

Yoga Therapy Timetable June 19 - 25 2017

	7.00-8.00 (1hr)	9.00-10.30 (1.5hrs – with 5mins break)	10.45-11.30 (45mins)	11.45-12.15 (30mins)	1.30 -3.00 (1.5hrs – with 5mins break)	3.15-4.45 (1.5hrs – with 5mins break)	5.00-5.45 (45mins)	
	Practice	Presentation	Presentation	Application	Workshops & Case Studies	Presentation/ Workshop	Practice	Hours
19 June Monday	Registration & Housekeeping	Tradition of Krishnamacharya Teacher/Student Relationship *Pre-reading	Definitions & Key Concepts *Pre-reading	Internships at the KYM & at AYC Sharing experiences Caroline /Beverley	Observ'n of Body in Samasthiti with a short practice -alignment -kyphosis, lordosis & scoliosis	Yoga Therapy according to Yoga Sutra-s - Framework *Pre-reading	Meditative Practice	6.5hrs
Teacher:		Sangeetha/ Barb	Sangeetha/ Barb	Sangeetha/ Barb	Caroline	Sangeetha/ Barb	Sangeetha	
20 June Tuesday	Practice Asana	Yoga Therapy Methodology Vyuha Model -an overview	Symptoms - Heyam	Pranayama Practice	Observation of symptoms & compensations in pascimatana & purvatana postures A short practice	Identifying the Causes of Suffering- Hetu	Meditative Practice	7.5hrs
Teacher:	Trainee:	Sangeetha/ Barb	Sangeetha/ Barb	Beverley	Caroline	Sangeetha/ Barb	Sangeetha	
21 June Wed Sir's Birthday	Practice Asana	Overview of Pancamaya Model	Pancamaya Model & its Role in Healing	Pranayama Practice	Observations of symptoms & compensations in parsva and parivrtti postures A short practice	Observing the dynamics of symptoms & causes Case Study	Meditative Practice Graduation from 6pm	7.5hrs
Teacher:	Trainee:	Sangeetha/ Barb	Sangeetha / Barb	Beverly	Caroline	Sangeetha/ Barb	Sangeetha	
22 June Thursday	Practice Asana	Conditioning vasana, svabhava & samskara Case Study/s	Identifying and fixing the goal - Hanam	Pranayama Practice	Case Study Autism 18yrs	Brief overview of Tools Choosing the appropriate tool to reach your goal - Upayam *Pre-reading	Meditative Practice	7.5hrs
Teacher:	Trainee	Sangeetha	Sangeetha/ Barb	Beverly	Louise	Sangeetha/ Barb	Sangeetha	
23 June Friday	Practice Asana	Yoga Therapy - a catalyst for changing negative samskara-s Yogasutra-s & Yoga Therapy Case Study	Applying the tools of yoga in different ways. Pacification, then actively addressing suffering samanam /sodhanam	Pranayama Practice	Role of Yoga as a Complementary Therapy. Case Study	Definition of Disease & Health in Yoga with a Case Study *Pre-reading	Meditative Practice	7.5hrs
Teacher:	Trainee	Sangeetha/ Barb	Sangeetha/ Barb	Beverly	Louise G	Sangeetha/ Barb	Sangeetha	
24 June Saturday	Practice Asana	KYM – A Yoga Therapy Clinic - Methodology YS ii.16 “ heyam duhkham anagatam”	Case Study - Scoliosis Notes supplied	Difference between Healing and Curing Handout Notes	Workshop Pathology of Knees	Modifications for Knees & Hips	Meditative Practice	7.5hrs
Teacher:	Trainee	Sangeetha	Louise	Louise	Caroline	Caroline & Sangeetha	Sangeetha	
25 June Sunday	Practice Asana	The model of Nadi-s & Cakra-s	Cakra-s & Asana Classifications	Case Study - KYM Role of Cakra-s In Yoga Therapy	Workshop Pathology of Shoulders	Modification for Shoulders	Meditative Practice	7.5hrs
Teacher:	Trainee	Sangeetha	Sangeetha	Sangeetha	Caroline	Caroline & Sangeetha	Sangeetha	
Hours								50 hrs

Faculty for Yoga Therapy Taster: Sangeeth Kannan - Yoga Therapist, Krishnamacharya Yoga Mandiram, Chennai India plus Graduation Ceremony

Caroline Stuart - Yoga Therapist & Massage Therapist n Byron Bay NSW;
Beverly McCulloch - Yoga Therapist in Old Bar NSW

Louise Godfrey Yoga Therapist in Melbourne Vic;
Barbara Brian - Yoga Therapist in Melbourne Vic