

300 hour Online training (*Mondays 18.30-20.30 UK time*)

Foundation course - First Four months

September 2025	October 2025	November 2025	December 2025
<i>8th September</i> Led practice Group 0 body scan	<i>6th October</i> Meditation practice focus-broadness, balanced effort Metta Bhavana (Suḍāka)	<i>3rd November</i> "Living with Awareness" (Satipathana Sutta) Study in group	<i>1st December</i> Pranayama Uddiyana bandha, Ujjayi
<i>15th September</i> Meditation practice Satipatthana overview	<i>13th October</i> Meditation practice Vedana	<i>10th November</i> Kriyas Neti, kapalabhati, Uddiyana bandha, Nadi shodanam	<i>8th December</i> Teaching methodology
<i>22th September</i> Led practice Group 0 Ana-pana sati	<i>20th October</i> Breath-work Intro.	<i>17th November</i> Meditation practice Citta - hindrances, antidotes	<i>15th December</i> Vinyasa karma Teaching Practice
<i>29th September</i> Posture practice analysis group 0	<i>27th October</i> "Living with kindness" Study in group	<i>24th November</i> Meditation practice Dhamma - Awakening factors	<i>22nd December</i> Led practice Surya namaskar Metta Bhavana
			<i>29th December</i> — -break— -

5 Anatomy sessions (done in own time)

1. Anatomy & physiology - muscular system (Sadhita)	2. Anatomy & physiology - skeletal system (Sadhita)	3. Anatomy & physiology - nervous system (Sadhita)	4. Anatomy & physiology - digestive system (Suḍāka)	5. Anatomy & physiology - circulatory system (Suḍāka)
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The Art of Yoga Teaching

January 2026	February 2026	March 2026	April 2026	May 2026
<i>5th January</i> Posture practice analysis Group 0, Sun salutations	<i>2nd February</i> Posture practice analysis Standings II	<i>2nd March</i> Yin yoga teaching practice	<i>6th April</i> —-Break—-	<i>4th May</i> Posture practice analysis twists
<i>12th January</i> Led practice Standings I	<i>9th February</i> Yin Yoga Hip sequence	<i>9th March</i> Led practice Standings III	<i>13th April</i> Teaching methodology correcting versus adjusting, adaptations, spotting	<i>11th May</i> Led practice Core-work, agni sara
<i>19th January</i> Posture practice analysis Standings I	<i>16th February</i> Yin Yoga Spine sequence	<i>16th March</i> —-Break—-	<i>20th April</i> Exploring Savasana posture variations plus lead- through 4/6 elements	<i>18th May</i> Posture practice analysis core-work, agni sara
<i>26th January</i> Led practice Standings II	<i>23rd February</i> Notes on Yin Yoga Theory, Principles & Repertoire	<i>24th March</i> Posture practice analysis Standings III	<i>27th April</i> Led practice Twists	<i>25th May</i> Teaching practice I
		<i>30th March</i> Revisiting Vinyasa krama		

Residencial Teacher's week. Suryavana 23 - 30 June 2026

<i>Tuesday 23rd June 2026 Arrivals</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Monday</i>
7:30-9:30 Morning practice Yoga & meditation	Led practice Standings IV	Led practice Inversions plus Shoulders	Led practice Arm-balances	Led practice Back bends	Led practice Forward bends	General class
Workshop 11:30-13:30	Bringing Mindfulness into our yoga classes	Structural alignment I	Structural alignment II	Teaching practice II Plus feedback	Systematic relaxation	Setting up as a teacher
17:00-20:00 Posture Lab	Posture practice analysis Standings	Posture practice analysis Shoulder stand	Posture practice analysis headstand, handstand, plank etc.	Posture practice analysis Back-bends	Posture practice analysis forward-bends	Teaching practice III Plus feedback
21:00h Evening practice Meditation Poems Rituals						Closing circle <i>Leave after breakfast on Tuesday 30th June 2026</i>