



February 2021 Schedule (In-Person)

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
17 Apr 2021	14:00-18:30	Hip Openers 1
18 Apr 2021	12:30-17:30	Accessible & Chair Yoga
1 May 2021	14:00-18:30	Twists
2 May 2021	12:30-17:30	Backbends 1
15 May 2021	9:00-13:00	History of Yoga 2
15 May 2021	14:30-18:00	Sequencing 1
29 May 2021	14:00-18:30	Hip Openers 2
30 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
12 Jun 2021	14:00-18:30	Yamas & Niyamas
13 Jun 2021	12:30-17:30	Meditation 2
19 Jun 2021	9:00-13:00	Pranayama 2
19 Jun 2021	14:30-18:00	Anatomy 2
10 Jul 2021	14:00-18:30	Backbends 2
11 Jul 2021	12:30-17:30	Sequencing 2
24 Jul 2021	9:00-13:00	Self-Care

24 Jul 2021	14:30-18:00	Introduction to Sanskrit
25 Jul 2021	12:30-17:30	Teaching Methodology
31 Jul 2021	14:00-18:30	Business of Yoga
4 Sept 2021	14:00-18:30	Introduction to Yoga Philosophies
5 Sept 2021	12:30-17:30	Trauma Sensitivity & Cultural Appropriation
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	Anatomy 3
19 Sept 2021	12:30-17:30	Inversions
2 Oct 2021	14:00-18:30	Anatomy 4
3 Oct 2021	12:30-17:30	Pregnancy
23 Oct 2021	14:00-18:30	Introduction to Yin Yoga
24 Oct 2021	12:30-17:30	Complex Asana
6 Nov 2021	14:00-18:30	Arm Balances
7 Nov 2021	12:30-17:30	Yoga Nidra
20 Nov 2021	14:00-18:30	The Yoga Sutra of Patanjali
21 Nov 2021	12:30-17:30	The Yogic Body
4 Dec 2021	14:00-18:30	Sequencing 3
5 Dec 2021	12:30-17:30	Introduction to Restorative Yoga
18 Dec 2021	14:00-18:30	Final Teaching Practice
19 Dec 2021	12:30-17:30	Intention & Celebration

Modules in **GREEN** are delivered online via zoom. Live attendance is preferred and encouraged. Online sessions are recorded and made available if live attendance is not possible. You will have access to recordings for 3 months from the date of the session.

All other sessions are delivered in person in Oxford.

All sessions, whether in person or online, include a mixture of practice (i.e. you are led in a class by the trainer), lecture & discussion on the topic, and teaching practice (i.e. you practice teaching) where appropriate.

We will release schedules for further programs in 2021 in the new year.