

Homework Overview Chart LYTTC 2018-20
Revised February 2019

| HW Set | HW Title | HW Details | HW Due | HW Complete | HW Marked |
|-----------|-------------------|---|--------|-------------|-----------|
| Apr 2018 | Philosophy prep 1 | 1. Start/continue reading Mary Stewart, Yoga (aim to complete by Nov 2018); 2. Philosophy Session 1 pre-reading: 3 docs from Nev - download from 'Homestudy' section of website; 3. Fill in Sanskrit Table - download from 'Homestudy' section of website | May-18 | | |
| | Teaching 1 | Practice Diary 1 | Jun-18 | | |
| May 2018 | Anatomy 1 | Worksheets (self-assessed at next session) | Jun-18 | | |
| | Philosophy prep 2 | Session 2 pre-reading: available on website 2 weeks in advance of September session | Sep-18 | | |
| | Philosophy HW1 | Read <i>The Upanishads</i> | Sep-18 | | |
| June 2018 | Teaching 2 | Ethics and safe teaching | Sep 18 | | |
| | Anatomy 2 | Worksheets (self-assessed at next session) | Oct-18 | | |
| July 2018 | Teaching 3 | Class planning | Oct-18 | | |
| Sept 2018 | Philosophy prep 3 | Session 3 pre-reading: available on website 2 weeks in advance of Nov session | Nov-18 | | |
| | Philosophy HW2 | Complete Upanishad questions; read <i>The Bhagavad Gita</i> . | Nov-18 | | |
| Oct 2018 | Anatomy 3 | Worksheets (self-assessed at next session) | Nov-18 | | |
| | Physiology prep 1 | Pre workshop study 1: cardiovascular system | Dec-18 | | |
| | Teaching 4 | Diary 2: least favourite pose | Dec-18 | | |
| Nov 2018 | Anatomy 4 | Worksheets (self-assessed at next session) | Dec-18 | | |
| | Philosophy HW3 | Complete Bhagavad Gita questions; read Stephen Batchelor's <i>Buddhism without Beliefs</i> | Jan-19 | | |
| | Philosophy prep 4 | Session 4 pre-reading on Buddhism: available on website 2 weeks in advance of due date | Jan-19 | | |

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|---------------|-------------------|---|---------------|--------------------|------------------|
| Dec 2018 | Physiology HW1 | Cardiovascular and respiratory systems | Mar-19 | | |
| | Anatomy Pete 1 | Pete Blackaby Session 1 pre-reading: <i>Intelligent Yoga (details tbc)</i> | Jan-19 | | |
| | Anatomy 5 | Anatomy Module Evaluation Sheet | Jan-19 | | |
| Jan 2019 | Physiology prep 2 | Pre workshop study 2: respiratory system | Feb-19 | | |
| | Teaching 5 | Pranayama | Mar-19 | | |
| | Teaching 12 | Start Case Study 1 | Jul-19 | | |
| | Philosophy HW4 | Complete buddhism questions | Apr-19 | | |
| | Philosophy prep 5 | Session 5 pre reading: available on website 2 weeks in advance of due date; also read Patanjali's Yoga Sutras | Apr-19 | | |
| Feb 2019 | Physiology prep 3 | Pre workshop study 3: senses and perception | Mar-19 | | |
| | Teaching 6 | Breathing | Apr-19 | | |
| | Anatomy Pete 2 | Pete Blackaby Session 2 pre-reading: <i>Intelligent Yoga (details tbc)</i> | Mar-19 | | |
| Mar 2019 | Physiology Prep 4 | Pre Workshop Study 4: Nervous System | Apr-19 | | |
| | Teaching 7 | Visit Different yoga classes | Jul-19 | | |
| | Anatomy Pete 3 | Pete Blackaby Session 3 pre-reading: <i>Intelligent Yoga (details tbc)</i> | Apr-19 | | |
| Apr 2019 | Teaching 8 | Mudras | Jun-19 | | |
| | Philosophy HW 5 | Patanjali questions | Jun-19 | | |

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| | Philosophy prep 6 | Session 6 pre reading: available on website 2 weeks in advance of due date; also read Christina Feldman, <i>Principles of Meditation</i> | Jun-19 | | |
| | Physiology Prep 5 | Pre Workshop Study 5: endocrine system | Jun-19 | | |
| | Teaching 11 | Final Essay | Sep-19 | | |
| May 2019 | Teaching 9 | Assist a yoga teacher | Jul-19 | | |
| | Teaching 13 | Case Study 2 | Oct-19 | | |
| June 2019 | Physiology Prep 6 | Pre Workshop Study 6: lymphatic system | Oct-19 | | |
| | Physiology HW2 | Endocrine System | Oct-19 | | |
| | Philosophy HW 6 | Quiet sitting diary and meditation questions | Sep-19 | | |
| Sept 2019 | Anatomy Pete 4 | Pete Blackaby Session 4 pre-reading: <i>Intelligent Yoga</i> , details tbc | Oct-19 | | |
| Oct 2019 | Anatomy Pete 5 | Pete Blackaby Session 5 Pre reading: tbc | Nov-19 | | |
| | Teaching 18 | Professional Skills: marketing | Nov-19 | | |
| | Physiology Prep 7 | Urinary and Digestive | Jan-20 | | |
| | Physiology HW 3 | Lymphatic System | Nov-19 | | |
| Nov 2019 | Anatomy Pete 6 | Pete Blackaby Session 6 Pre-reading: <i>Intelligent Yoga</i> , details tbc | Dec-19 | | |
| | Philosophy prep 7 | Read Hatha Yoga Pradipika; will be discussed together in class in December | Dec-19 | | |
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