



February 2021 Schedule (Online)

| Date | Time | Module |
|-------------|-------------|---------------------------|
| 28 Feb 2021 | 12:30-17:30 | Welcome, Alignment |
| 6 Mar 2021 | 14:00-18:30 | Vinyasa & Sun Salutations |
| 7 Mar 2021 | 12:30-17:30 | Basic Asana |
| 13 Mar 2021 | 9:00-13:00 | History of Yoga 1 |
| 13 Mar 2021 | 14:30-18:00 | Anatomy 1 |
| 20 Mar 2021 | 14:00-18:30 | Forward Folds |
| 21 Mar 2021 | 12:30-17:30 | Standing Postures |
| 27 Mar 2021 | 9:00-13:00 | Eight Limbs |
| 27 Mar 2021 | 14:30-18:00 | Pranayama 1 |
| 10 Apr 2021 | 14:00-18:30 | Hip Openers 1 |
| 11 Apr 2021 | 12:30-17:30 | Accessible Yoga |
| 18 Apr 2021 | 12:30-17:30 | Twists |
| 24 Apr 2021 | 14:00-18:30 | Backbends 1 |
| 15 May 2021 | 9:00-13:00 | History of Yoga 2 |
| 15 May 2021 | 14:30-18:00 | Sequencing 1 |
| 22 May 2021 | 14:00-18:30 | Hip Openers 2 |
| 23 May 2021 | 12:30-17:30 | Standing Balances |
| 5 Jun 2021 | 9:00-13:00 | Meditation 1 |
| 5 Jun 2021 | 14:30-18:00 | Physiology of Stretching |
| 19 Jun 2021 | 9:00-13:00 | Pranayama 2 |
| 19 Jun 2021 | 14:30-18:00 | Anatomy 2 |
| 26 Jun 2021 | 14:00-18:30 | Yamas & Niyamas |
| 27 Jun 2021 | 12:30-17:30 | Meditation 2 |
| 4 Jul 2021 | 12:30-17:30 | Sequencing 2 |
| 17 Jul 2021 | 14:00-18:30 | Backbends 2 |
| 18 Jul 2021 | 12:30-17:30 | Teaching Methodology |

| | | |
|--------------|-------------|---|
| 24 Jul 2021 | 9:00-13:00 | Self-Care |
| 24 Jul 2021 | 14:30-18:00 | Introduction to Sanskrit |
| 4 Sept 2021 | 14:00-18:30 | Business of Yoga |
| 11 Sept 2021 | 9:00-13:00 | Touch |
| 11 Sept 2021 | 14:30-18:00 | Ethics of Teaching Yoga |
| 18 Sept 2021 | 14:00-18:30 | Intro to Yoga Philosophies |
| 19 Sept 2021 | 12:30-17:30 | Trauma Sensitivity & Cultural Appropriation |
| 9 Oct 2021 | 14:00-18:30 | Anatomy 3 |
| 10 Oct 2021 | 12:30-17:30 | Inversions |
| 23 Oct 2021 | 14:00-18:30 | Anatomy 4 |
| 24 Oct 2021 | 12:30-17:30 | Pregnancy |
| 30 Oct 2021 | 14:00-18:30 | Introduction to Yin |
| 31 Oct 2021 | 12:30-17:30 | Complex Asana |
| 13 Nov 2021 | 14:00-18:30 | Yoga Sutra |
| 14 Nov 2021 | 12:30-17:30 | Yogic Body |
| 20 Nov 2021 | 14:00-18:30 | Arm Balances |
| 21 Nov 2021 | 12:30-17:30 | Yoga Nidra |
| 11 Dec 2021 | 14:00-18:30 | Sequencing 3 |
| 12 Dec 2021 | 12:30-17:30 | Intro to Restorative Yoga |
| 18 Dec 2021 | 14:00-18:30 | Teaching Practice |
| 19 Dec 2021 | 12:30-17:30 | Teaching Intention/Celebration |