

## **200hr STIRLING Module Five**

<b>Saturday 12 to 5.30pm</b>	
<b>11.30. - 12.00pm</b>	Doors open for administration
<b>12.00-12.10pm</b>	Module overview
<b>12.10 -1.30pm</b>	Seasonal Yoga Practice including postures of the Season Winter (Nicola)
<b>1.30-2.00pm</b>	Seasonal Information Winter (Julie & Nicola)
<b>2.00 -2.15pm</b>	break
<b>2.15-4.30pm</b>	Posture Workshop (julie & Nicola)
<b>4.30-5.00pm</b>	David Keil Module 5 & cardiovascular system
<b>5.00-5.30pm</b>	Yoga nidra led by student
<b>Sunday 8 to 4pm</b>	
<b>8.00 - 9.30</b>	Ashtanga Practice
<b>9.30 - 10.00</b>	Pranayama (shitali/Sheetkari)
<b>10.00- 10.25</b>	Meditation (not this body)
<b>10.25 - 10.55</b>	Breakfast break
<b>10.55 - 11.55</b>	<b>Lecture 1 Saucha/Niyama of purity (Nicola)</b>
<b>11.55- 12.15pm</b>	Yoga Nidra
<b>12.15-1-15 pm</b>	<b>Lecture 2 East &amp; West functions of the organs of the body (Julie)</b>
<b>12.45 -1.30pm</b>	lunch
<b>1.30- 2.15pm</b>	Homework discussion
<b>2.15-3.15pm</b>	Complementary opposites (julie)
<b>3.15-4pm</b>	Yin- Restoring (julie)

