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### Recommended Reading / References:

Iyengar, B. 1993. *Light on Yoga*, Thorsons, London.

Mohan, A.G. 2002. *Yoga for Body, Breath and Mind: A Guide to Personal Reintegration*. Shambhala Publications.

Long, R. 2006. *Scientific Keys Volume 1: The Key Muscles of Hatha Yoga*. Bandha Yoga.

Farhi, D. 2000. *Yoga Mind Body Spirit: A Return to Wholeness*, Holt Paperbacks.

Hanson Lasater, J. 2003. *30 Essential Yoga Poses: For Beginning Students and Their Teachers*, Rodmell Press.

Moyer, D. 2006. *Yoga: Awakening the Inner Body*. Rodmell Press.

Coulter, D. 2001. *Anatomy of Hatha Yoga: A Manual for Students, Teachers and Practitioners*. Body and Breath.

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### DAY-BY-DAY OUTLINE

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<b>DAY 1</b>	Explain levels and depths of asana practice
<b>DAY 2</b>	Teach advanced standing asanas
<b>DAY 3</b>	Teach advanced forward bending asanas
<b>DAY 4</b>	Teach advanced forward bending asanas
<b>DAY 5</b>	Teach advanced twisting asanas
<b>DAY 6</b>	Teach advanced backward bending asanas
<b>DAY 7</b>	Teach advanced sitting and kneeling asanas
<b>DAY 8</b>	Teach advanced inverted asanas
<b>DAY 9</b>	Teach advanced strength and balance asanas
<b>DAY 10</b>	Review teaching practices
<b>DAY 11</b>	<b>Practical Assessment</b>
<b>DAY 12</b>	<b>Practical Assessment / Written Assignment</b>

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

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