

YOGA



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Teach Yoga

Yoga-Yoga Teacher Training
Course Prospectus





Welcome

“I am delighted to share my knowledge, passion and long time practice of Yoga with serious students who wish to study Yoga in more detail for their own personal development and to learn how to teach this wonderful, life affirming practice.”

Introduction

This course aims to enable you both professionally and practically to teach:-

- Yoga Asana (Postures)
- Kriyas (cleansing techniques)
- Breathing practices and Pranayama
- Mudras and Bandhas
- Relaxation and concentration/meditation techniques

To adult students with differing ability and experience, with an underlying understanding of the principles and philosophy of Yoga.

Course Ethos

Respecting all traditional styles and teachings as we continue to embrace modern masters too, in teaching you to teach Yoga, we will develop your understanding of the mechanics of movement, of breathing and energetic practices so that you can teach safely irrespective of how you choose to present yourself as a teacher. You will learn to plan classes, and develop an understanding of the physical, mental, emotional and spiritual benefits of Yoga so as to create a harmonious and integrated practice for your students.

We will equip you with an understanding of how the body works and moves in physical Yoga practices. Provide you with keen skills of observation and an ability to suggest alternatives based on your knowledge and what you observe. If you can do this you can teach a fluid practice or a more static class with posture holds, as you will know how to put a programme together and allow for adjustments as necessary in a way that is safe and beneficial to your students.

There is of course so much more to teaching Yoga than learning to teach asanas, Yoga is one of the philosophical traditions of Indian and as such has a rich spiritual content. As part of the course you will be encouraged to explore some of the more esoteric and spiritual practices of Yoga. Over the years I have found studying the philosophy of Yoga immensely helpful and it has taught me transferable skills that have assisted me in all aspects of my life from relationships to business management.

Course Requirements

To start with you will need: -

- An established, regular Yoga practice of 3 years or more [regular meaning; a minimum of a weekly class, preferably more than once a week, complimented by personal practice] A BWY foundation course 1 or equivalent is very helpful
- Some knowledge and practice beyond Asana to include
 - Pranayama, at least two basic practices
 - Relaxation, concentration and meditation
 - Other practices such as Kriyas, bandhas and mudras
 - Philosophical concepts and/or other paths of Yoga
- A personal practice is a plus point or a strong desire to develop one
- Attendance at one or more of the following over the last two years, regular kirtan/in depth Yoga workshops/Yoga retreats/Yoga intensives
- And bags of enthusiasm, commitment and compassion!



“Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one’s being, from bodily health to self-realization. Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions.” B.K.S Iyengar

Course Overview

There are two modules each with two parts. The first module is all about developing you and your personal practice and Yoga knowledge. The second is taking that knowledge and experience and learning how to teach it to others.

Module One “Beginning your journey”

Refining your practice

- Alignment and movement principles in asana; general and specific to asanas on the syllabus
- Efficient use of the body moving, strength and grace
- The breath in postures, the breath and movement
- Ability to relax, let go and be; in general and specific relaxation techniques on the syllabus
- Developing the kinaesthetic sense; sensing, feeling, action
- Breathing and pranayama techniques on the syllabus
- Kriyas and Bandhas on the syllabus
- Yamas and Niyamas in daily life

Attending a variety of classes, experiencing different teachers and teaching styles

Developing your knowledge

- The main systems of the physical body, what they do, how they work and their relevance to Yoga Asana, breathing, relaxation and meditation.
- Safety and health considerations
- Prana and the energy body what is it, how does it work and how do Yoga practices influence it
- The mind and emotions and the effect of Yoga on them
- Putting Yoga in historical context
- The philosophical and spiritual depths of Yoga to include study of Patanjali Sutras
- An introduction to the main texts of Yoga to include the Hatha Yoga Pradipika, Bhagavad Gita and aspects of the Upanishads
- Chanting, Mantras and Meditation

Attending kirtan or spiritual discourse, Seminars and talks

Module Two “From Yoga Student to Yoga Teacher”

Preparing to Teach

- How do people learn
- The ‘language’ of teaching
- Observing and listening skills
- Adjustments, modifications and contraindications
- The business of Yoga
- Being authentic, embodying the practice
- Teaching Yoga: -
 - Asana, Kriyas
 - Pranayama, mudra, bandhas
 - Relaxation, concentration, meditation
- Themes, inspirations and motivating students
- Course and class planning, class timing and management
- Record practice teaching with friends and family

Class observations and practice teaching sessions

Teaching practice and developing teaching skills

- Assist in one of your teachers classes at least twice during module 2 of the course.
- Prepare in a group and teach part of a 90 minutes class to your peers
- Prepare an introductory / beginners course and teach a 60 minute lesson from it to your peers
- Teach pranayama or breath work
- Hands on adjustments
- Create and teach a sequence of postures
- Yoga in action, finding your path as a teacher
- Checking in with yourself and keeping your own practice going
- Final class assessment 75 minutes open class

And Out into the World with ongoing support

How to apply

You can apply online at www.yoga-yoga.guru.

