



MODULE ONE ~ AUGUST 2025

Methodology & Asana Lab: Fundamentals Sun Salutations & Neutral Standing Postures
Pranayama & Meditation Fundamentals -Subtle Anatomy: The Nadis - History of Yoga
Principles of Teaching - Anatomy & Physiology (A&P) Module 1 ; Intelligent Movement Principles

MODULE TWO ~ SEPTEMBER

Methodology & Asana lab: Externally-rotated Standing & Balancing Postures
Pranayama, Meditation, Bandhas & Subtle Anatomy: The Vayus - History of Yoga P.II
Principles of Teaching & Cueing - A & P Module 2 ; A Detailed Exploration of the Lower Limbs

MODULE THREE ~ OCTOBER

Methodology & Asana lab: Asymmetrical Standing & Balancing Postures
Pranayama, Meditation & Mantra -Subtle Anatomy: Koshas - Yoga Sutras P.I
Principles of Teaching & Cueing - Module 3 ; A Detailed Exploration of the Upper Limbs

MODULE FOUR ~ NOVEMBER

Methodology & Asana lab: Balancing Poses & Standing Twists
Pranayama, Meditation & Subtle Anatomy: Chakras - Yoga Sutras P.II
Principles of Sequencing - Class Planning - A & P Module 4 ; A Detailed Exploration of the Spine

MODULE FIVE ~ DECEMBER

Methodology & Asana lab: Backbends, Seated & Reclining Postures
Pranayama, Meditation, Mudra, Mantra - Subtle Anatomy: Chakras Cont.- Yoga Sutras Cont.
Refining Sequencing - A & P Module 5; Supporting Injured Students



MODULE SIX ~ JANUARY 26

Methodology & Asana lab: Hand-balancing Postures -
Pranayama, Meditation & Integration Subtle Anatomy- The Eight Limbs P.I; Yamas & Niyamas
Refining Sequencing - Practicum:Teaching - A & P Module 6; The Science Behind Why Yoga
Makes Us Feel So Good

MODULE SEVEN ~ FEBRUARY

Methodology & Asana lab: Inversions - Pranayama, Meditation & Integration Subtle Anatomy
Ayurveda- Teaching Fundamentals & Sequencing
A & P Body variations, inclusivity.

MODULE THREE ~ MARCH

Master Practices- Pranayama, Meditation & Integration Subtle Anatomy - Bhagavad Gita
Principles of Teaching & Teaching Considerations - The Art of Theming
A & P The World of Fascia

MODULE FOUR ~ APRIL

Master Practices- Pranayama, Meditation & Integration Subtle Anatomy
Ethics & Professional Development- Sequencing Considerations
Practicum: Presentations - A & P : Pain, Injuries and common conditions.

MODULE FIVE ~ MAY

Practicum Final & Feedback - Ethics & Professional Development - Elective Workshop
A & P: Anatomy in Asana and Arm Support - Discussion, Q & A, Closing Ceremony

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200 HOURS YOGA TEACHER TRAINING



FIRST MODULE 2025

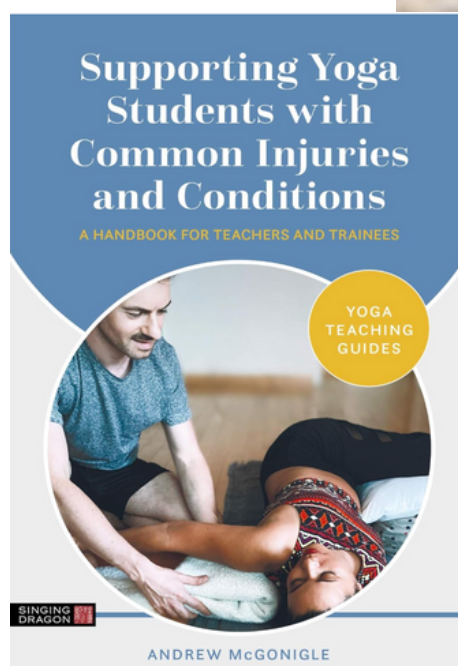
Module One: 16-17 August
Module Two: 6-7 September
Module Three: 4-5 October
Module Four: 1-2 Nov
Module Five: 13-14 December

SECOND MODULE 2026

Module Six: 3-4 January
Module Seven: 7-8 Feb
Module Eight: 7-8 March
Module Nine: 4-5 April
Module Ten: 2-3 May

This YTTC will also include:

- 30 Hour Yoga Anatomy Online Course with Andrew McGonigle, AKA Dr Yogi: 24 hours pre-recorded + 6 hours live.
- 2 Elective workshops (outside course hours) during the second half of the course .
- Zoom meeting "Satsang" with guest teacher, Sudhir Rishi.



Venue: Lychpit Village Hall