



200 HOURS YOGA TEACHER TRAINING

TIMETABLE

Date	Time	Module	Subject	Description	Teacher
SATURDAY 7th of SEPTEMBER 2019	14:00-18:00	1	Asana	Welcome Standing poses	Gaia Persico
SUNDAY 8th of SEPTEMBER 2019	11:30- 18:30	1	Asana Breath awareness	Standing poses part 2 Standing forward folds Watching the breath Diaphragmatic breathing	Gaia Persico
	17:30- 18:30	1	Philosophy	History of yoga	Carlos Pomedá

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SATURDAY 5th of OCTOBER 2019	14:00-18:00	2	Anatomy & Physiology	Foot & Ankle Respiratory System	Chris Swain
SUNDAY 6th of OCTOBER 2019	11:30- 18:30	2	Asana Breath awareness	Warm ups Supine poses Cool down Feeling the breath in the lower, mid and upper abdomen	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 9th of NOVEMBER 2019	14:00-18:00	3	Anatomy & Physiology	Knee, hip & pelvis Digestive system	Chris Swain
SUNDAY 10th of NOVEMBER 2019	11:30- 18:30	3	Asana Pranayama	Seated Hip Opening Viloma	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 14th of DECEMBER 2019	9:30-13:30	4	Philosophy	The story of Yoga – part 1	Christopher Hareesh Wallis
SUNDAY 15th of DECEMBER 2019	11:30- 18:30	4	Asana Pranayama	Balances Core part 1 Miscellaneous Samavritti	Gaia Persico

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SATURDAY 11th of JANUARY 2020	14:00-18:00	5	Philosophy	The story of Yoga – part 2	Christopher Hareesh Wallis
SUNDAY 12th of JANUARY 2020	11:30- 18:30	5	Meditation	Meditation practice and instructions	Gaia Persico Catherine Turner

Date	Time	Module	Subject	Description	Teacher
SATURDAY 22nd of FEBRUARY 2020	14:00-18:00	6	Anatomy & Physiology	The Spine Nervous System	Chris Swain
SUNDAY 23rd of FEBRUARY 2020	11:30- 18:30	6	Asana Pranayama	Heart opening Side opening Ujjayi	Gaia Persico

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SATURDAY 14th of MARCH 2020	14:00-18:00	7	Anatomy & Physiology	Shoulder, hand and wrist Cardiovascular System	Chris Swain
SUNDAY 15th of MARCH 2020	11:30- 18:30	7	Asana Pranayama	Twists Nadi Shodana	Gaia Persico

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SATURDAY 18th of APRIL 2020	14:00-18:30	8	Philosophy	The Upanishad Bhagavad Gita	Carlos Pomedá
SUNDAY 19th of APRIL 2020	11:30- 18:30	8	Asana Pranayama	Inversions Arm balances Core part 2 Kapalabhati	Gaia Persico

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SATURDAY 16th of MAY 2020	14:00-15:30	9	Asana	Sun Salutes Modifications part 1	Gaia Persico
	15:30-18:00	9	Philosophy	Patanjali Yoga Sutras	Carlos Pomedá
SUNDAY 17th of MAY 2020	11:30- 18:30	9	Asana	Sequencing peak postures Class planning for all bodies & injuries	Gaia Persico

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SATURDAY 20th JUNE 2020	14:00-18:00	10	Asana	Pre Natal & Post Natal modifications	Lon Gibbons
SUNDAY 21st JUNE	11:30- 13:30	10	Asana Pranayama	Reclining Supine Shitali	Gaia Persico
	14:30-18:30	10	Asana	Restorative	Sophia Kouame

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SATURDAY 18th of JULY 2020	14:00-18:00 tbc		Assessment	6 minute postures and self practice	Gaia Persico
SUNDAY 19th of JULY 2020	11:30-18:30 tbc		Assessment	6 minute postures and self practice	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 8th of AUGUST 2020	14:00-15:30	11	Asana	Mentoring and feedback	Gaia Persico
	15:30-18:00	11	Philosophy	Vedanta	Carlos Pomedá
SUNDAY 9th of AUGUST 2020	11:30-15:30	11	Asana	Mentoring and feedback	Gaia Persico
	15:30- 18:30	11	Philosophy	Tantra	Carlos Pomedá

Date	Time	Module	Subject	Description	Teacher
SATURDAY 12th of SEPTEMBER 2020	14:00-18:00	12	Asana Pranayama	Energetic – level 1&2 Bhramari	Gaia Persico
SUNDAY 13th of SEPTEMBER 2020	11:30-14:00	12	Meditation	Chakras & Bindhus	Gaia Persico
	15:00- 18:30	12	Philosophy	Hatha Yoga + Live Q&As	Carlos Pomedá

Date	Time	Module	Subject	Description	Teacher
SATURDAY 10th of OCTOBER 2020	14:00-18:00	13	Business	Setting up as a yoga teacher Marketing	Gaia Persico Julian Johnson
SUNDAY 11th of OCTOBER 2020	11:30- 13:30	13	Asana	Sequencing Vinyasa Modifications Part 2 Adjustments in Flow	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 14th of NOVEMBER 2020	14:00-18:00	14	Philosophy & Meditation	Practices from the Vijñāna-bhairava- tantra	Gaia Persico
SUNDAY 15th of NOVEMBER 2020	11:30- 13:30	14	Asana	Injuries part 2 Class sequencing open level – level1	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 12th of DECEMBER	11:00-13:00	15	Pranayama	Review	Gaia Persico
	14:00-18:00 tbc		Assessment	60 minute class	Gaia Persico
SUNDAY 13th of DECEMBER	11:30-13:30 tbc		Assessment	60 minute class	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
SATURDAY 16th of JANUARY 2021	11:00-13:00 tbc	16	Asana	Feedback	Gaia Persico
	14:00-18:00	16	Philosophy	Story of Yoga – part 1 - review	Christophe Hareesh Wallis
SUNDAY 17th of JANUARY 2021	9:30-11:30 tbc	16	Asana	Feedback	Gaia Persico
	11:30- 18:30	16	Anatomy & Physiology	Safe self practice and analysing bodies	Tim Goulet

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SATURDAY 20th of FEBRUARY 2021	11:00-13:00	17	Asana	Mentoring	Gaia Persico
	14:00-18:00	17	Philosophy	Story of Yoga – part 2 - review	Christophe Hareesh Wallis
SUNDAY 21st of FEBRUARY 2021	9:30-11:30	17	Asana	Mentoring	Gaia Persico
	11:30- 13:30	17	Asana	Playful Embodiment	Gaia Persico Sarrah Zimmel
	14:30-16:30 tbc	17	Philosophy	Live Q & A	Christophe Hareesh Wallis
	16:30-18:30	17	Kirtan	Kirtan and closing	Dan Breakwell

NB Philosophy modules with Carlos Pomedá and Christopher Hareesh Wallis will be offered via video recordings and live sessions for Q&As.