

Date: Part time over 2 yrs

Contact Hours: min 360hrs	Comprising <ul style="list-style-type: none"> • 15 hrs in one weekend/ month – 150hrs/yr – 300hrs/2 yr • In between Mentor group: min 25 hrs/yr – 50hrs/ 2 yr Plus <ul style="list-style-type: none"> • Observe/ assist in class/ supervised teaching: min 20hrs/ yr – 40 hrs/ 2yr
Class participation	Min of 40 classes per year with approved YIT teacher
Expected self study/ homework: min 150hrs	<ul style="list-style-type: none"> • Comprising self study and assignment work – see measures of competency Plus <ul style="list-style-type: none"> • Peer group: min 25hrs/yr – 50 hrs/ 2 yr

First year assessment and competencies :

Class planning assignment– contrast of beginners and general level class, with discussion around differences in teaching methodologies and content

Analysis of an asana including biomechanics, contraindications, modifications & teaching points

Anatomy miniquiz passed - musculoskeletal, cardiovascular, respiratory and nervous system

Reflective essay on application of teachings of Patanjali in life.

Completed 27 day tantric sadhana with recitation of mantra, nyasa & bhuta shuddi; explored resistance to practise (Techniques 20hrs)

Second year assessment and competencies :

Presentation of case study of colleague outlining postural observation of studied area and plan of postures to address findings. Consider how you might cater for an individual in a small class based setting.

Presentation of case study of colleague/ client outlining assessment points of annamaya kosha.

Prepare a one page essay on the likely considerations of pranamaya & manomaya kosha.

Prepare a summary of pranic based models of yoga therapy.

Reflective essay on teaching from Bhagavad Gita in life.

Unbracketed hours indicate contact time face to face with teacher

() numbers indicate overlapping hours in curriculum category

We reserve the right to make changes and supplement teachers in the unlikely instance that the scheduled programme cannot run as advertised.

Course Outline

Contact Hours Outline:

Topics covered – Year 1 Semester One	YA curriculum category	Hrs
Ethics & Morality Yoga as spirituality as opposed to religion Morality is spirituality - self accountability and sadhana Sva-dharma & Sva-bhava Intro to Yama & Niyama Yoga teaching as sadhana Confidentiality Tamara James	Philosophy, Ethics & Lifestyle	3
Introduction to Yoga Philosophy Defining yoga – why do we practice Types of yoga – hatha, raja, bhakti, jnana, karma Timeline of scriptures and Indian thought Tamara James	Philosophy	3
Teaching methodologies - Being in class – observing & assisting Rapport & Consent – expression of non-consent Confidentiality Establishing home asana practice Dealing with resistance Teaching and learning styles Class and course planning Intention/ themes of classes Aims and objectives <ul style="list-style-type: none"> – with respect to class and course planning – short term & long term – student expectations – reconciling Progression of students Tamara James	Teaching methodologies	4 3 3 7 3
Asana Technique - Basic beginners poses Jamie Denham/ Tamara James	Techniques	20
Anatomy & Physiology – Musculoskeletal anatomy and application in asana Tamara James/Sonja Varendorff also from 2012	Anatomy & Physiology Techniques	20 (5)
Yoga sutras of Patanjali - Study of Text – Ch 1 & 2 Leanne Davis	Philosophy, Lifestyle Yogic physiology	15
Observing/ Assisting in class	Integrative practice & teaching	15

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Course Outline

Contact Hours Outline:

Topics covered – Year 1 Semester Two	YA curriculum category	Hrs
Asana Technique – Basic poses continued Modifications and Use of props Tamara James/ Jamie Denham	Techniques	20
Yoga sutras of Patanjali - Study of Text – Ch 2, 3 & 4 Vedic Cosmology Vyuha Model Leanne Davis	Philosophy, Lifestyle Yogic physiology	9 (2)
Pranic Physiology Nadi's, chakra, granthi Pancha kosha model Guna's Tantric sadhana – Mudra, Bandha, Mantra, Yantra Radhika Randall	Yogic Physiology (Techniques)	10 (5)
Anatomy & Physiology Cardiovascular Respiratory Nervous System and Stress biology Healing and Pain Physiology Tamara James	Anatomy & Physiology Yogic Physiology	16 (2)
Teaching Methodologies Hands on adjustments to correct poses Tamara James Yoga during pregnancy Suzanne Swan	Teaching methodologies Techniques Techniques	9 3
Assistance in class Interacting appropriately and offering helpful guidance to students in classes Supervised teaching – deemed suitable to commence teaching Tamara James	Integrative practice & teaching Techniques	15

Mentor group hours include meditation technique, philosophy, ethics and lifestyle - application of yoga into life: 38 scheduled hrs in 1st year

Peer group hours involving teaching methodology, technique and teaching practice: 25 hrs/yr

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Course Outline

Contact Hours Outline:

Topics covered – Year 2 Semester One	YA curriculum category	Hrs
Pranayama Techniques Relaxation Tamara James/ Jamie Denham	Techniques	6 3
Meditation Tamara James/ Dr Geoff Simpson	Techniques (Teaching methodologies)	9 (5)
Yoga during menstruation and menopause Haydie Osborne Hitchens		3
Asana Technique – Intermediate poses Pranayama Technique Chanting/ Kirtan/ Aarti	<i>Ashram stay only</i> Techniques	16 10 16
Bhagavad Gita Tamara James	Philosophy, Lifestyle	9
Hatha Yoga Pradipika Swami Muktibodhananda		3
Speciality training – introduction to yoga therapy Theory – history and modern considerations Spine - Anatomy & Physiology Review Conditions Tamara James	Speciality training	14
Pranic Physiology Nadi's, chakra, granthi Tantric sadhana – Mudra, Bandha, Mantra, Yantra Swami Muktibodhananda	Yogic Physiology (Techniques)	7 (4)
Assistance in class Interacting appropriately and offering helpful guidance to students in classes Supervised teaching – deemed suitable to commence teaching Tamara James	Integrative practice & teaching Techniques	15

Course Outline

Contact Hours Outline:

Topics covered – Year 2 Semester Two	YA curriculum category	Hrs
Asana Technique – Intermediate poses Pranayama Techniques Relaxation Meditation Tamara James/ Dr Geoff Simpson	<i>Meditation retreat only</i> Techniques	10 4 3 24
Bhagavad Gita Tamara James	Philosophy, Lifestyle	9
Speciality training – introduction to yoga therapy Theory – history and modern considerations Spine - Anatomy & Physiology Review Conditions Tamara James	Speciality training	14
Pranic Physiology Nadi's, chakra, granthi Tantric sadhana – Mudra, Bandha, Mantra, Yantra Swami Muktibodhananda	Yogic Physiology (Techniques)	10 (5)
Assistance in class Interacting appropriately and offering helpful guidance to students in classes Supervised teaching – deemed suitable to commence teaching Tamara James	Integrative practice & teaching Techniques	15

Mentor group hours include meditation technique, philosophy, ethics and lifestyle - application of yoga into life: min 20 scheduled hrs in 2nd year

Peer group hours involving teaching methodology, technique and teaching practice: 25 hrs/yr