

## TSYP Yoga Therapy Diploma and CPD Modules 2023-2026

### Detailed schedule of dates

Date	Time and Format	Module
07-Sep-23	18h30-20h30 online	General introduction (diploma only)
14-Sep-23	18h30-20h30 online	General introduction (diploma only)
21-Sep-23	18h30-20h30 online	General introduction (diploma only)
28-Sep-23	18h30-20h30 online	General introduction (diploma only)
05-Oct-23	18h30-20h30 online	Therapy in the yoga tradition
13-Oct-23	09h00 – 18h00 in person	Yoga Therapy Skills Intro (diploma only)
14-Oct-23	09h00 – 18h00 in person	Yoga Therapy Skills Intro (diploma only)
15-Oct-23	09h00 – 18h00 in person	Yoga Therapy Skills Intro (diploma only)
16-Oct-23	09h00 – 18h00 in person	Yoga Therapy Skills Intro (diploma only)
19-Oct-23	18h30-20h30 online	Therapy in the yoga tradition
26-Oct-23	18h30-20h30 online	Therapy in the yoga tradition
02-Nov-23	18h30-20h30 online	Therapy in the yoga tradition
09-Nov-23	18h30-20h30 online	Therapy in the yoga tradition
16-Nov-23	18h30-20h30 online	Therapy in the yoga tradition
23-Nov-23	18h30-20h30 online	Therapy in the yoga tradition
30-Nov-23	18h30-20h30 online	Contemporary perspectives
07-Dec-23	18h30-20h30 online	Contemporary perspectives
14-Dec-23	18h30-20h30 online	Contemporary perspectives
15-Dec - 07-Jan-24	<b>Winter Break</b>	
11-Jan-24	18h30-20h30 online	Musculo-skeletal system
18-Jan-24		
19-Jan-24	09h00 – 18h00 in person	Observation, Assessment, Relationship
20-Jan-24	09h00 – 18h00 in person	Observation, Assessment, Relationship
21-Jan-24	09h00 – 18h00 in person	Observation, Assessment, Relationship
22-Jan-24	09h00 – 18h00 in person	Observation, Assessment, Relationship
25-Jan-24		
01-Feb-24	18h30-20h30 online	Musculo-skeletal system
08-Feb-24	18h30-20h30 online	Musculo-skeletal system
15-Feb-24	18h30-20h30 online	Musculo-skeletal system
22-Feb-24	18h30-20h30 online	Musculo-skeletal system
29-Feb-24	18h30-20h30 online	Musculo-skeletal system
07-Mar-24	18h30-20h30 online	Musculo-skeletal system
14-Mar-24	18h30-20h30 online	YT for mental health problems
21-Mar-24	18h30-20h30 online	YT for mental health problems

## TSYP Yoga Therapy Diploma and CPD Modules 2023-2026

### Detailed schedule of dates

Date	Time and Format	Module
<b>23-Mar - 07-Apr-24</b>	<b>Spring Break</b>	
11-Apr-24	18h30-20h30 online	YT for mental health problems
18-Apr-24		
19-Apr-24	09h00 – 18h00 in person	Therapeutic application of yoga tools
20-Apr-24	09h00 – 18h00 in person	Therapeutic application of yoga tools
21-Apr-24	09h00 – 18h00 in person	Therapeutic application of yoga tools
22-Apr-24	09h00 – 18h00 in person	Therapeutic application of yoga tools
25-Apr-24		
02-May-24	18h30-20h30 online	YT for mental health problems
09-May-24	18h30-20h30 online	YT for mental health problems
16-May-24	18h30-20h30 online	YT for mental health problems
23-May-24	18h30-20h30 online	YT for mental health problems
30-May-24	18h30-20h30 online	Cardiovascular and respiratory
06-Jun-24	18h30-20h30 online	Cardiovascular and respiratory
13-Jun-24	18h30-20h30 online	Cardiovascular and respiratory
20-Jun-24	18h30-20h30 online	Cardiovascular and respiratory
27-Jun-24	18h30-20h30 online	Cardiovascular and respiratory
04-Jul-24	18h30-20h30 online	Cardiovascular and respiratory
11-Jul-24		
12-Jul-24	09h00 – 18h00 in person	Strategies and models for YT practices
13-Jul-24	09h00 – 18h00 in person	Strategies and models for YT practices
14-Jul-24	09h00 – 18h00 in person	Strategies and models for YT practices
15-Jul-24	09h00 – 18h00 in person	Strategies and models for YT practices
18-Jul-24	18h30-20h30 online	Cardiovascular and respiratory
<b>20-Jul - 1 Sep-24</b>	<b>Summer Break</b>	
05-Sep-24		
06-Sep-24	09h00 – 18h00 in person	Trauma sensitive YT; Equality, Diversity, Inclusivity
07-Sep-24	09h00 – 18h00 in person	Trauma sensitive YT; Equality, Diversity, Inclusivity
08-Sep-24	09h00 – 18h00 in person	Trauma sensitive YT; Equality, Diversity, Inclusivity
09-Sep-24	09h00 – 18h00 in person	Trauma sensitive YT; Equality, Diversity, Inclusivity

