



## Assessments & Due Dates 2025 Group – 350 hours - Thursday

Date Thurs	Lecture 10am-2:30pm	Assessment? Due Date	Assessment details
<b>July 2024 and Feb 2025 Groups</b>			
20/2	MEDITATION Savasana	12/3	Yoga Nidra script - write a 5-10 minute Yoga Nidra script that you can use in a general class setting. You should research several examples. Try listening to Insight Timer or watch Melanie's version on You Tube: <a href="https://youtu.be/LUFnJHyvSG4?si=ug6C2cm-iaObxDf6">https://youtu.be/LUFnJHyvSG4?si=ug6C2cm-iaObxDf6</a>
27/2	PRANAYAMA Essentials of Pranayama	Read by the lecture	Ensure that you have read or listened to James Nestor's book <i>Breath</i>
6/3	TEACHING SKILLS Class Plan: Back Bending	28/3	See the class plan template and the example class plans in the Assessment section of Google Drive.
13/3	MEDITATION Mindfulness Meditation	23/4	Complete a 2 week-long mindfulness diary. Aim to complete a daily mindfulness practice that may be seated, standing or with movement and track your observances. How does this practice make you feel? What benefits do you notice? How do you plan on continuing your practice after the 2 weeks is over? Write a summary of your observations and submit this for review. You do not need to submit the mindfulness diary entries.
1/5	TEACHING SKILLS Class Plan: Twisting Postures & Lateral Flexion	30/5	See the class plan template and the example class plans in the Assessment section of Google Drive.
27/3	PRANAYAMA Techniques of Pranayama	6/6	Following the completion of both Pranayama lectures, you will need to write 2 x pranayama scripts as follows: <ul style="list-style-type: none"> <li>- Write a script for nadi sodhana, explaining how to perform the practice that goes for 5 minutes. Also include a short description of the benefits of the practice, appropriate for sharing in a general class setting.</li> <li>- Write a short script for Box Breathing (4:4:4:4 breathing, Sama Vritti) that goes for 5 minutes. Also include a short description of the benefits of the practice, appropriate for sharing in a general class setting.</li> </ul>

## Assessments & Due Dates

### 2025 Group – 350 hours - Thursday

29/5	SPECIALIST SKILLS Prenatal Yoga	18/6	See the class plan template and the example class plans in the Assessment section of Google Drive. The prenatal plan may be for all pregnant women or for a specific trimester. Make sure that you include some pranayama and meditation. Given the special needs of this group, you do not need to include an inversions or backbends section, or any other sections that are inappropriate for prenatal students. For more help, see AYA On Demand for example prenatal classes.
26/6	TEACHING SKILLS Teaching Skills Practice	Mandatory attendance on the day of lecture	You will be assigned poses and practices to teach over a specific timeframe (generally under 10 mins). These will be received 3-4 weeks before the lecture. Please make sure that you understand what you have been assigned and double check if you are unsure. Please stay to allocated timeframe.
5/6	TEACHING SKILLS Class Plan: Inversions	4/7	See the class plan template and the example class plans in the Assessment section of Google Drive.
Feb 25 group	10 of 20 class observations	24/7	By the end of your studies, you will need to complete 20 class observations. Please use the class observations template in the Assessments Section of Google Drive to complete this. You must complete 10 class observations by the mid way point of your studies (choose any 10). Submit these for review.
July 24 Group	Ensure these assessments are complete: <ul style="list-style-type: none"> <li>- ALL outstanding assignments handed in</li> <li>- Teaching Rounds (outside of lecture time), Presentations x 5 and Participation x 5</li> <li>- Class Observations x 20</li> <li>- Business lecture and Ethics lecture attended</li> </ul>	31/7	In order to graduate, all these assessments need to be completed.  Any assessments handed in after this time will not be marked.
<b>Feb 2025 &amp; July 2025 Groups</b>			
4/9	SPECIALIST SKILLS Yin Yoga	2/10	See the class plan template and the example class plans in the Assessment section of Google Drive. Given the special needs of this group, you do not need to include specific inversions, standing or vinyasa sections, or any other

## Assessments & Due Dates

### 2025 Group – 350 hours - Thursday

			sections that are inappropriate for this type of class. For more help, see AYA On Demand for example Yin classes.
28/8	PHILOSOPHY Yoga Sutras of Patanjali	Read by the lecture	<i>Yoga Sutras of Patanjali</i> by M. Stiles
9/10	TEACHING SKILLS Class Plan: Forward Bending	31/10	See the class plan template and the example class plans in the Assessment section of Google Drive.
6/11	TEACHING SKILLS Teaching Skills Practice	Mandatory attendance on the day of lecture	You will be assigned poses and practices to teach over a specific timeframe (generally under 10 mins). These will be received 3-4 weeks before the lecture. Please make sure that you understand what you have been assigned and double check if you are unsure. Please stay to allocated timeframe.
Feb 25 Group Only	Ensure these assessments are complete: <ul style="list-style-type: none"> <li>- ALL outstanding assignments handed in</li> <li>- Teaching Rounds (outside of lecture time), Presentations x 5 and Participation x 5</li> <li>- Class Observations x 20</li> <li>- Business lecture and Ethics lecture attended</li> </ul>	20/12	In order to graduate, all these assessments need to be completed.  Any assessments handed in after this time will not be marked.
July 25 Group Only	10 of 20 class observations	20/12	By the end of your studies, you will need to complete 20 class observations. Please use the class observations template in the Assessments Section of Google Drive to complete this. You must complete 10 class observations by the mid way point of your studies (choose any 10). Submit these for review.

### Additional Assessment Requirements

#### Teaching Rounds Sessions – outside of lecture times

Outside of lecture time, you need to attend 10 sessions outside of lecture time. You must attend five sessions as a participant and five sessions where you nominate yourself to teach a 10-15 min section of a class. I recommend that you begin by attending as a participant and then schedule yourself in to teach later in your course.



## Assessments & Due Dates 2025 Group – 350 hours - Thursday

Record your attendance on the sheet provided. If it is a Zoom attendance, then simply write down the date you attended and the lecturer who observed you.

You will be directed to the booking system. You do not need to book a section when you plan on participating. You ONLY book a place if you are actually teaching.

Rules:

Book one teaching section only per date

Do not book more than 10 teaching spots over the year (if there are places available, you will be advised). If you would like to teach more than 10 times, please discuss availability with Melanie Mackintosh.

Do not move or change another person's booking without discussing it with them first.

You cannot graduate unless you fulfil this requirement.

### **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. There will be further dates set for 2026.

#### **Yoga Business**

Monday 28<sup>th</sup> April 7pm-9:30pm

Sunday 15<sup>th</sup> June 9am-11:30am

Wednesday 8<sup>th</sup> October 7pm-9:30pm

#### **Ethics of Yoga**

Wednesday 7<sup>th</sup> May 7pm-9:30pm

Sunday 15<sup>th</sup> June 12pm-2:30pm

Monday 13<sup>th</sup> October 7pm-9:30pm