



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

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: Sat 15th Feb 2024 930am-1130am (Zoom only)

Date	Time	Lecture	Teacher	Zoom available?	Notes to Read?	Assessment? & Due Date
Sat 22/2	9:30am-1:15pm	PHYSIOLOGY Nervous & Endocrine Systems	Mel	Y	Y	N
Sun 22/2	2pm-5:45pm	PHILOSOPHY Yoga Sutras of Patanjali	Jaymala	Y	Y	N
Sun 23/2	9:30am-1:15pm	PRANAYAMA Essentials Pranayama	Jenni	N	Y – 1 set of notes for both pranayama lectures	N
Sun 23/2	2pm-5:45pm	MEDITATION Meditation	Wendy	Y	Y	N
Sat 22/3	9:30am-1:15pm	TEACHING SKILLS PRAC LAB: Intro to Surya Namaskar	Nickie	N	Y	N
Sat 22/3	2pm - 5:45pm	TEACHING SKILLS Class Plan: Forward Bending	Wendy	N	Y	Y – 2/5
Sun 23/3	9:30am-1:15pm	MEDITATION Mindfulness	Beata	Y	Y	Y – diary 30/5
Sun 23/3	2pm - 5:45pm	ANATOMY Muscles Lower Limbs	Jenni	Y	Y	N
Sat 3/5	930am-115pm	ANATOMY Bandhas	Jenni	N	Y	N
Sat 3/5	2pm-5:45pm	PHILOSOPHY Sanskrit and Chanting	Jaymala	Y	Y	N
Sun 4/5	930am-115pm	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #1	Nickie	N	Y – 1 set of notes for both D&S lectures	N
Sun 4/5	2pm-5:45pm	ANATOMY Spine, Joints & Back Injuries	Martina	Y	Y	N
Sat 31/5	9:30am-1:15pm	TEACHING SKILLS	Jenni	N	N – practical lecture	N



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		PRAC LAB: Arm Balancing				
Sat 31/5	2pm-5:45pm	TEACHING SKILLS Class Plan: Twisting Postures & Lateral Flexion	Wendy	N	Y	Y – 27/6
Sun 1/6	9:30am-1:15pm	TEACHING SKILLS PRAC LAB: Designing & Sequencing the Yoga Class #2	Nickie	N	Y – 1 set of notes for both D&S lectures	N
Sun 1/6	2pm-5:45pm	TEACHING SKILLS Teaching Skills Practice	Mel	N	N	Y– you will be assigned poses to teach the class
Sat 28/6	9:30am-1:15pm	SPECIALIST SKILLS Neurodiversity in Yoga	Caz	N	Y - TBA available	N
Sat 28/6	2pm-5:45pm	MEDITATION Savasana	Wendy	Y	Y	Y – Yoga Nidra script 17/7
Sun 29/6	9:30am-1:15pm	ANATOMY Muscles Mid Body	Jenni	Y	Y	N
Sun 29/6	2pm-5:45pm	SPECIALIST SKILLS Yin Yoga	Mel	Y	Y	Y – 17/7
Feb group only		10 x class observations due				31 July
July 2024 Group Assessment Dates and Graduation Information						
July 24 Group		ASSESSMENTS DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5				31 July 25
July 23 Group		ASSESSMENTS DUE Class Observations x 20				31 July 25
July 23 Group		ASSESSMENTS DUE				17 July 24



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		ALL outstanding assignments handed in (or not marked)				
July 23 Group		ATTENDACE REQUIRED Must have attended the Ethics lecture during training				31 July 25
July 23 Group		ATTENDACE REQUIRED Must have attended the Ethics lecture during training				31 July 25
July 24 Group		Graduation				Fri 1 Aug 25 7pm-8:30pm
Weekend Induction – Thur 31 July 7pm-9pm						
2/3 Aug New Group Start						
Sat 2/8	9:30am-1:15pm	PHYSIOLOGY Cardiovascular System & High Blood Pressure	Mel	Y	Y	N
Sat 2/8	2pm-5:45pm	PHILOSOPHY Bhagavad Gita and the Upanishads	Jaymala	Y	Y	N
Sun 3/8	9:30am-1:15pm	PRANAYAMA Techniques of Pranayama	Jenni	N	Y – 1 set of notes for both pranayama lectures	Y – scripts 28/8
Sun 3/8	2pm-5:45pm	PHYSIOLOGY Digestive and Immune Systems	Mel	Y	Y	N
Sat 30/8	9:30am-1:15pm	SPECIALIST SKILLS Trauma Informed	Caz	N	Y - TBA available	N
Sat 30/8	2pm-5:45pm	ANATOMY Muscles Upper Limbs	Jenni	Y	Y	N
Sun 31/8	9:30am-1:15pm	SPECIALIST SKILLS Prenatal Yoga	Mel	Y	Y	Y – 27/9
Sun 31/8	2pm-5:45pm	PHILOSOPHY Yoga History	Jaymala	Y	Y	N



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Sat 4/10	9:30am- 1:15pm	TEACHING SKILLS Class Plan: Inversions	Jenni	N	Y	Y – 19/10
Sat 4/10	2pm- 5:45pm	TEACHING SKILLS PRAC LAB: Cuing & Language	Mel	N	N – practical lecture	N
Sun 31/8	9:30am- 1:15pm	TEACHING SKILLS Adjustments #1	Jenni	N	Y– 1 set of notes for both adjusting lectures	N
Sun 5/10	2pm- 5:45pm	TEACHING SKILLS Class Plan: Back Bending	Wendy	N	Y	Y - 7/11
Sat 8/11	9:30am- 1:15pm	TEACHING SKILLS PRAC LAB: Forward & Backbending Poses	Wendy	N	N – practical lecture	N
Sat 8/11	2pm- 5:45pm	TEACHING SKILLS Adjustments #2	Jenni	N	Y– same slides for both adjusting lectures	N
Sun 9/11	9:30am- 1:15pm	TEACHING SKILLS PRAC LAB: Inversions	Jenni	N	N – practical lecture	N
Sun 9/11	2pm- 5:45pm	SPECIALIST SKILLS Youth Yoga	Beata	N	Y	N
Sat 6/12	9:30am- 1:15pm	TEACHING SKILLS Teaching Skills Practice	Mel	N	N – you will be assigned poses to teach the class	Y
Sat 6/12	2pm- 5:45pm	TEACHING SKILLS PRAC LAB: Standing and Balancing Postures	Wendy	N	Y	N
Sun 7/12	9:30am- 1:15pm	TEACHING SKILLS Teaching Skills Practice	Mel	N	N – you will be assigned poses to teach the class	Y



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Sun 7/12	2pm- 5:45pm	TEACHING SKILLS PRAC LAB: Twisting Postures & Lateral Flexion	Wendy	N	N – practical lecture	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
Feb 24 Group		ASSESSMENTS DUE Class Observations x 10				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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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 issued 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

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