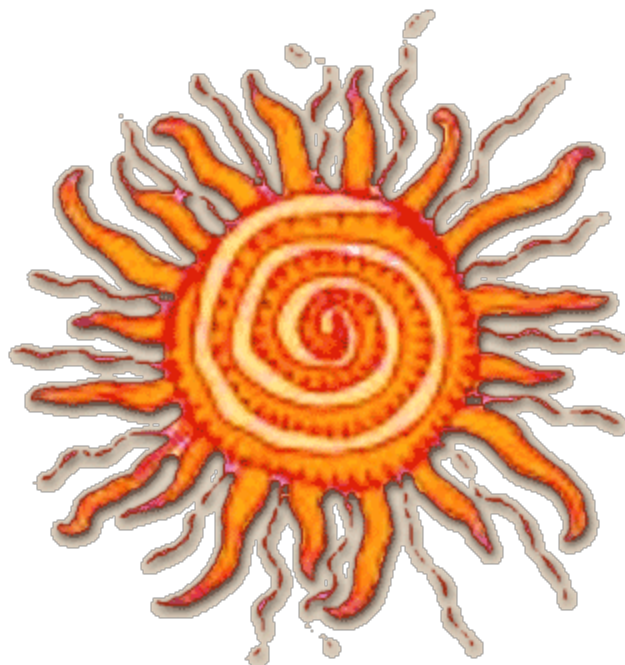


**YOGA TEACHER  
TRAINING  
COURSE CALENDAR  
2016**



## **Shamayoga Teacher Training Course Calendar**

Meetings will take place during the first full weekend of every calendar month. Ongoing group evaluations (including home study assignments) will take place throughout the year. Principle asanas being taught throughout the course will include;

- Cat (Bidalasana)
- Cobra (Bhujangasana)
- Bow (Dhanurasana)
- Bridge (Sethu Bandhasana)
- Warrior (Virabhadrasana)
- Triangle (Trikonasana)
- Dog and Half Dog (Adho Mukha Shavasana)
- Child's Pose (Balasana)
- Tree (Vrkshasana)
- Mountain (Tadasana)
- Sitting Twist (Ardha Matsyendrasana)
- Locust (Shalabhasana)
- Seated Forward Fold (Paschimottanasana)
- Fish (Matsyasana)
- Lotus and Half Lotus (Padmasana & Ardha Padmasana)
- Plough (Halasana)
- Easy Pose (Sukhasana)
- Shoulder Stand (Sarvangasana)

A number of advanced asanas will also be introduced including;

- Headstand (Shirshasana)
- Wheel (Chakrasana)
- Crow (Kakasana)

Salutation to the sun (Surya Namaskar), along with a number of new sequenced yoga movements and postures (inc. Shakti Namaskar) will also feature.

## Reading List

The following translations of these useful texts are highly recommended, but other translations are acceptable.

“Light on Yoga” (Thorsons)

*B K S Iyengar*

An asana- bible presented by a master Hatha Yogi.

Great choice for comparative reflections in relation to your particular choice of teacher or style.

“The Ten Principal Upanishads” (Faber & Faber)

*W B Yeats* with co-author Sri Purohit Swami

Enjoyable and accessible translations of the Upanishads which provide a bright philosophical back-drop to the yogic teachings.

"The Bhagavad Gita" (Penguin)

*Eknath Easwaran*

A clear and lyrical translation of the grand poem regarded as sacred for thousands of years with an introduction placing the Gita within its historical and cultural context.

"Yoga Sutras of Patanjali" (Inner Traditions)

*Georg Feuerstein*

A good, scholarly read around the sutras! Another clear translation can be found in the book "The Heart of Yoga" by T K V Desikachar.

“Teaching Yoga”

*Mark Stephens*

An invaluable resource for teachers and students.

“Yoga Anatomy”

*Leslie Kaminoff*

Wonderful insights into the anatomical aspects of the asanas.

## Written Assignments

Written Assignments require a minimum of 3 sides A4 typed.

There will be six on-going assessed teaching practice sessions taking place during bi-monthly yoga days, which are open to the general public.

There will also be one major teaching assessment where you will be required to plan and teach your own class, the participants being other yoga teacher trainees and/or local yoga students.

In all practical teaching you will be assessed for the following:

- Safety
- Enjoyable, effective, compassionate teaching
- Clear communication
- Atmosphere
- Demonstrations of postures and yogic techniques
- Structure (lesson plan; class to include a balance of warm-ups, asana, pranayama and relaxation)

Each weekend will open and close with a sharing circle to summarise the main topics of the weekend and provide opportunities for the sharing of journal entries and student feedback.

## Weekend One

9<sup>th</sup> 10<sup>th</sup> January

### Workshops with Steve Avian

The three bases of Yoga: Breathing, posture and relaxation.  
Ethical Teaching  
Exploring the Hara  
Hatha yoga

### Workshop Presentation with Steve Avian

#### Anatomy for Yoga

### Workshop with Steve Avian

- a) Introduction to the chakras
- b) Muladhara chakra exercises, asanas and meditations.

### Home Study assignments

Assessed written work: W1 Basic breathing and relaxation.

- a) Describe two basic breathing techniques and how you would introduce them to your students in a class.
- b) Describe your favourite relaxation technique and how you might use it in class.

