



MODULE ONE ~ AUGUST 2021

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) Unit 1 - Building Blocks

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 Unit 2: The Breath

MODULE THREE ~ OCTOBER

Methodology & Asana lab: Asymmetrical Standing & Balancing Postures
Pranayama, Meditation & Mantra -Subtle Anatomy: Koshas - Yoga Sutras P.I
Principles of Teaching & Cueing - A & P Unit 3: Muscle Physiology

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 Unit 4: 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 Unit 5: The Lower Limbs



MODULE SIX ~ JANUARY 22

Methodology & Asana lab: Hand-balancing Postures -
Pranayama, Meditation & Integration Subtle Anatomy- The Eight Limbs P.I; Yamas & Niyamas
Refining Sequencing - Practicum:Teaching - A & P Unit 6: The Upper Limbs

MODULE SEVEN ~ FEBRUARY

Methodology & Asana lab: Inversions - Pranayama, Meditation & Integration Subtle Anatomy
Ayurveda- Teaching Fundamentals & Sequencing
A & P Unit 7: Anatomy in Asana & Asana Philosophy

MODULE THREE ~ MARCH

Master Practices- Pranayama, Meditation & Integration Subtle Anatomy - Bhagavad Gita
Principles of Teaching & Teaching Considerations - The Art of Theming
A & P Unit 8 Anatomy in Asana, Pain & Sensation

MODULE FOUR ~ APRIL

Master Practices- Pranayama, Meditation & Integration Subtle Anatomy
Ethics & Professional Development- Sequencing Considerations
Practicum: Presentations - A & P Unit 9 – Anatomy in Asana and Vinyasa

MODULE FIVE ~ MAY

Practicum Final & Feedback - Ethics & Professional Development - Elective Workshop
Unit 10: Anatomy in Asana and Arm Supports - Discussion, Q & A, Closing Ceremony

yoga discipline

200 HOURS YOGA TEACHER TRAINING



FIRST MODULE 2021

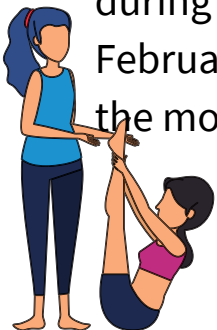
Module One: 28-29 August
Module Two: 18-19 September
Module Three: 16-17 October
Module Four: 20-21 Nov
Module Five: 04-05 December

SECOND MODULE 2022

Module Six: 15-16 January
Module Seven: 19-20 Feb
Module Eight: 19-20 March
Module Nine: 16-17 April
Module Ten: 21-22 May

This YTTC will also include:

- A one-hour zoom meeting "Satsang" with Sudhir Rishi once monthly throughout the course (2nd Saturday of the month)
- 3 Elective workshops (outside course hours) during the second half of the course from February 2022 to April on the 1st Saturday of the month.



Modules 4, 5 & 6 will be held at
Lychpit Village Hall, while all
the rest will be at the
Sherborne St. John Chute
Pavilion.

