



Diploma of Yoga Teaching – Lecture Timetable March 2025 Group – 200 hours

Tues evening lectures held via Zoom only. Weekend lectures held face-to-face in the studio.

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: Thurs 27th March 2025 7pm-9pm (Zoom only)

Date	Time	Lecture	Mode	Teacher	Notes	Assessment? Due Date
Sat 29/3	9:30am-1:15pm	TEACHING SKILLS: Intro to Surya Namaskar	Studio	Nickie	Y	N
Sat 29/3	2pm-5:45pm	TEACHING SKILLS: Class Plan: Forward Bending	Studio	Wendy	Y	Y – 18/4
Sun 30/3	9:30am-1:15pm	PRANAYAMA: Essentials Pranayama	Studio	Jenni	Y – 1 Set of notes for both pranayama lectures	N
Sun 30/3	2pm-5:45pm	MEDITATION: Meditation	Studio	Wendy	Y	Y – Yoga Nidra script 25/4
Tue 1/4	6pm-9:45pm	MEDITATION: Mindfulness Meditation	Zoom	Wendy	Y	Y – diary 29/6
Tue 8/4	6pm-9:45pm	ANATOMY Muscles of the Mid Body	Zoom	Jenni	Y	N
Tue 15/4		Day OFF				
Tue 22/4		Day OFF				
Sat 26/4	9:30am-1:15pm	PRANAYAMA: Techniques of Pranayama	Studio	Jenni	Y – 1 Set of notes for both pranayama lectures	Y – 11/5
Sat 26/4	2pm-5:45pm	TEACHING SKILLS: Class Plan: Back Bending	Studio	Wendy	Y	Y – 23/5
Sun 27/4	9:30am-1:15pm	TEACHING SKILLS: Designing & Sequencing the Yoga Class #1	Studio	Nickie	Y – 1 set notes for both D&S lectures	N
Sun 27/4	2pm-5:45pm	SPECIAL NEEDS: Yin Yoga	Studio	Mel	Y	Y – 22/6
Tue 29/4	6pm-9:45pm	ANATOMY Spine, Joints & Back Injuries	Zoom	Martina	Y	N



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Tue 6/5	6pm-9:45pm	PHILOSOPHY: Yoga Sutras of Patanjali	Zoom	Jaymala	Y	N
Tue 13/5	6pm-9:45pm	PHYSIOLOGY : Nervous & Endocrine System	Zoom	Mel	Y	N
Tue 20/5	6pm-9:45pm	ANATOMY: Muscles Lower Limbs	Zoom	Jenni	Y	N
Sat 24/5	9:30am-1:15pm	TEACHING SKILLS: Prac Lab: Twisting Postures & Lateral Flexion	Studio	Wendy	N	N
Sat 24/5	2pm-5:45pm	TEACHING SKILLS: Adjustments #1	Studio	Jenni	Y	N
Sun 25/5	9:30am-1:15pm	TEACHING SKILLS: Class Plan: Inversions	Studio	Jenni	Y	Y – 6/6
Sun 25/5	2pm-5:45pm	TEACHING SKILLS: Cuing & Language	Studio	Mel	N	N
Tue 27/5	6pm-9:45pm	TEACHING SKILLS: Online Teaching Rounds	Zoom	Mel	N	Y – you will be assigned poses to teach
Tue 3/6	6pm-9:45pm	ANATOMY Muscles of Upper Limbs	Zoom	Jenni	Y	N
Sat 7/6	9:30am-1:15pm	TEACHING SKILLS: Class Plan: Twisting Postures & Lateral Flexion	Studio	Wendy	Y	N
Sat 7/6	2pm-5:45pm	TEACHING SKILLS: PRAC LAB: Inversions	Studio	Jenni	N	N
Sun 8/6	9:30am-1:15pm	TEACHING SKILLS: Designing & Sequencing the Yoga Class #2	Studio	Nickie	Y-- 1 set notes for both D&S lectures	N
Sun 8/6	2pm-5:45pm	TEACHING SKILLS: Teaching Skills Practice	Studio	Mel	N	Y – you will be assigned poses to teach
Tue 10/6	6pm-9:45pm	PHILOSOPHY: Bhagavad Gita and the Upanishads	Zoom	Jaymala	Y	N
Tue 17/6	6pm-9:45pm	SPECIAL NEEDS: Prenatal Yoga	Zoom	Mel	Y	Y – 4/7
Tue 24/6	6pm-9:45pm	PHYSIOLOGY: Digestive and Immune Systems	Zoom	Mel	Y	N



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Tue 1/7	6pm-9:45pm	TEACHING SKILLS: Online Teaching Rounds	Zoom	Mel	N	Y – you will be assigned poses to teach
Sat 5/7	9:30am-1:15pm	TEACHING SKILLS: PRAC LAB: Forward & Backbending Poses	Studio	Wendy	N	N
Sat 5/7	2pm-5:45pm	PHYSIOLOGY: Cardiovascular System & High Blood Pressure	Studio	Mel	Y	N
Sun 6/7	9:30am-1:15pm	TEACHING SKILLS: Teaching Skills Practice	Studio	Mel	N	Y – you will be assigned poses to teach
Sun 6/7	2pm-5:45pm	TEACHING SKILLS: Prac Lab: Standing and Balancing Postures	Studio	Wendy	N	N
Tue 8/7	6pm-9:45pm	BUSINESS: Yoga Business	Zoom	Mel	Y	N
Assessments & Graduation Details						
		Class Observations x 10				17/7
		ALL outstanding assignments handed in (or not marked)				17/7
		Graduation				Fri 1 Aug 25 7pm-8:30pm

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

Martina Egan-Moog, 0459 560 753. martina.egan.moog@gmail.com



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Melanie Mackintosh, 0413 298 132, melanie@australianyogaacademy.com

Nickie Hanley, 0401 327 727, nickiehanley@hotmail.com

Wendy Praud, 0404 918 511, wendy@australianyogaacademy.com