

## April 2018 Timetable

	9 – 10am	10am – 12pm	12 - 2pm	2 - 3.30pm	3.30pm – 5/6pm	5/6pm (90 mins)	6.30 / 7.30pm	7/8pm (90 mins)	Hours Worked
<b>Mon</b> 9 <sup>th</sup> April	Manuals and introductions GEMMA JJ AFTAB	Public Class JJ?	Explanation of the DHY system and benefits. JJ (2 hours)	Lunch	Yoga Philosophy – The history of yoga from India to the west GEMMA (2.5 hours)	6pm class	30 min break	8pm class	Gem – 3.5 JJ – 5 Aftab – 1
<b>Tues</b> 10 <sup>th</sup> April	9am – 12pm Yoga Philosophy – the 8 limbs – on and off the mat discussion. Learning the meaning of Seva, teaching yoga as a service to others. GEMMA (3 hours)		Vinyasa Class GEMMA (2 hours)	Lunch	Pranayama – The breathing techniques of the hot yoga sequence explained JJ (1.5 hours)	5pm class JJ	30 min break	7pm class JJ	Gem – 5 JJ – 5.5
<b>Wed</b> 11 <sup>th</sup> April	Revise from yesterday's teachings AFTAB (1 hour)	Public Class	Asana workshop – breakdown of hot yoga sequence asanas – teaching instruction, demo, benefits, teaching on each other JJ (2 hours)	Lunch	Asana workshop – breakdown of hot yoga sequence asanas – teaching instruction, demo, benefits, teaching on each other JJ (2.5 hours)	6pm class JJ	30 min break	8pm class JJ	JJ – 8.5 Aftab – 1
<b>Thurs</b> 12 <sup>th</sup> April	9am – 12pm Yoga Philosophy – exploring the yoga sutras GEMMA (3 hours)		Ashtanga Class GEMMA (2 hours)	Lunch	Asana workshop – breakdown of hot yoga sequence asanas – teaching instruction, demo, benefits, teaching on each other JJ (1.5 hours)	5pm class JJ	30 min break	7pm class JJ	Gem – 5 JJ – 5.5
<b>Fri</b> 13 <sup>th</sup> April	Revise from yesterday's teachings /questions AFTAB (1 hour)	Public Class	Yoga Philosophy – exploring the yoga sutras GEMMA (2 hours)	Lunch	Backbending Workshop GEMMA (2.5 hours)	6pm class	30 min break		Gem – 4.5 Aftab – 1
<b>Sat</b> 14 <sup>th</sup>	Revise from yesterday's teachings	Public Class	Asana workshop – breakdown of hot	Lunch	Yoga Philosophy – Bandhas, Mudras, pranayama, drishti	5pm class	30 min break	7-9pm: Watch a	Gem – 1.5 JJ – 5