## TSYP Yoga Therapy Diploma and CPD Modules 2023-2026

### Detailed schedule of dates

Date	Time and Format	Module
12-Sep-24	18h30-20h30 online	Digestive and urinary
19-Sep-24	18h30-20h30 online	Digestive and urinary
26-Sep-24	18h30-20h30 online	Digestive and urinary
03-Oct-24	18h30-20h30 online	Digestive and urinary
10-Oct-24	18h30-20h30 online	Digestive and urinary
17-Oct-24	18h30-20h30 online	Digestive and urinary
24-Oct-24	18h30-20h30 online	Digestive and urinary
31-Oct-24	18h30-20h30 online	Immune, lymph, integumentary
07-Nov-24	18h30-20h30 online	Immune, lymph, integumentary
14-Nov-24	18h30-20h30 online	Immune, lymph, integumentary
21-Nov-24		
22-Nov-24	09h00 – 18h00 in person	Working with cases and scenarios
23-Nov-24	09h00 – 18h00 in person	Working with cases and scenarios
24-Nov-24	09h00 – 18h00 in person	Working with cases and scenarios
25-Nov-24	09h00 – 18h00 in person	Working with cases and scenarios
28-Nov-24	18h30-20h30 online	Immune, lymph, integumentary
05-Dec-24	18h30-20h30 online	Immune, lymph, integumentary
12-Dec-24	18h30-20h30 online	Immune, lymph, integumentary
<b>14-Dec - 05-Jan-25</b>	<b>Winter Break</b>	
09-Jan-25	18h30-20h30 online	Immune, lymph, integumentary
16-Jan-25	18h30-20h30 online	Ayurveda for yoga therapists
23-Jan-25	18h30-20h30 online	Ayurveda for yoga therapists
30-Jan-25	18h30-20h30 online	Ayurveda for yoga therapists
06-Feb-25	18h30-20h30 online	Ayurveda for yoga therapists
13-Feb-25	18h30-20h30 online	Ayurveda for yoga therapists
13-Feb-25	18h30-20h30 online	YT and psychiatry
20-Feb-25	18h30-20h30 online	YT and psychiatry
27-Feb-25	18h30-20h30 online	YT and psychiatry
06-Mar-25		
07-Mar-25	09h00 – 18h00 in person	Working with cases and scenarios
08-Mar-25	09h00 – 18h00 in person	Working with cases and scenarios
09-Mar-25	09h00 – 18h00 in person	Working with cases and scenarios
10-Mar-25	09h00 – 18h00 in person	Working with cases and scenarios
13-Mar-25		
20-Mar-25	18h30-20h30 online	YT and psychiatry

## TSYP Yoga Therapy Diploma and CPD Modules 2023-2026

### Detailed schedule of dates

Date	Time and Format	Module
27-Mar-25	18h30-20h30 online	YT and psychiatry
03-Apr-25	18h30-20h30 online	YT and psychiatry
10-Apr-25	18h30-20h30 online	YT and psychiatry
<b>12 - 27 Apr-25</b>	<b>Spring Break</b>	
01-May-25	18h30-20h30 online	YT and psychiatry
08-May-25	18h30-20h30 online	Endocrine, reproductive, nervous system
15-May-25	18h30-20h30 online	Endocrine, reproductive, nervous system
22-May-25	18h30-20h30 online	Endocrine, reproductive, nervous system
29-May-25	18h30-20h30 online	Endocrine, reproductive, nervous system
05-Jun-25		
06-Jun-25	09h00 – 18h00 in person	Working with cases and scenarios
07-Jun-25	09h00 – 18h00 in person	Working with cases and scenarios
08-Jun-25	09h00 – 18h00 in person	Working with cases and scenarios
09-Jun-25	09h00 – 18h00 in person	Working with cases and scenarios
12-Jun-25	18h30-20h30 online	Endocrine, reproductive, nervous system
19-Jun-25	18h30-20h30 online	Endocrine, reproductive, nervous system
26-Jun-25	18h30-20h30 online	Endocrine, reproductive, nervous system
03-Jul-25	18h30-20h30 online	Lifestyle and age related
10-Jul-25	18h30-20h30 online	Lifestyle and age related
<b>12-Jul - 07-Sep-25</b>	<b>Summer Break</b>	
11-Sep-25	18h30-20h30 online	Lifestyle and age related
18-Sep-25	18h30-20h30 online	Lifestyle and age related
25-Sep-25	18h30-20h30 online	Lifestyle and age related
02-Oct-25	18h30-20h30 online	Lifestyle and age related
09-Oct-25	18h30-20h30 online	Professional and business skills
16-Oct-25	18h30-20h30 online	Professional and business skills
23-Oct-25	18h30-20h30 online	Professional and business skills
30-Oct-25	18h30-20h30 online	Professional and business skills
06-Nov-25	18h30-20h30 online	Professional and business skills
<b>13-Nov-25 to 31-Mar-26</b>		<b>Completion of portfolio, clinical practice and supervision (diploma only).</b>