



4.12.1 MODULE TWELVE: MODULE HAND OUT

Saturday - 7 hours (12-7pm)

12.00 - 7.00	Final Assessments in several locations, 1 hour for each student, 12-3pm 3 sets, Break 3-4pm, 4-7pm 3 sets.
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Sunday 8 hours (8-4.30pm)

8.00 - 8.30	Multiple Choice Assessment Paper
8.30 - 10.00	Seasonal Flow
10.00 - 10.30	Pranayama and Meditation practice
10.30 - 11.00	Breakfast
11.00 - 12.30	Lecture 1 - How to run a Yoga Class and Marketing discussion - where to now?
12.30 - 1.00	Posture Workshop conclusion
1.00 - 1.30	Seasonal Information Conclusion
1.30 - 2.00	Special led Yoga Nidra
2.00 - 2.30	Ethics of Being a Yoga Teacher
2.30 - 3.00	Final Group chat and homework discussion, how to keep learning and growing on your Yoga journey.
3.00 - 4.30	Graduation - Congratulations!



4.12.2 MODULE TWELVE: HOMEWORK SESSION, TEACHERS COPY

4.12.3 MODULE TWELVE: TEACHING DETAIL

Saturday - 7 hours (12-7pm)		
12.00 – 7.00	Final Assessments in several locations, 1 hour for each student, 12-3pm 3 sets, Break 3-4pm, 4-7pm 3 sets.	
Sunday 8 hours (8-4.30pm)		
8.00 - 8.30	Multiple Choice Assessment Paper	
8.30 – 10.00	Seasonal Flow	<i>See Section 1.3 for description of the technique. Please refer to SYTT online videos of Marit performing the technique too.</i>
10.00 – 10.30	Pranayama and Meditation practice	<i>See Section 1.5 for script and also the notes describing the concept and its uses.</i>
10.30 – 11.00	Breakfast	
11.00 - 12.30	Lecture 1 – How to run a Yoga Class and Marketing discussion – where to now?	<u>See section 4.12.5</u>
12.30 – 1.00	Posture Workshop conclusion	
1.00 – 1.30	Seasonal Information Conclusion	<u>See section 4.12.6</u>
1.30 – 2.00	Special led Yoga Nidra	xxx

2.00 - 2.30	Ethics of Being a Yoga Teacher	Xxx
2.30 - 3.00	Final Group chat and homework discussion, how to keep learning and growing on your Yoga journey.	<u>xxx</u>
3.00 - 4.30	Graduation – Congratulations!	

4.12.4 MODULE TWELVE: LEARNING OBJECTIVES

	Topic	Learning Objective
	Marketing chat	
1	Sutras L01:	
2	Sutras L02:	
3	Sutras L03:	
4	Sutras L04:	
5	Sutras L05:	
6	Sutras L06:	
7	Sutras L07:	
	Seasonal information conclusion	
8	Tapas L01	
9	Tapas L02	
10	Tapas L03	
11	Tapas L04	
	Tapas L05	
	Tapas L06	
	Tapas L07	
	Tapas L08	
	Tapas L09	
16	DK mod 7L05	

4.12.5 HOW TO RUN A YOGA CLASS, AND MARKETING, DISCUSSION (90 MINS SESSION)

LEARNING OUTCOMES

LO1:

4.12.6 SEASONAL INFORMATION CONCLUSION (30 MIN LECTURE)

LEARNING OUTCOMES

LO1: