

Programme Calendar

2023-2025





2023

January

- 09-13 Yoga Therapy for Musculoskeletal Issues & Lower Back Pain 100-Hours Week 1
- 23-28 Yoga Therapy Foundation Course 100-Hours Week 1

February

- 06-10 Yoga Therapy for Cardiovascular & Respiratory Health Issues
- 13-18 Yoga Therapy Applications of Asanas, Pranayama & Restorative Yoga
- 20-24 Trauma-Informed Yoga Therapy
- 27-04 Yoga Therapy Foundation Course 100-Hours Week 2

March

- 06-10 Yoga Therapy for Digestive Issues: The Gut Link
- 13-17 Yoga Therapy for Cancer Patients & People Affected by Cancer
- 25-26 Safety in Yoga Nidra & Relaxation for Yoga Therapy
- 27-31 Yoga Therapy for Musculoskeletal Issues & Lower Back Pain 100-Hours Week 2

April

- 03-07 Applied Somatic Counselling Skills for Yoga Therapists
- 17-22 Yoga Therapy Foundation Course 100-Hours Week 2

May

- 01-05 Yoga Therapy for the Nervous System, Degenerative Disease & Pain Management
- 15-19 Yoga Therapy for the Endocrine & Immune System Disorders
- 29-31 Case Study Peer Supervision

June

- 05-09 Yoga Therapy for the Reproductive System, Family Dynamics & the Ageing Process
- 19-23 Yoga Therapy for Cardiovascular & Respiratory Health Issues



2023

July

- 03-09 Ayurvedic Healing & Yoga Therapy
- 10-15 Yoga Therapy Applications of Asanas, Pranayama & Restorative Yoga

October

- 02-07 Yoga Therapy Foundation Course 100-Hours Week 2
- 09-13 Yoga Therapy for Digestive Issues: The Gut Link
- 16-20 Applied Somatic Counselling Skills for Yoga Therapists

August

- 07-11 Trauma-Informed Yoga Therapy
- 16-18 Case Study Peer Supervision

November

- 06-10 Yoga Therapy for Cancer Patients & People Affected by Cancer
- 13-19 Ayurvedic Healing & Yoga Therapy
- 20-24 Yoga Therapy for Endocrine & Immune System Disorders

September

- 04-09 Yoga Therapy Foundation Course 100-Hours Week 1
- 16-17 Safety in Yoga Nidra & Relaxation for Yoga Therapy
- 18-22 Yoga Therapy for the Nervous System, Degenerative Disease & Pain Management

December

- 04-06 Case Study Peer Supervision
- 11-15 Yoga Therapy for the Reproductive System, Family Dynamics & the Ageing Process



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15-19 Yoga Therapy for Musculoskeletal Issues & Lower Back Pain 100-Hours Week 1

22-26 Yoga Therapy for Cardiovascular & Respiratory Health Issues

February

05-09 Yoga Therapy for Digestive Issues: The Gut Link

12-17 Yoga Therapy Foundation Course 100-Hours Week 1

19-23 Trauma-Informed Yoga Therapy

26-01 Yoga Therapy for Musculoskeletal Issues & Lower Back Pain 100-Hours Week 2

March

18-23 Yoga Therapy Foundation Course 100-Hours Week 2

30-31 Safety in Yoga Nidra & Relaxation for Yoga Therapy

April

01-05 Applied Somatic Counselling Skills for Yoga Therapists

08-13 Yoga Therapy Applications of Asanas, Pranayama & Restorative Yoga

17-19 Case Study Peer Supervision

29-03 Yoga Therapy for the Nervous System, Degenerative Disease & Pain Management

May

06-10 Yoga Therapy for the Endocrine & Immune System Disorders

June

10-14 Trauma-Informed Yoga Therapy

17-21 Yoga Therapy for the Reproductive System, Family Dynamics & the Ageing Process



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July

08-12 Yoga Therapy for Cancer Patients & People Affected by Cancer

October

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14-18 Applied Somatic Counselling Skills for Yoga Therapists

21-26 Yoga Therapy Foundation Course 100-Hours Week 1

August

28-30 Case Study Peer Supervision

November

04-10 Ayurvedic Healing & Yoga Therapy

11-15 Yoga Therapy for Digestive Issues: The Gut Link

25-30 Yoga Therapy Foundation Course 100-Hours Week 2

September

09-13 Yoga Therapy for Musculoskeletal Issues & Lower Back Pain 100-Hours Week 1

23-27 Yoga Therapy for Cardiovascular & Respiratory Health Issues

December

11-13 Case Study Peer Supervision



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13-18 Yoga Therapy Applications of Asana, Pranayama & Restorative Yoga

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