## Weekend Two

6<sup>th</sup> 7<sup>th</sup> February

### Workshops with Steve Avian

Safe stretching  
Teaching yoga safely  
Hatha yoga  
Crystal bowl and Tibetan bells meditation

### Assessed Teaching Practice

Tadasana (Mountain pose)  
Walking Mountain  
Ujiya breathing

### Workshop with Steve Avian

Swadisthana chakra exercises, asanas and meditations

### Home Study assignments

Assessed written work: W2

Prepare a handout of general guidelines students will need before starting their yoga practice.

Practical Work:

Enjoy and absorb the relaxation CD as presented by Steve Avian

Weekend Three

5<sup>th</sup> 6<sup>th</sup> March

Workshops with Steve Avian

Hatha yoga  
Mantras; Gayatri and Aum  
Partner yoga  
Vipasana meditation

Presentation with Steve Avian

Anatomy for Yoga

Workshop with Steve Avian

Manipura Chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W3

- (a) What is a Mantra?
- (b) Explain the meaning of Gayatri and Aum

Practical Work:

Memorise Gayatri mantra using the CD and notes provided.

## Weekend Four

2<sup>nd</sup> 3<sup>rd</sup> April

### Workshops with Steve Avian

Hatha yoga

The yoga sutras of Patanjali

Yoga styles and methods of teaching

### Assessed Teaching Practice

Partner yoga; Asanas- Dog variations, boat, forward fold, warrior, sitting twist, garuda.

Gayatri mantra

Aum mantra

### Workshop with Steve Avian

Anahata chakra exercises, asanas and meditations

### Home Study assignments

Assessed written work: W4: The Yoga Sutras

Express your own understanding and, where possible, describe your own experience of patanjali's eight limbs of yoga.



## Weekend Five

7<sup>th</sup> 8<sup>th</sup> May

### Workshops with Steve Avian

Hatha yoga

The yoga sutras

Mudras

Designing your own class and workshop presentations

### Anatomy Seminar with Jude Ritchie

(a) The Body Systems

(b) Basic First Aid

### Workshop with Steve Avian

Vishuddha Chakra exercises, asanas and meditations

### Home Study assignments

Assessed written work: W5

Describe your own experience of practising mudras

Practical Work:

Practice pran, apan, branchial and shivalinga mudras

## Weekend Six

4<sup>th</sup> 5<sup>th</sup> June

### Workshops with Steve Avian

Hatha yoga  
The Upanishads  
The Three Gunas

### Assessed Teaching Practice

Mudras; Pran, Apan, Bronchial, shivalinga

### Workshop with Steve Avian

Ajna Chakra exercises, asanas and meditations

### Home Study assignments

Assessed written work: W6 Upanishads

- (a) What is the historical and cultural background of the Upanishads?
- (b) What are your own views on the main themes found in the upanishads?

## Weekend Seven

2<sup>nd</sup> 3<sup>rd</sup> July

### Workshops with Steve Avian

Hatha yoga  
The six Kriyas  
Exploring pranic energy

### Presentation with Steve Avian

Anatomy for Yoga

### Workshop with Steve Avian

Sahasrara chakra exercises, asanas and meditations

### Home Study assignments

Assessed written work: W7

Describe one kriya that you would like to teach, giving detailed instructions and the benefits to be gained from practice.

Weekend Eight

6<sup>th</sup> 7<sup>th</sup> August

Workshops with Steve Avian

Hatha yoga  
Sacred geometry: Mandalas and yantra  
The Chakras revisited

Assessed Teaching Practice

Tratak  
Kapalabhati  
Agni-sara  
Alternate nostril breathing

Workshop with Olivia Lester

Yoga for Pregnancy

Home Study assignments

Practical Work:

Prepare a short talk (ten minutes max) on the nature of the chakras based on your own experiences and making reference to yogic texts.

Weekend Nine  
3<sup>rd</sup> 4<sup>th</sup> September

Workshops with Steve Avian

Hatha yoga  
The Bhagavad Gita  
Microcosmic orbit meditation  
Diet and nutrition

Workshop with Sarah Atkin

Yoga for Kids

Home Study assignments

Assessed written work W8

- (a) Briefly describe the four main paths of yoga as found in the gita.
- (b) How do you relate the gita to your own experience?

Weekend Ten  
1<sup>st</sup> 2<sup>nd</sup> October

Workshops with Steve Avian

Hatha yoga  
The yoga sutras  
Anatomy revisited

Assessed Teaching Practice

Salutation to the sun: Surya Namaskar  
Shoulderstand sequence  
Shakti namaskar

Home Study assignments

Practical Work:  
Express through Art your own experience of yoga and spirituality-  
picture, craft, story, dance, poem etc.

Weekend Eleven  
5<sup>th</sup> 6<sup>th</sup> November

Workshops with Steve Avian

Hatha yoga  
The three Bandhas  
The yoga sutras  
Teaching advanced asanas

Workshop with Sarah Atkin

Yoga for Older People and People with Disabilities

Home Study assignments

Assessed Written Work: W9

Describe the three Bandhas and their purpose

Weekend Twelve  
3<sup>rd</sup> 4<sup>th</sup> December

Workshops with Steve Avian

Hatha yoga  
Setting up as a yoga teacher

Assessed Teaching Practice

The three Bandhas: Moola Bandha, uddiyana bandha, jalandhara.

***Celebrations and Awarding of Diplomas!***