



STAGE ONE – 50hr FOUNDATION COURSE SYLLABUS
In person or Online

DAY TRAININGS	ONLINE WEDNESDAYS
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DATE	MODULES	TRAINING	TRAINER
Thursdays On line 6-7.20pm	Anatomy & Physiology pertaining to medicine <i>Relating to variety of common Elderly conditions</i>	Seminar	Vicky Arundel (VA)
Saturdays 9.15am – 4.15pm	Yoga Therapy for Elderly Conditions <i>Theory, concepts, practices, 3 case studies</i>	Full Training Day	Nikki Jackson (NJ)
Thursdays On line 6-7.20pm	Anatomy & Physiology pertaining to medicine <i>relating to Mental Health conditions</i>		Vicky Arundel (VA)
Saturdays 9.15am – 4.15pm	Yoga Therapy for Mental Health Conditions <i>Theory, concepts, practices, 3 case studies</i>	Full Training Day	Nikki Jackson (NJ)
Thursdays On line 6-7.20pm	Anatomy & Physiology pertaining to medicine <i>Relating to Respiratory and Cardiovascular conditions</i>	Seminar	Vicky Arundel (VA)

Saturdays 9.15am – 4.15pm	Yoga Therapy for Respiratory and Cardiovascular Conditions <i>Theory, concepts, practices, 3 case studies</i>	Full Training Day	Nikki Jackson (NJ)
Thursdays On line 6-7.20pm	Anatomy & Physiology pertaining to medicine <i>Relating to Neurological conditions</i>	Seminar	Vicky Arundel (VA)
Saturdays 9.15am – 4.15pm	Yoga Therapy for Neurological Conditions <i>Theory, concepts, practices 3 case studies</i>	Full Training Day	Nikki Jackson (NJ)
Thursdays On line 6-7.20pm	Anatomy & Physiology pertaining to medicine <i>Relating to Cancer</i>	Seminar	Vicky Arundel (VA)
Saturdays 9.15am – 4.15pm	Yoga Therapy for Cancer Conditions <i>Theory, concepts, practices, 3 case studies</i>	Full Training Day	Nikki Jackson (NJ)
Thursdays On line 6-7.20pm	Anatomy & Physiology pertaining to medicine <i>Relating to Musculoskeletal conditions</i>	Seminar	Vicky Arundel (VA)
Saturdays 9.15am – 4.15pm	Yoga Therapy for Musculoskeletal Conditions <i>Theory, concepts, practices, 3 case studies</i>	Full Training Day	Nikki Jackson (NJ)