILLS PRAC LAB: Cuing & Language	Mel	N – practical lecture	N
Sat 26/10	2pm-5:45pm	TEACHING SKILLS PRAC LAB: Forward & Backbending Poses	Wendy	N – practical lecture	N
Sun 27/10	9:30am-1:15pm	TEACHING SKILLS PRAC LAB: Inversions (NB: No Zoom available for this lecture for safety reasons)	Jenni	N – practical lecture	N
Sun 27/10	2pm-5:45pm	SPECIALIST SKILLS Youth Yoga	Beata	Y	N
Sat 23/11	9:30am-1:15pm	TEACHING SKILLS Adjustments #2	Jenni	Y– same slides for both adjusting lectures	N
Sat 23/11	2pm-5:45pm	SPECIALIST SKILLS Prenatal Yoga	Mel	Y	Y 2 dec 24
Sun 24/11	9:30am-1:15pm	PHILOSOPHY Yoga History	Jaymala	Y	N
Sun 24/11	2pm-5:45pm	BUSINESS Yoga Business	Mel	Y	N
Feb 24 Group		ASSESSMENTS DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5			8 Dec 24
Feb 24 Group		ATTENDACE REQUIRED Must have attended the Ethics lecture during the year			8 Dec 24



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Feb 24 Group		ASSESSMENTS DUE Class Observations x 20			12 Jan 25
Feb 24 Group		ASSESSMENTS DUE ALL outstanding assignments handed in (or not marked)			12 Jan 25
Feb 24 Group		Graduation			Sat 1 Feb 10am-12pm



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Lecturer Contact List

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