

Yoga Scotland Teacher Training Edinburgh 2022-2024

Year 1	Hatha	Anatomy & Physiology	Philosophy	Visiting Tutor
Weekend 1	Applied Anatomy: The Foot & Ankle Warm-ups & Foundations Basic Sitting & Breath Awareness & Sama Vritti; Vasama Vritti	The Respiratory System: Breathing	Introduction	
Weekend 2	Applied Anatomy: The Knee & Legs Standing Asanas Learning to Teach 1 Dirga Pranayama; Meditation		Patanjali: The Yoga Sutras 1	An Introduction to Sanskrit in Yoga - Graham Burns 3hrs
Weekend 3 RESIDENTIAL	Applied Anatomy: The Hips Sitting Pranayama: Nadi Shodhana Relaxation; Meditation; Tratakam Counter & neutralising postures Introduction to Kriyas, Mudras & Bandhas; Chanting & Mantra Sharing Introduction to Ayurveda			Introduction to Mantra Restorative Practice Meditation Cathy Swan
Weekend 4	Applied Anatomy: The Pelvis Learning to Teach 2 Asana, Bandha; Mudra; Pranayama Preparation ETP 1		Patanjali: The Yoga Sutras 2	Sequencing, Class Planning & Teaching - Sue McLennan 5hrs
Weekend 5	Applied Anatomy: The Spine - including Head & Neck 6 movements of the spine Internal Teaching Practice 1 Pranayama: Ujjayi	The Skeletal System: Bones & Joints		Trauma Informed Practice - Lorraine Close 3hrs
Weekend 6	Applied Anatomy: Shoulders & Arms Side bending in Asana Learning to Teach 3: Demonstration & Observation Bandhas in Asana & Pranayama Viloma Pranayama	The Muscular System: Myofascial continuities	Patanjali: The Yoga Sutras 3	

Yoga Scotland Teacher Training Edinburgh 2022-2024

Year 1	Hatha	Anatomy & Physiology	Philosophy	Visiting Tutor
Weekend 7	Applied Anatomy: Forward Bends The Language of Yoga: The Voice & Language skills Learning to Teach 4 - Verbal adjustments & Cues Brahmari Pranayama Internal Teaching Practice 2			
Weekend 8	Applied Anatomy: Anatomical patterns in Backbends The Breath & Bandhas in Asana Kumbhaka Pranayama Ashwini & Vajroli/Sahajoli Mudra Record Keeping of Class Plans	The Cardiovascular System: Heart & Circulation	The Bhagavad Gita 1	

Year 2	Hatha	Anatomy & Physiology	Philosophy	Visiting Tutor
Weekend 9	Applied Anatomy: Twists/Rotations Teaching Skills & Learning styles Appropriate Touch & Adjust Savitri Pranayama		The Bhagavad Gita 2	The Business of Yoga: Record Keeping & Tax Elaine Alsop 2hrs
Weekend 10	Movements of the Spine revisited; Revisit appropriate modifications; Bhastrika pranayama Movement practices for digestion Internal Teaching Practice 3 Planning a series of classes	The Digestive System	The Upanishads 1	Yoga Subtle Anatomy: the koshas & pranavayus; Bija Mantras Cathy Swan 5hrs
Weekend 11 RESIDENTIAL	Anatomical patterns in inversions; Revisiting Head, Neck & Shoulders: Full inversions in Asana Yoga Nidra; Meditation Kriyas, Shatkarmas, Bandhas contd.			Susannah Dean

Yoga Scotland Teacher Training Edinburgh 2022-2024

Year 2	Hatha	Anatomy & Physiology	Philosophy	Visiting Tutor
Weekend 12	Yoga and Aging - with some focus on balance, changes in the nervous system & brain Informal Teaching Practice - pranayama & meditation Preparation for ETP 2 & 3	The Nervous System	The Upanishads 2	Mental Health Lorraine Close 3hrs
Weekend 13	Balance in Asana The Chakras & 5 Elements - Practice Internal Teaching Practice 4 - to incorporate philosophy Antar Mouna	The Endocrine System		
Weekend 14	Yoga in Pregnancy Ethics in Yoga & Inclusivity (gender, ability, age) Practices from the Hatha Yoga Pradipika	The Reproductive & Urinary Systems	Tantra & The Hatha Yoga Pradipika	
Weekend 15	Final Weekend Student Requests Looking to the future: continuous professional development & updating Further Studies Professional practice - reminders Sharing Circle Picnic Closing Meditation			Self Promotion & Social Media Susannah Dean 2hrs Awarding of Certificates Chair & Trustee representative

[Informal Teaching Practices occur throughout Years 1 & 2 in addition to the 4 listed.](#)

Hatha:	Judy Cameron	BWY 500hr Diploma
Anatomy & Physiology:	Judy Cameron	BSc(Hons) Health Studies; Qualified Nurse; Qualified Midwife;
Philosophy	Dr. Graham Burns	PhD; MA; BA(Hons) Law; Senior Teaching Fellow SOAS