



Advanced Diploma of Yoga Teaching – Lecture Timetable 2025 Group – 350 hours - Thursday

Lectures held face-to-face in the studio. Zoom by request only and only for the lectures where Zoom is allowed.
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: Thur 6th Feb 2024 10am-12pm (Zoom only)

Date Thurs	Lecture 10am-2:30pm	Teacher	Zoom avail?	Notes to read?	Assessment? Due Date
13/2	PHYSIOLOGY Nervous & Endocrine Systems	Mel	Y	Y	N
20/2	MEDITATION Savasana	Wendy	Y	Y	Y – Yoga Nidra script 12/3
27/2	PRANAYAMA Essentials Pranayama	Jenni	N	Y – 1 set notes for both pranayama lectures	N
6/3	TEACHING SKILLS Class Plan: Back Bending	Wendy	N	Y	Y – 28/3
13/3	MEDITATION Mindfulness Meditation	Beata	Y	Y	Y – diary 23/4
20/3	TEACHING SKILLS Intro to Surya Namaskar	Nickie	N	Y	N
27/3	PRANAYAMA Techniques of Pranayama	Jenni	N	Y – 1 set notes for both pranayama lectures	Y – scripts 6/6
3/4	MEDITATION Meditation	Wendy	Y	Y	N
10/4	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #1	Nickie	N	Y-- 1 set notes for both D&S lectures	N
17/4	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #2	Nickie	N	Y – 1 set notes for both D&S lectures	N
24/4 - DAY OFF – EASTER BREAK					
1/5	TEACHING SKILLS Class Plan: Twisting Postures & Lateral Flexion	Wendy	N	Y	Y – 30/5
8/5	PHYSIOLOGY	Mel	Y	Y	N



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	Cardiovascular System & High Blood Pressure				
15/5	ANATOMY Muscles Middle Body	Jenni	Y	Y	N
22/5	ANATOMY Muscles Lower Limbs	Jenni	Y	Y	N
29/5	SPECIALIST SKILLS Prenatal Yoga	Mel	Y	Y	Y – 18/6
5/6	TEACHING SKILLS Class Plan: Inversions	Jenni	N	Y	Y – 4/7
12/6	TEACHING SKILLS PRAC LAB: Inversions	Jenni	N	N – practical lecture	N
19/6	SPECIALIST SKILLS Neurodiversity in Yoga	Caz	N	Y – available TBA	
26/6	TEACHING SKILLS Teaching Skills Practice	Mel	N	N – you will be assigned poses to teach the class	Y
3/7	SPECIALIST SKILLS Youth Yoga	Beata	N	Y	N
Feb group only	10 x class observations				24/7
10/7 & 17/7 DAYS OFF – MID YEAR BREAK					
July 2024 Group Assessment Dates and Graduation Information					
July 24 Group	ASSESSMENT DUE ALL outstanding assignments handed in (or not marked)				17 July 24
July 24 Group	ASSESSMENT DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5				31 July 24
July 24 Group	ASSESSMENT DUE Class Observations x 20				31 July 24
July 24 Group	ATTENDANCE REQUIRED Must have attended the Business lecture during training				31 July 24



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July 24 Group	ATTENDACE REQUIRED Must have attended the Ethics lecture during training				31 July 24
July 24 Group	Graduation				Fri 1 Aug 24 7pm-8:30pm
17/7 - Induction New July 25 Group 10am-12pm					
24/7 - NEW JULY 25 GROUP START					
24/7	PHYSIOLOGY Digestive and Immune Systems	Mel	Y	Y	N
31/7	ANATOMY Bandhas	Jenni	N	Y	N
7/8	SPECIALIST SKILLS Trauma Informed Yoga	Caz	N	Y – TBA when available	N
14/8	ANATOMY Muscles Upper Limbs	Jenni	Y	Y – slides	N
21/8	TEACHING SKILLS PRAC LAB: Arm Balancing	Jenni	N	N – practical lecture	N
28/8	PHILOSOPHY Yoga Sutras of Patanjali	Jaymala	Y	Y	N
4/9	SPECIALIST SKILLS Yin Yoga	Mel	Y	Y	Y – 2/10
11/9	TEACHING SKILLS PRAC LAB: Cuing & Language	Mel	N	N – practical lecture	N
18/9	TEACHING SKILLS Adjustments #1	Jenni	N	Y– same slides for both adjusting lectures	N
25/9 DAY OFF – SEPT HOLIDAYS					
2/10	TEACHING SKILLS Adjustments #2	Jenni	N	Y – same slides for both adjusting lectures	N
9/10	TEACHING SKILLS Class Plan: Forward Bending	Wendy	N	Y	Y – 31/10
16/10	ANATOMY Spine, Joints & Back Injuries	Martina	Y	Y	N
23/10	TEACHING SKILLS PRAC LAB: Forward & Backbending Poses	Wendy	N	N – practical lecture	N



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30/10	PHILOSOPHY Bhagavad Gita and the Upanishads	Jaymala	Y	Y	N
6/11	TEACHING SKILLS Teaching Skills Practice	Mel	N	N – you will be assigned poses to teach the class	Y
13/11	PHILOSOPHY Yoga History	Jaymala	Y	Y	N
20/11	TEACHING SKILLS PRAC LAB: Twisting Postures & Lateral Flexion	Wendy	N	N – practical lecture	N
27/11	PHILOSOPHY Sanskrit and Chanting	Jaymala	Y	Y	N
4/12	TEACHING SKILLS Teaching Skills Practice	Mel	N	N – you will be assigned poses to teach the class	Y
11/12	TEACHING SKILLS PRAC LAB: Standing and Balancing Postures	Wendy	N	Y	N
Feb 2025 Group Assessment Dates and Graduation Information					
Feb 25 Group	ASSESSMENTS DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5				12 Dec 25
Feb 25 Group	ATTENDANCE REQUIRED Must have attended the Ethics & Business lectures during the year				Before grad 2026
Feb 25 Group	ASSESSMENTS DUE Class Observations x 10				30 Nov 25
Feb 25 Group	ASSESSMENTS DUE ALL outstanding assignments handed in (or not marked)				10 Jan 26
Feb 25 Group	Graduation				Sat 31 Jan 26 10am-12pm



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Zoom Only Lectures

You must attend one Ethics lecture and one Business lecture over the course of your training. Please choose from one of the available dates below. You must attend both lectures to graduate. Please let me know if there is an issue for you.

Yoga Business

Monday 28th April 7pm-9:30pm

Sunday 15th June 9am-11:30am

Wednesday 8th October 7pm-9:30pm

Ethics of Yoga

Wednesday 7th May 7pm-9:30pm

Sunday 15th June 12pm-2:30pm

Monday 13th October 7pm-9:30pm

Zoom links will be issues closer to the time.

Lecturer Contact List

Caz Pringle-Bowden, 0434 876 812, hello@cazpringlebowden.com.au

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

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

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

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