

Lotus Yoga Centre 2022-2023 ~Course Outline
Classes are held at Silver Lotus Studio
Training Weekend Saturdays 12-6pm | Sunday 11-6:00 p.m.
(30 min lunch)

- 1. February 13th, 2022**
Fundamentals of Teaching
Centering – Limbering
teachers class February 12th
- 2. March 13th, 2022**
Standing Postures
Sun Salutation – (Surya Namaskar)
teachers class March 12th
- 3. April 10th, 2022**
Sitting Postures
Forward Bending Postures
teachers class April 9th
- 4. May 15th, 2022**
Backward Bending Postures
Twisting Postures
teachers class May 14th
- 5. June 12th, 2022**
Leg Lifts and Abdominal
Inverted Postures
teachers class June 11th
- 6. July 10th, 2022**
Adjustments/props
Student lead yoga class
Hatha Yoga Exam
teachers class July 9th
- 7. August 14th, 2022**
The Yoga Sutras
Student lead class
teachers class August 13th
- 8. September 11th, 2022**
Science of Breath
Student lead class
Yoga Sutra Exam
teachers class September 10th

- 9. October 9th, 2022**
Anatomy
Body and their functions
Science of Breath Exam
teachers class October 8th
- 10. November 13th, 2022**
Introduction to Meditation
Chakras, Nadis and Koshas
Student lead class
Anatomy Exam
teachers class November 12th
- 11. December 11th, 2022**
Teaching Special Groups
Student lead class
Meditation Exam
teachers class December 10th
- 12. January 15th, 2023**
Student lead teaching
Graduation day!!
teachers class January 14th

All posture classes will include

- **Alignment**
- **Corrections**
- **Benefits**
- **Contra indications**
- **Common Errors**
- **Variations**
- **Modifications**
- **English and Sanskrit Titles**

Note: training weekends are usually the second weekend of each month, however, some months are moved up to the first weekend due to holidays.