April	/questions JJ	JJ	yoga sequence asanas – teaching instruction, demo, benefits, teaching on each other JJ (2 hours)		GEMMA (1.5 hours)			yoga document ary or conscious film AFTAB	Aftab – 2
Sun 15 <sup>th</sup> April	DAY OFF								
Mon 16 <sup>th</sup> April	Revise from yesterday's teachings /questions AFTAB (1 hour)	Public Class	Mantras Workshop GEMMA (2 hours)	Lunch	Yoga Anatomy: Kosha, Chakras, Nadis GEMMA (2.5 hours)	6pm class	30 min break	8pm class	Gem – 4.5 Aftab – 1
Tues 17 <sup>th</sup> April	9am – 12pm GEMMA (3 hours) Yoga Anatomy - learning basic bones and muscles, and body systems	.	Vinyasa Class GEMMA (2 hours)	Lunch	Asana workshop – breakdown of hot yoga sequence asanas – teaching instruction, demo, benefits, teaching on each other JJ (1.5 hours)	5pm class JJ	30 min break	7pm class JJ	Gem – 5 JJ – 5.5
Wed 18 <sup>th</sup> April	Revise from yesterday's teachings AFTAB (1 hour)	Public Class	What would you like to teach here JJ? JJ (2 hours)	Lunch	Which asanas strengthen / lengthen what muscles JJ (2.5 hours)	6pm class JJ	30 min break	8pm class JJ	JJ – 8.5 Aftab – 1
Thurs 19 <sup>th</sup> April	9am – 12pm Shoulder Anatomy GEMMA (3 hours)		Ashtanga Class GEMMA (2 hours)	Lunch	Yoga Philosophy discussion – or anything you want to do here – talk on being a teacher perhaps? JJ (1.5 hours)	5pm class JJ	30 min break	7pm class JJ	Gem – 5 JJ – 5.5
Fri 20 <sup>th</sup> April	Revise from yesterday's teachings /questions AFTAB (1 hour)	Public Class	Hip Anatomy – yang GEMMA (2 hours)	Lunch	Inversions Workshop GEMMA (2.5 hours)	6pm class	30 min break		Gem – 4.5 Aftab – 1
Sat 21 <sup>st</sup> April	Revise from yesterday's teachings /questions / anything that needs adding	Public Class JJ	Teaching points: explain who will be teaching when next week. Anything they	Lunch	Hip Anatomy – yin GEMMA (1.5 hours)	5pm class	30 min break	7-9pm: Watch a yoga document	Gem – 1.5 JJ – 5 Aftab – 2

	JJ		are not sure on. JJ					ary or conscious film AFTAB	
Sun 22 <sup>nd</sup> April	DAY OFF								
<b>Mon</b> 23 <sup>rd</sup> April	Revise from yesterday's teachings /questions AFTAB (1 hour)	<b>Public Class</b> Student s observin g class	Students teaching each other the sequence, observed and assessed. GEMMA (2 hours)	Lunch	Students teaching each other the sequence, observed and assessed. GEMMA (2.5 hours)	<b>6pm class</b> Students observing class	30 min break	<b>8pm class</b>	Gem – 4.5 Aftab – 1
<b>Tues</b> 24 <sup>th</sup> April	<b>9am – 12pm</b> Students teaching each other the sequence, observed and assessed. GEMMA		<b>Vinyasa Class</b> GEMMA (2 hours)	Lunch	Students teaching each other the sequence, observed and assessed. JJ (1.5 hours)	<b>5pm class</b> Students observing class JJ	30 min break	<b>7pm class</b> JJ	Gem – 5 JJ – 5.5
<b>Wed</b> 25 <sup>th</sup> April	Revise from yesterday's teachings AFTAB (1 hour)	<b>Public Class</b> Student s observin g class	Students teaching each other the sequence, observed and assessed. JJ (2 hours)	Lunch	Running a yoga business and Ethics of running a yoga business AFTAB (2.5 hours)	<b>6pm class</b> Students observing class JJ	30 min break	<b>8pm class</b> JJ	JJ – 6 Aftab – 3.5
<b>Thurs</b> 26 <sup>th</sup> April	<b>9am – 12pm</b> Asana Adjustments GEMMA (3 hours)		<b>Ashtanga Class</b> GEMMA (2 hours)	Lunch	Asana Adjustments JJ (1.5 hours)	<b>5pm class</b> Students observing class JJ	30 min break	7 – 8pm CLOSING CEREMO NY Giving certificate s - celebrate! GEMMA/ AFTAB/JJ	Gem – 6 JJ – 4.5 Aftab – 1

## **Hours**

180 contact hours – 65 must be with Lead teacher.

### **Technique, training, practice**

75 hours

50 hours with lead teacher

### **Teaching Methodology**

15 hours

10 hours with lead teacher

### **Anatomy and Physiology**

10 hours

### **Philosophy**

20 hours with lead teacher

### **Students practice teaching**

5 hours

5 hours with lead teacher

### **Over course:**

**(Including classes and change over time – not all paid hours)**

Gemma – 59 hours (6 hours will add up if I am half hour before class in reception, or stay there for lunch, these 6 hours will easily add on – also they will probably email/text me questions – which will take up time too)

JJ – 70 hours (20 class = 40 hours of this time)

Aftab – 15.5 hours