



## MA&Y 200 HOUR YOGA TEACHER TRAINING

## TIMETABLE

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 5<sup>th</sup> of JUNE 2021</b>	14:30-18:30	1	<b>Asana</b>	Welcome Standing poses	Gaia Persico
<b>SUNDAY 6<sup>th</sup> of JUNE 2021</b>	11:30-18:30	1	<b>Asana</b>  <b>Breath awareness</b>	Standing poses part 2 Standing forward folds Watching the breath Feeling the breath in the lower, mid and upper abdomen	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 19<sup>th</sup> of JUNE 2021</b>	14:30-18:30	2	<b>Anatomy &amp; Physiology</b>	Foot & Ankle Respiratory System	Chris Swain
<b>SUNDAY 20<sup>th</sup> of JUNE 2021</b>	11:30-18:30	2	<b>Asana</b>  <b>Breath awareness</b>	Warm ups Supine poses Cool down Diaphragmatic breathing	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 10<sup>th</sup> of JULY 2021</b>	14:30-18:30	3	<b>Anatomy &amp; Physiology</b>	Knee, hip & pelvis Digestive system	Chris Swain
<b>SUNDAY 11<sup>th</sup> of JULY 2021</b>	11:30-18:30	3	<b>Asana</b>  <b>Pranayama</b>	Seated Hip Opening Viloma	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 7<sup>th</sup> of AUGUST 2021</b>	14:30-16:30	4	<b>Philosophy</b>	Early History of Yoga	Daniel Simpson
	16:30-18:30		<b>Asana</b>	Core part 1	Gaia Persico
<b>SUNDAY 8<sup>th</sup> of AUGUST 2021</b>	11:30- 18:30	4	<b>Asana</b>  <b>Pranayama</b>	Balances Core part 1 Miscellaneous Samavritti	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 11<sup>th</sup> of SEPTEMBER 2021</b>	14:30-18:30	5	<b>Anatomy &amp; Physiology</b>	The Spine Nervous System	Chris Swain
<b>SUNDAY 12<sup>th</sup> of SEPTEMBER 2021</b>	11:30- 18:30	5	<b>Asana</b>  <b>Pranayama</b>	Heart opening Side opening Ujjayi	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 9<sup>th</sup> of OCTOBER 2021</b>	14:30-18:30	6	<b>Anatomy &amp; Physiology</b>	Shoulder, hand and wrist Cardiovascular System	Chris Swain
<b>SUNDAY 10<sup>th</sup> of OCTOBER 2021</b>	11:30- 18:30	6	<b>Asana</b> <b>Pranayama</b>	Twists Nadi Shodhana	Gaia Persico

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<b>SATURDAY 13<sup>th</sup> of NOVEMBER 2021</b>	14:30-16:30	7	<b>Philosophy</b>	Part 2 - Bhagavad Gita	Daniel Simpson
	16:30-18:30		<b>Asana</b>	Core Part 2	Gaia Persico
<b>SUNDAY 14<sup>th</sup> of NOVEMBER 2021</b>	11:30- 18:30	7	<b>Asana</b>	Asana Catch Up	Gaia Persico
	14:30-16:30		<b>Philosophy</b>	Part 3 - Yoga Sutras	Daniel Simpson

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<b>SATURDAY 11<sup>th</sup> of DECEMBER 2021</b>	14:30-18:30	8	<b>Asana</b> <b>Pranayama</b>	Sun Salutes Injuries management Ujjayi Part 2	Gaia Persico
<b>SUNDAY 12<sup>th</sup> of DECEMBER 2021</b>	11:30-13:30	8	<b>Asana</b>	Practice	Gaia Persico
	14:30-16:30		<b>Meditation</b>	Part 1	Catherine Turner

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<b>SATURDAY 22<sup>nd</sup> of JANUARY 2022</b>	14:30-16:30	9	<b>Philosophy</b>	Part 4 – Modern Practices	Daniel Simpson
	16:30-18:30	9	<b>Asana</b>	Sequencing themes – part 1 hatha Class planning for all- injuries	Gaia Persico
<b>SUNDAY 23<sup>rd</sup> of JANUARY 2022</b>	11:30-18:30		<b>Asana</b>	Sequencing themes – part 1 hatha Class planning for all- injuries - adjusts	Gaia Persico

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<b>SATURDAY 19<sup>th</sup> of FEBRUARY 2022</b>	14:30-18:30	10	<b>Asana</b> <b>Pranayama</b>	Inversions Bhramari	Gaia Persico
<b>SUNDAY 20<sup>th</sup> of FEBRUARY 2022</b>	11:30- 18:30	10	<b>Asana</b>	Review of asana syllabus Prep for 6 minute postures	Gaia Persico

