

200hr STIRLING Module Six

Saturday 5.5 hours 12-5,30pm)	
12.00-12.10	Module overview
12.10-1.30pm	Seasonal Yoga Practice including postures of the module(winter)
1.30-2-00pm	Seasonal Information-(winter)
2.00-5-00pm	Lecture 1 Nutrition (Karen Scobbie)
5.00-5.30pm	Yoga nidra(student)
Saturday 8 hours (8 - 4pm)	
8.00 - 9.30	Asana Practice (Ashtanga Primary Series –Nicola}
9.30 – 10.00	Pranayama (practice session –Nicola)
10,00- 10.25	Meditation (Spanda – Nicola)
10.25 – 10.45	Light Breakfast Break
10.45 – 11.45	Lecture 2 Planning a flow (Julie)
11.45 – 1.45pm	Posture workshop (Julie)
1.45 -2.20 pm	Lunch
2.20 – 2.50.pm	David Keil (module 6 and Dr Ros Digestive System) - julie
2.50-3.20pm	Homework Discussion (julie & Nicola)
3.20-4pm	Restorative yoga including short yoga nidra