

**Online study for trainee teachers.** The timetables below name the subjects to be delivered each term. The material includes articles, audio class extracts and video study resources focussed to each subject. These subjects are self-directed learning topics. The full program covered in 3 years.

As the program is ongoing with individuals commencing enrolment at any time each year holds a title rather than a number. For example 2016 is a Tapas year (reflecting an aspect of Kriyayoga).

## Online study-Trainee teacher subject timetable for Tapas year

Term	Code	Subject Description
<b>2016 term 1 Tapas</b>	P-01	Introducing pranayama
	A-SP01-08a	Standing asanas Part 1
	T-Ph03b	Kriyayoga Part 2
	T-Ph01a	Iyengar & Patanjali Part 1
	Y01-02	Yama and Niyama-Online trainee
<b>2016 term 2 Tapas</b>	P-02	Pranayama setups
	A-S01-02a	Seated asanas Part 1
	T-Ph02a	What distinguishes Iyengar Yoga Part 1
	T-Ph20	What is Yoga
	T-T07c	Handling diversity- Back pain focus
<b>2016 term 3 Tapas</b>	P-03	Ujjayi lying
	A-BB01-04a	Backbends Part 1
	T-Ph03	Kriyayoga
	T-Ph04b	Twin pillars Part 2
	T-T07a	Handling diversity- menstruation focus
<b>2016 term 4 Tapas</b>	P-04	Viloma lying
	A-SP01-08d	Standing asanas Part 4
	A-T01-02a	Twisting Part 1
	T-T06	Art of teaching
	T-Ph21	The link between asana and pranayama
	T-T07d	Handling diversity- blood pressure focus

## Online study-Trainee teacher subject timetable for Svadhyaya year

Term	Code	Subject Description
<b>2017 term 1 Svadhyaya</b>	P-06	Art of sitting
	A-BB01-04b	Backbends Part 2
	A-S01-02b	Sitting asanas Part 2
	T-Ph06	Evolution/ Involution
	T-T01	Language of asana
	T-T07b	Handling diversity- Pregnancy focus
<b>2017 term 2 Svadhyaya</b>	P-07	Ujjayi sitting
	A-FB01-02a	Forward bends part 1
	T-Ph22	Yogic imprinting
	T-T02	Presenting asana
	Y01-02	Yama and Niyama-Online trainee
<b>2017 term 3 Svadhyaya</b>	P-08	Viloma sitting
	A-SP01-08b	Standing asanas part 2
	A-T01-02b	Twisting part 2
	T-Ph02b	What distinguishes Iyengar Yoga Part 2
	T-T03	Methods of teaching
	T-T07a	Handling diversity- menstruation focus
<b>2017 term 4 Svadhyaya</b>	A-I01-06a	Inversions part 1
	A-R01-02	Restoratives
	T-T07	Handling diversity
	T-Ph23	The conscious pause
	T-T07e	Handling diversity- knee focus

## Online study-Trainee teacher subject timetable for Isvara Pranidhana year

Term	Code	Subject Description
<b>2018 term 1 Isvara Pranidhana</b>	A-S01-02a	Sitting asanas part 1
	A-T01-02a	Twisting part 1
	T-Ph12	Conjunction and dissociation
	T-Ph01b	Iyengar & Patanjali part 2
	T-T07b	Handling diversity- Pregnancy focus
<b>2018 term 2 Isvara Pranidhana</b>	P-05	Bhramari
	A-FB01-02b	Forward bends part 2
	T-Ph24	Restraining Citta
	T-Ph04a	Twin Pillars part 1
	T-T07c	Handling diversity- Back pain focus
<b>2018 term 3 Isvara Pranidhana</b>	A-SP01-08c	Standing asanas part 3
	A-I01-06c	Inversions part 3
	A-S01-02b	Sitting asanas
	T-Ph04a	Twin pillars part 1
	T-Ph07	Karmendriyas/ Jnanendriyas
	Y01-02	Yama and Niyama-Online trainee
<b>2018 term 4 Isvara Pranidhana</b>	A-I01-06b	Inversions part 2
	A-R01-02	Restoratives
	A-T01-02b	Twisting Part 2
	T-Ph25	Considering samyama
	T-T05	Being where students are at
	T-T07d	Handling diversity- blood pressure focus