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<b>SATURDAY 19<sup>th</sup> of MARCH 2022</b>	14:30-18:30	11	<b>Assessment</b> <b>Pranayama</b>	6 minute postures and self practice Shitali	Gaia Persico
<b>SUNDAY 20<sup>th</sup> of MARCH 2022</b>	11:30-16:30	11	<b>Assessment</b>	6 minute postures and self practice	Gaia Persico
	16:30-18:30		<b>Asana</b>	Restorative	Yvonne O'Garro

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<b>SATURDAY 23<sup>rd</sup> of APRIL 2022</b>	14:30-16:30	12	<b>Voice Work</b>	Part 1	Dan Breakwell
	16:30-18:30		<b>Asana</b>	60 minutes shared class	Gaia Persico
<b>SUNDAY 24<sup>th</sup> of APRIL 2022</b>	11:30-15:30	12	<b>Asana</b>	60 minutes shared class	Gaia Persico
	16:30-18:30		<b>Philosophy</b>	Tantra / Vijñāna-bhairava-tantra	Gaia Persico

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<b>SATURDAY 21<sup>st</sup> of MAY 2022</b>	14:30-18:30	13	<b>Asana Pranayama</b>	Energetic – level 1&2 Kapalabhati	Gaia Persico
<b>SUNDAY 22<sup>nd</sup> of MAY 2022</b>	11:30-18:30	13	<b>Asana Meditation</b>	Chakras & Bindhus & Bandhas	Gaia Persico

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<b>SATURDAY 18<sup>th</sup> of JUNE 2022</b>	14:30-18:30	14	<b>Asana</b>	Sequencing Part 2 -Open Level Pranayama Review	Gaia Persico
<b>SUNDAY 19<sup>th</sup> of JUNE 2022</b>	11:30-16:30	14	<b>Asana</b>	Sequencing Part 2 -Open Level Pranayama Review	Gaia Persico
	16:30-18:30	14	<b>Philosophy</b>	Paramārthasāra	Carlos Pomedá

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<b>SATURDAY 16<sup>th</sup> of JULY 2022</b>	14:30-18:30	15	<b>Asana</b>	Adjustments	Gaia Persico
<b>SUNDAY 17<sup>th</sup> of JULY 2022</b>	11:30-16:30	15	<b>Asana</b>	Adjustments	Gaia Persico
	16:30-18:30		<b>Philosophy</b>	Pratyabhijñāhṛdayam	Carlos Pomedá

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<b>SATURDAY 6<sup>th</sup> of AUGUST 2022</b>	14:30-18:30	16	<b>Asana</b>	Pre Natal & Post Natal modifications	Nadia Rafaat
<b>SUNDAY 7<sup>th</sup> of AUGUST 2022</b>	11:30-13:30	16	<b>Anatomy Quiz</b>	Review	Gaia Persico
	14:30-18:30		<b>Business</b>	Setting up as a yoga teacher Marketing	Gaia Persico Julian Johnson

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<b>SATURDAY 17<sup>th</sup> of SEPTEMBER 2022</b>	14:30-18:30	17	<b>Asana</b>	Class sequencing Vinyasa / injuries Pranayama	Gaia Persico
<b>SUNDAY 18<sup>th</sup> of SEPTEMBER 2022</b>	11:30-16:30	17	<b>Asana</b>	Class sequencing Vinyasa / injuries Pranayama	Gaia Persico
	16:30-18:30		<b>Meditation</b>	Part 2	Catherine Turner

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<b>SEPTEMBER &amp; OCTOBER 2022</b>			<b>Asana</b>	ASSESSMENT	Gaia Persico

Date	Time	Module	Subject	Description	Teacher
<b>SATURDAY 22<sup>nd</sup> of OCTOBER 2022</b>	14:30-18:30	FINAL	<b>Asana</b>	Practice Role of the teacher	Gaia Persico
<b>SUNDAY 23<sup>rd</sup> of OCTOBER 2022</b>	11:30 13:30	FINAL	<b>Asana</b>	Mentoring	Gaia Persico
	14:30-16:30		<b>Philosophy</b>	Live Q & A	Christopher Hareesh Wallis
	16:30-18:30		<b>Voice Work</b>	Kirtan and closing	Dan Breakwell
	18:30 onwards		<b>Graduation</b>	Ceremony	