



200 HOURS YOGA TEACHER TRAINING 2023/24

TIMETABLE & SYLLABUS

Date	Time	Module	Subject	Description	Teacher
SATURDAY 21st of JANUARY 2023	16:30-20:30	1	Asana	Welcome Standing poses	Gaia Persico
SUNDAY 22nd of JANUARY 2023	11:30-18:30	1	Asana Breath awareness	Standing poses part 2 Standing forward folds Watching the breath Feeling the breath in the lower, mid and upper abdomen	Gaia Persico

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SATURDAY 18th of FEBRUARY 2023	16:30-20:30	2	Anatomy & Physiology	Foot & Ankle Respiratory System	Chris Swain
SUNDAY 19th of FEBRUARY 2023	11:30-18:30	2	Asana Breath awareness	Warm ups Supine poses Cool down Diaphragmatic breathing	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 18th of MARCH 2023	16:30-20:30	3	Asana Pranayama	Seated Hip Opening Viloma	Gaia Persico
SUNDAY 19th of MARCH 2023	11:30-13:30	3	Asana	Practice	Gaia Persico
	14:30-18:30		Anatomy & Physiology	Knee, hip & pelvis Digestive system	Chris Swain

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SATURDAY 22nd of APR 2023	16:30-18:30	4	Philosophy	Early History of Yoga	Daniel Simpson
	18:30-20:30		Asana	Core part 1	Gaia Persico
SUNDAY 24th of APRIL 2023	11:30- 18:30	4	Asana Pranayama	Balances / Core part 1 Miscellaneous Samavritti	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 20th of MAY 2023	11:30- 18:30	5	Asana	Heart opening	Gaia Persico
			Pranayama	Side opening Ujjayi	
SUNDAY 21th of MAY 2023	11:30-13:30	5	Asana	Practice	Gaia Persico
	16:30-20:30		Anatomy & Physiology	The Spine Nervous System	Chris Swain

Date	Time	Module	Subject	Description	Teacher
SATURDAY 17th of JUNE 2023	16:30-20:30	6	Anatomy & Physiology	Shoulder, hand and wrist	Chris Swain
				Cardiovascular System	
SUNDAY 18th of JUNE 2023	11:30- 18:30	6	Asana Pranayama	Twists Nadi Shodhana	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 15th of JULY 2023	16:30-20:30	7	Asana	Core Part 2	Gaia Persico
				Asana Catch Up	
SUNDAY 16th of JULY 2023	11:30- 12:30	7	Asana	Practice	Gaia Persico
	13:30-17:30		Philosophy	Part 2 – Yoga Sutras Part 3 - Bhagavad Gita	Daniel Simpson
	17:30-18:30		Mantra	OM	

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SATURDAY 12th of AUGUST 2023	16:30-20:30	8	Asana Pranayama	Sun Salutes Ujjayi Part 2	Gaia Persico
SUNDAY 13th of AUGUST 2023	11:30-13:30	8	Asana	Practice	Gaia Persico
	14:30-18:30		Meditation Mantra	Part 1 Shanti	Catherine Turner

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SATURDAY 16th of SEPTEMBER 2023	16:30-18:30	9	Philosophy	Part 4 – Modern Practices	Daniel Simpson
	18:30-20:30	9	Asana	Sequencing – part 1 hatha	Gaia Persico
SUNDAY 17th of SEPTEMBER 2023	11:30-18:30		Asana	Sequencing – part 1 hatha	Gaia Persico

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SATURDAY 14th of OCTOBER 2023	16:30-20:30	10	Asana	Asana catch up 2 Prep/practice for 6 minute postures	Gaia Persico
SUNDAY 15th of OCTOBER 2023	11:30- 18:30	10	Asana	Shoulder recap / Injuries Prep/practice for 6 minute postures	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 18th of NOVEMBER 2023	16:30-20:30	11	Asana	Supine Injuries / Hypermobility	Gaia Persico
SUNDAY 19th of NOV 2023	11:30-16:00 16:30-18:30	11	Asana Restorative	60 minutes shared class planning	Gaia Persico Yvonne O'Garro

Date	Time	Module	Subject	Description	Teacher
SATURDAY 9th of DECEMBER 2023	16:30-20:30	12	Asana Pranayama	Inversions part 1 Kapalabhati	Gaia Persico
SUNDAY 10th of DECEMBER 2023	11:30-18:30	12	Asana Meditation	Inversions part 1 Chakras & Bindus & Bandhas	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 20th of JANUARY 2024	16:30-18:30	13	Asana	Inversions part 2 / Energetic	Gaia Persico
	18:30-20:30		Philosophy Mantra	Tantra / Vijjñāna-bhairava-tantra Ham Sa	Gaia Persico
SUNDAY 21st of JAN 2024	11:30-13:30	13	Asana	Sequencing – group teach	Gaia Persico
	14:30-18:30		Asana Pranayama	Energetic – level 1&2 Bhramari / Shitali	Gaia Persico

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SATURDAY 17th of FEB 2024	16:30-18:30	14	Assessment 14:30	90 minutes shared class x1 – 90mins	Gaia Persico
	18:30-20:30		Voice Work	Part 1	Dan Breakwell
SUNDAY 18th of FEB 2024	11:30-16:30	14	Assessment 15:00 Asana	60 minutes shared class x1- 60mins Sequencing Part 2 -Open Level	Gaia Persico
	16:30-18:30	14	Philosophy	Paramārthasāra	Carlos Pomedá

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SATURDAY 16th of MAR 2024	16:30-20:30	15	Asana	Adjustments	Gaia Persico
SUNDAY 17th of MAR 2024	11:30-16:30	15	Asana	Adjustments Pranayama Review	Gaia Persico
	16:30-18:30		Philosophy	Pratyabhijñāhṛdayam	Carlos Pomedá

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SATURDAY 20th of APRIL 2024	16:30-20:30	16	Asana	Pre Natal & Post Natal modifications	Nadia Rafaat
SUNDAY 21st of APRIL 2024	11:30-13:30	16	Anatomy Quiz	Review	Gaia Persico
	14:30-18:30		Asana	Class sequencing injuries Pranayama	Gaia Persico

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SATURDAY 18th of MAY 2024	16:30-20:30	17	Business	Setting up as a yoga teacher Marketing	Gaia Persico Julian Johnson
SUNDAY 19th of MAY 2024	11:30-16:30	17	Asana	Class sequencing Vinyasa / injuries Pranayama	Gaia Persico
	16:30-18:30		Meditation	Part 2	Catherine Turner

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MAY & JUNE 2024			Asana	ASSESSMENT	Gaia Persico

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SATURDAY 22nd of JUNE 2024	16:30-20:30	FINAL	Asana	Practice Role of the teacher	Gaia Persico
SUNDAY 23rd of JUNE 2024	11:30 13:30	FINAL	Asana	Mentoring	Gaia Persico
	14:30-16:30		Philosophy	Live Q & A	Christopher Hareesh Wallis
	16:30-18:30		Voice Work	Kirtan and closing	Charlie Merton
	18:30 onwards		Graduation	Ceremony	