



MA&Y 200 HOUR YOGA TEACHER TRAINING

TIMETABLE

Date	Time	Module	Subject	Description	Teacher
SATURDAY 22nd of MAY 2021	14:30-18:30	1	Asana	Welcome Standing poses	Gaia Persico
SUNDAY 23rd of MAY 2021	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

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

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SATURDAY 10th of JULY 2021	14:30-18:30	3	Anatomy & Physiology	Knee, hip & pelvis Digestive system	Chris Swain
SUNDAY 11th of JULY 2021	11:30-18:30	3	Asana Pranayama	Seated Hip Opening Viloma	Gaia Persico

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SATURDAY 7th of AUGUST 2021	14:30-16:30	4	Philosophy	Early History of Yoga	Daniel Simpson
	16:30-18:30		Asana	Core part 1	Gaia Persico
SUNDAY 8th of AUGUST 2021	11:30- 18:30	4	Asana Pranayama	Balances Core part 1 Miscellaneous Samavritti	Gaia Persico

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SATURDAY 11th of SEPTEMBER 2021	14:30-18:30	5	Anatomy & Physiology	The Spine Nervous System	Chris Swain
SUNDAY 12th of SEPTEMBER 2021	11:30- 18:30	5	Asana Pranayama	Heart opening Side opening Ujjayi	Gaia Persico

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SATURDAY 9th of OCTOBER 2021	14:30-18:30	6	Anatomy & Physiology	Shoulder, hand and wrist Cardiovascular System	Chris Swain
SUNDAY 10th of OCTOBER 2021	11:30- 18:30	6	Asana Pranayama	Twists Nadi Shodhana	Gaia Persico

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

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

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

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

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

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

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

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SATURDAY 18th of JUNE 2022	14:30-18:30	14	Asana	Sequencing Part 2 -Open Level Pranayama Review	Gaia Persico
SUNDAY 19th of JUNE 2022	11:30-16:30	14	Asana	Sequencing Part 2 -Open Level Pranayama Review	Gaia Persico
	16:30-18:30	14	Philosophy	pratyabhijna hridayam	Carlos Pomedas TBC

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SATURDAY 16th of JULY 2022	14:30-18:30	15	Asana	Adjustments	Gaia Persico
SUNDAY 17th of JULY 2022	11:30-16:30	15	Asana	Adjustments	Gaia Persico
	16:30-18:30		Philosophy	Abhinavagupta paramarthasara	Carlos Pomedas TBC

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

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SATURDAY 17th of SEPTEMBER 2022	14:30-18:30	17	Asana	Class sequencing Vinyasa / injuries Pranayama	Gaia Persico
SUNDAY 18th of SEPTEMBER 2022	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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SEPTEMBER & OCTOBER 2022			Asana	ASSESSMENT	Gaia Persico

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SATURDAY 22nd of OCTOBER 2022	14:30-18:30	FINAL	Asana	Practice Role of the teacher	Gaia Persico
SUNDAY 23rd of OCTOBER 2022	11:30 13:30	FINAL	Asana	Mentoring	Gaia Persico
	14:30-16:30		Philosophy	Live Q & A	Christopher Hareesh Wallis TBC
	16:30-18:30		Voice Work	Kirtan and closing	Dan Breakwell
	18:30 onwards		Graduation	Ceremony	