

Proposed Course Delivery Dates 2010-2011*

Training 2-3 day weekends

Dates 2010:

Course Focus

Feb	13 th – 14 th	}	Techniques in Asana & Flows for TriYoga Basics, Inner Cor Yoga Pranayama & Meditation. Developing Sadhana. Introducing the philosophy of Patanjali' Yoga Sutras
Mar	13 th , 14 th & 15 th		
Apr	10 th -11 th		
May	8 th -9 th		
June	12 th -13 th		

July	10 th -11 th	}	Applied Anatomy Units Teaching Methodology and Practice in Asana, Pranayama, Meditation & Yoga Nidra.
Aug	7 th -8 th		
Sept	11 th -12 th		
Oct	9 th -10 th		
Nov	13 th -14 th		
Dec	11 th -12 th		

Dates 2011:

Course Focus

Jan	8 th -9 th	}	Consolidating teaching practice & refinement of techniques. Subtle Anatomy, Bhagavad Gita, history & philosophy. OHS and Specialist yoga.
Feb	12 th -13 th		
Mar	12 th -13 th		
Apr	9 th -10 th		
May	14 th -15 th		
Jun	11 th	-	Theory Exam
	12 th	-	Graduation Luncheon & Presentation

Training Units

The course will include a selection of the following units.

AA101 Applied Anatomy of the Digestive System
AA102 Applied Anatomy of the Hips
AA103 Applied Anatomy of the Spine
AA104 Applied Anatomy of the Shoulder
AA105 Applied Anatomy of the Respiratory System
AA106 Applied Anatomy of the Brain
HP501 Development of a Spiritual Diary: Personal Practice
HP502 Patanjalis Yoga Sutras Part 1, 2, 3 & 4
HP504 History of Yoga: An Historical & Local Perspective
HP505 Bhagavad Gita: Part 1, 2, 3 & 4
HP506 Yoga Sadhana: Diversity of Practice
IC201 Inner Cor Standing Postures
IC202 Inner Cor Seated Postures
IC203 Inner Cor Twists
IC204 Inner Cor Forward Bends
IC205 Inner Cor Backbends
IC206 Inner Cor Balancing Postures
IC207 Inner Cor Inversions
IC208 Inner Cor 84 Classic Postures

IC209 Five Tibetan Rites
ITP901 Teaching Practice in Inner Cor Methodology
ITP902 Teaching Practice in TriYoga Methodology
ITP903 Teaching Yoga Nidra & Meditation
ITP904 Teaching practice: Pranayama & Prana Vidya
ITP905 Teaching Practice: General Class
ITP906 OHS: Safety and comfort of the class
SA701 Subtle Anatomy: Chakras & Kundalini
SA702 Subtle Anatomy: Koshas, Pancha Pranas
SM901 Prana Vidya
SM902 Yoga Nidra
SM903 Meditation Methods
SM904 Pranayama: Breathing Ratios, Breath Retention
SM905 Bandhas
SY801 Specialised Yoga: Osteoporosis
SY802 Specialised Yoga: Pregnancy
SY803 Specialised Yoga: Back Care
TM701 Props: Using Chairs
TM702 Props: Using Sandbags, belts, bolsters, blocks & barrels
TM703 Props: Using Walls
TM704 Structuring Class to accommodate individual needs
TY001 TriYoga Series 1: Free the Hips reclined
TY002 TriYoga Series 2: Free the Spine
TY003 TriYoga Series 3: Free the Hips Standing
TY004 TriYoga Series 4: Free Spine Inversions
TY005 TriYoga Series 5: Inverted Hips
TY006 TriYoga Basics 108: Transition to Level 1
