

STAGE TWO SYLLABUS EXAMPLE

DAY TRAININGS	ONLINE WEDNESDAYS	ASHRAMS
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DATE	MODULES	TOPIC	TRAINER
MODULE ONE: THE ESSENCE OF A THERAPIST			
TRAINING DAY ONE 9.15am – 4.15pm	THE ESSENCE of a THERAPIST	Essential skills for a Therapist <i>Therapeutic Relationship, Communication, body language, counselling</i> ASSIGNMENT 1.	Nikki Jackson
TRAINING DAY TWO 9.15am – 4.15pm	THE ESSENCE OF A THERAPIST	Mindfulness for Health ONE <i>Staying grounded and well as therapists</i>	Nikki Jackson
Wednesday online 6-7pm	THE ESSENCE OF A THERAPIST	Professional Studies	Jo Bogacz
Wednesday online 6-8pm	THE ESSENCE OF A THERAPIST	The Kosha Model in Yoga Therapy <i>How we introduce to clients</i>	Vicky Arundel
Wednesday online 6-8pm	THE ESSENCE OF A THERAPIST	Ayurveda and Yoga Therapy <i>How we introduce to clients</i>	Tarik Dervish
Wednesday online 6-8pm	THE ESSENCE OF A THERAPIST	The Klesha Model in Yoga Therapy <i>How we introduce to clients</i>	Nikki Jackson

MANDALA ASHRAM (November)

SELF REALISATION through teachings on ANCIENT TEXTS and PHILOSOPHY
YOGA THERAPY teachings relating to ancient texts and Philosophy

MODULE TWO: THE BREATH PRANAMAYA KOSHA

Wednesday online 6-8pm	THE BREATH	The Mechanics of breathing	VA
TRAINING DAY THREE 9.15am – 4.15pm	THE BREATH	Prana and Breath History of Pranayama, misconceptions of healthy breathing, Long Covid Observations of a yoga therapist relating to depleted prana condition such as Long Covid Assessments: <i>Yoga Therapy Observations</i> Assignment 2.	Nikki Jackson
Wednesday online 6-8pm	THE BREATH	Prana and Emotions <i>Healing Breathing and Pranayamas</i>	Nikki Jackson
Wednesday online 6-8pm	THE BREATH	Chronic fatigue, stress and burnout	Fiona Agombar
	MODULE THREE - THE BODY	ANNAMAYA KOSHA	
Wednesday online 6-8pm	8.MSK & PAIN SCIENCE	MSK and chronic pain <i>Pain science- what do we know about pain?</i>	Vicky Arundel
Wednesday on-line 6-8pm	9.MSK & PAIN SCIENCE	MSK and chronic pain <i>Working with the client in pain – a biopsychosocial approach</i>	Vicky Arundel

Wednesday online 6-7pm	TRAUMA	Grief sensitive yoga	Megan McCarthy
Wednesday online 6-7pm	GENERAL	Sleep conditions, insomnia & Yoga Nidra	Nikki Jackson
Wednesday online 6-8pm	Student YT video presentation	2 students present a video recording of yoga therapy session client volunteer Assessed by trainers Group feedback	Nikki Jackson & Vicky Arundel
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TRAINING DAYS EIGHT and NINE	CANCER CONDITIONS PALLIATIVE CARE	How to work with cancer Conditions including most common diagnosis and how to use yoga therapy in palliative care Assessment Assignment 5	Nikki Jackson Kate Binnie
		THE SUMMER BREAK	
	MODULE FIVE – WISE YEARS	VIJNAMAYA KOSHA	
TRAINING DAYS TEN and ELEVEN	NEUROLOGICAL & ELDERLY conditions	The Brain and spinal cord injury/deterioration and elderly conditions explored further. Assessments Yoga Therapy Observations Assignment 6	Vicky Arundel
	MODULE SIX– BECOMING A PROFESSIONAL	ANANDAMAYA KOSHA <i>Confidence as a yoga therapist</i>	

Wednesday online 6-8pm	Yoga Therapy into the Future	The Future of Yoga Therapy within the NHS	Guest speakers Dr Sheik & Vidhi Shodhi
Wednesday online 6-8pm	Professional Studies 2.	Professional Boundaries, processes, working individually and how to set up YT business Assessment Assignment 7	Jo Bogacz
	MOCK ASSESSMENTS	Each student will deliver a 1 hour yoga therapy session and will be provided with feedback from trainers and peers Also, Theory: Value of Inquiry & Red Flags in Assessments	Nikki Jackson and Vicky Arundel
Wednesday online 6-8pm	Student Research Presentations	2 students to deliver power point presentation on their Research Project of their choice Assessed by Trainers Feedback from peers	Student led
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<p>MANDALA ASHRAM - November</p> <p>Endings & New beginnings</p> <p>Third Practical Assessments of delivering Yoga Therapy</p> <p>SELF REALISATION and MY FUTURE SELF AS A YOGA THERAPIST</p> <p>YOGA THERAPY teachings relating to ancient texts and Philosophy</p>			
		END of TRAINING CONTACT HOURS	