

Yoga Improvers Course

COURSE OVERVIEW



COURSE STRUCTURE + DATES

MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5	MODULE 6
September 15th	October 6th	October 20th	November 3rd	November 17th	December 1st
<ul style="list-style-type: none">- Course Introduction- What is yoga + why do we practice?- Developing a self practice<ul style="list-style-type: none">- Joint mobilisation- History of yoga 1- Feet + standing poses	<ul style="list-style-type: none">- History of yoga 2<ul style="list-style-type: none">- Anatomy fundamentals- Spinal Mobility<ul style="list-style-type: none">- The 'core'	<ul style="list-style-type: none">- What is hatha yoga?- Working with pain + injury- Lower body mobility	<ul style="list-style-type: none">- Sanskrit (very) basics- Breath & pranayama- Upper body mobility	<ul style="list-style-type: none">- Meditation + mudras- Standing balances- Hand balances	<ul style="list-style-type: none">- Sun salutations + vinyasa transitions- Relaxation practices- Inversions

MODULE 1 AGENDA

SESSION	TIME
Course Introduction	10.00
What is yoga + why do we practice	10.30
Break	11.15
Developing a self practice	11.30
Joint mobilisation	12.10
Lunch	13.25
History of yoga 1	14.25
Break	15.25
Feet + standing poses	15.40
Recap + close	16.55



MODULE 2 AGENDA

SESSION	TIME
Module 1 Recap + Open Forum Discussion	10.00
Anatomy Fundamentals	10.30
Break	11.40
Spinal Mobility Practice	12.55
Lunch	14.10
History of yoga 2	15.10
Break	15.25
The 'core'	15.40
Recap & Close	16.55



MODULE 3 AGENDA

SESSION	TIME
Open Forum Discussion	10.00
Tantra + Hatha Yoga	10.30
Break	11.45
Lower Body Mobility Practice	12.00
Lunch	13.00
Working with Pain + Injury	14.00
Lower Body Mobility	14.30
Recap & Close	16.55



MODULE 4 AGENDA

SESSION	TIME
Open forum discussion	10.00
Breath Basics + Pranayama	10.30
Upper Body Mobility Practice	13.00
Lunch	13.45
Sanskrit (very) basics	14.45
Upper body mobility	15.15
Recap & Close	16.55



MODULE 5 AGENDA

SESSION	TIME
Open forum discussion	10.00
Standing Balances	10.30
Meditation + Mudras	12.00
Lunch	13.30
Hand Balances	14.30
Recap & Close	16.55



MODULE 6 AGENDA

SESSION	TIME
Open Forum Discussion	10.00
Sun Salutations + Vinyasa Transitions	10.30
Break	12.45
Relaxation Practices	13.00
Lunch	13.45
Inversions	14.45
Course Close	16.45

