

Dates for Smart Yoga Teacher Training Course - 2020

All sessions except for the residential course are held on Mondays

Term One – 10 February to March 16 (no class on Labour Day, 9 March) – 5 weeks

Residential Course – 21 – 25 March

Term Two – 20 April to 1 June – 8 weeks

Term Three – 17 August to 21 September – 6 weeks

Term Four – 12 October to 7 December (no class on 2 November) – 8 weeks

Hours

Face to Face classes each year = 175 hours

28 Mondays at 5 hours per session – 140 hours

Residential course – 35 hours

Program for Monday Classes

9 – 10.30am will involve one on one work with a teacher looking in detail on each individual's own use of themselves, particularly in terms of breathing, movement and posture.. These sessions will be 15 – 20 minutes and will mostly be with David Moore and Caroline Blackshaw. We may also use the services of other experienced Alexander technique teachers to assist in this part of the day.

In their free time within this session students will engage in self and group exploration.

10.30am – 12.00pm – Hatha yoga. An in-depth practical session – a class in which we will be looking at depth at the asanas and breathing. How to modify asanas. How to teach and adjust.

12.00 – 12.30pm – Break

12.30 – 1.00pm – Meditation, pranayama, yoga nidra

1.00 – 2.30pm – Theory Sessions as outlined in Theory Sessions Document.

In 2021 there will be a similar program of 27 weeks of classes plus a residential course. And in 2022 we would anticipate offering a 150 hour post graduate course.