

## YTT 200hr Syllabus & Course Plan

Date	Time	Type	Content
29-30/5/27	0900-1700	Weekend 1	Asanas: Opening & Closing sequences. Foundational Seated & Standing Poses. Pranayama: Healthy functional breathing. Yoga breathing. Relaxing breathing techniques. Meditation: Savasana techniques
9/6/27	1800-2000	Online 1	Introduction & Reading List A&P: Module 1 Intelligent Movement Principles
16/6/27	1800-2000	Online 2	YHP: A Brief History of Yoga A&P: Module 1 Muscle
23/6/27	1800-2000	Online 3	YHP: Paths of Yoga A&P: Module 1 Bone
30/6/27	1800-2000	Online 4	YHP: The Vedas A&P: Module 1 Anatomical Language
7/7/27	1800-2000	Online 5	YHP: Upanishads 1 A&P: Module 1 Yoga Practice
14/6/27	1800-2000	Online 6	YHP: Upanishads 2 A&P: Module 1 Live Q&A
24-25/7/27	0900-1700	Weekend 2	Asanas: Sun Salutations & Teaching Transitions, Demonstration Skills & Movement Language Pranayama: Puraka, Rechaka, Kumbhaka. Savitri. Samivrti Meditation: Yoga Nidra
1/9/27	1800-2000	Online 7	YHP: Baghavad Gita 1 A&P: Module 2 Lower Limb, Foot & Ankle
8/9/27	1800-2000	Online 8	YHP: Baghavad Gita 2: Satsang A&P: Module 2 Knee
15/9/27	1800-2000	Online 9	YHP: Yoga Sutras 1 A&P: Module 2 Hip
25-26/9/27	0900-1700	Weekend 3	Asanas: Twists & Forward Folds. Pranayama: Viloma. Dirga. Meditation: Meditation from a yoga perspective (Samyama)
6/10/27	1800-2000	Online 10	YHP: Yoga Sutras 2 A&P: Module 2 Pelvis
13/10/27	1800-2000	Online 11	YHP: Yoga Sutras 3 A&P: Module 2 Yoga Practice
20/10/27	1800-2000	Online 12	YHP: Yoga Sutras 4 A&P: Module 2 Live Q&A
3/11/27	1800-2000	Online 13	YHP: Hatha Yoga Pradikipa A&P: Module 3 Upper Limb, Shoulder Complex 1
10/11/27	1800-2000	Online 14	YHP: Ancient Texts Philosophy Satsang A&P: Module 3 Shoulder Complex 2
17/11/27	1800-2000	Online 15	YHP: The development of modern yoga A&P: Module 3 Elbow, Forearm, Hand & Wrist
27-28/11/27	0900-1700	Weekend 4	Asanas: Side bends & Back bends. Pranayama: Nadi Shodana. Ujjayi. Meditation: Modern Mindfulness Techniques
1/12/27	1800-2000	Online 16	YHP: The family tree of modern Yoga A&P: halfway catch up session
8/12/27	1800-2000	Online 17	YHP: Krishnamacharya A&P: Module 3 Yoga Practice
15/12/27	1800-2000	Online 18	YHP: TKV Desikichar A&P: Module 3 Live Q&A
5/1/28	1800-2000	Online 19	YHP: BKS Iyengar A&P: Module 4 Spine & Vertebral Column
12/1/28	1800-2000	Online 20	YHP: Pattabi Jois A&P: Module 4 Four sections of the spine
19/1/28	1800-2000	Online 21	YHP: Indra Devi A&P: Module 4 Muscles of the spine and trunk
22-23/1/28	0900-1700	Weekend 5	Asanas: Balances & Hip Openers. Pranayama: Bhramari, Kapalabhati & Sitali Meditation: Breath meditation techniques
26/1/28	1800-2000	Online 22	YHP: Styles of Yoga A&P: Module 4 Scoliosis

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2/2/28	1800-2000	Online 23	YHP: The arc of Yoga A&P: Module 4 Yoga Practice
9/2/28	1800-2000	Online 24	YHP: Philosophy Satsang A&P: Module 4 Live Q&A
23/2/28	1800-2000	Online 25	YPB: Lesson planning & Sequencing A&P: Module 5 Supporting Injured Students & Communication
1/3/28	1800-2000	Online 26	YPB: Course Planning A&P: Module 5 Feet, Ankle & Knee Injuries
8/3/28	1800-2000	Online 27	YPB: Setting up for class A&P: Module 5 Hip & Pelvis Injuries
15/3/28	1800-2000	Online 28	YPB: Starting your business A&P: Module 5 Spinal, Shoulder, Elbow, Wrist & Hand Injuries
22/3/28	1800-2000	Online 29	YPB: Growing your business A&P: Module 5 Yoga Practice
25-26/3/28	0900-1700	Weekend 6	Asanas: Arm Balances & Inversions. Drishti, Bandhas & Mudras. Pranayama: Teaching breath in your yoga class. Meditation: Buddhist meditation techniques: Mindfulness of Breath, Metta Bhavana & Vipassana
29/3/28	1800-2000	Online 30	YPB: Ethics, Boundaries & Professional Practice A&P: Module 5 Live Q&A
19/4/28	1800-2000	Online 31	YPB: 121 Mentoring Sessions A&P: Module 6 Nervous & Respiratory Systems
26/4/28	1800-2000	Online 32	YPB: 121 Mentoring Sessions A&P: Module 6 CV & Lymphatic Systems
3/5/28	1800-2000	Online 33	YPB: 121 Mentoring Sessions A&P: Module 6 Immune & Reproductive Systems
10/05/2028	1800-2000	Online 34	YPB: 121 Mentoring Sessions A&P: Module 6 Endocrine & Digestive Systems
17/5/28	1800-2000	Online 35	YPB: 121 Mentoring Sessions A&P: Module 6 Yoga Practice
24/5/28	1800-2000	Online 36	YPB: 121 Mentoring Sessions A&P: Module 6 Live Q&A
26-29/5/28		Final Retreat	Final Assessments