Attendance and accredited hours

Trainees are expected to attend all course days and should only be absent for good reason. Except where special considerations are in evidence, trainees are required to register 90% attendance in order to graduate and if this is not met additional time and costs may be incurred in order to graduate. If a course day is missed, it is student’s responsibility to make up the content. This may be done in a variety of ways and your tutor will advise you on what is most appropriate in the circumstances.

Outside the course days, trainees will also be required to attend:

- Your regular Yoga class and keep a record of this signed by your teacher
- Up to 20 hours special classes / workshops with

*“To be a miner of diamonds,
take care of your picks and shovels.
To be a miner of your spiritual Self,
take care of your body, breath, and mind.
But don’t confuse the tools and the goals.
The goal of Yoga (union) is Yoga (union),
period”*

Swami Rama of the Himalayan Institute

recommended teachers

- 30 hours documented self practice
- Up to 4 hours of class observation (three classes) with experienced teachers
- 3 hours mentor meetings and professional supervision
- 3 hours assisting in own teacher’s class
- 10 hours practise teaching with a group set up by you after completing certain aspects of the course (we will encourage you as to when!)

There will be reading and written work given after each course weekend this totals some 50 further hours

Approximately 120 hours + First Aid course

Trainees will be expected to hold a First Aid certificate (usually renewable every three years) prior to setting up their own classes. Your tutor will advise suitable courses for attendance near the conclusion of the course. This is an additional 6-8 hours approximately

Assessment

The Yoga-Yoga TTC is a non-graded course. The emphasis is on competence to teach Yoga in terms of a trainee teacher’s ability to: -

- Create an appropriate environment for teaching Yoga
- Provide clear, comprehensive and correct instruction
- Use effective language that encourages and inspires students
- Be fully aware of health and safety considerations and demonstrate their ability to adapt for individual needs

“Her [Louise’s] course days are well planned and she runs to time without showing the stress of doing so. Most of all we have enormous fun and have learnt a great deal in a relaxed and conducive atmosphere.” Elizabeth

All trainees will be assessed on an on-going basis throughout the course. Regular feedback will be given and mentoring provided for specific assignments and throughout the course. All trainees are required to participate in all aspects of the course days and complete homework assignments by the deadlines given.

Graduation is only possible once all the elements from written work and practical work / teaching practice and assignments have been completed.

Venue for the Course

The East & West studios at this location are beautiful rooms totally suited to the practice and learning of Yoga teaching. We have chosen a location with good transport links and an appropriate atmosphere for spiritual progress both on and off the mat!

Address:

The Study Society
Colet House
151 Talgarth Rd, London W14 9DA
Telephone 0208 748 9338
Email office@studysociety.org
Website <https://studysociety.org/>

Course Dates

The course adheres to the guidelines and exceeds the minimum requirements set out by Yoga Alliance Professionals for a Foundation Yoga Teacher Training Course - in this case a 300 hour training and includes

- 14 weekends 2020-2021, mainly on a monthly basis except for March and May 2021 where there are two weekends to attend (224 hours)
- Teaching final class assessments (75 minutes class) in July/August /September 2021(1.25 hours + feedback session 0.5 hours)
- 25th September 2021 graduation day (4.25 hours)

230 contact hours

Each Saturday and Sunday will run from 9.30-18.00 with a lunch break (and appropriate short breaks) please always arrive 15 minutes earlier to start time to settle and be prepared.

Year 2020

Saturday and Sunday **September 5 & 6**
Saturday and Sunday **October 3 & 4**
Saturday and Sunday **November 7 & 8**
Saturday and Sunday **December 5 & 6**

Year 2021

Saturday and Sunday **January 9 & 10**
Saturday and Sunday **February 6 & 7**
Saturday and Sunday **March 6 & 7**
Saturday and Sunday **March 27 & 28**
Saturday and Sunday **April 17 & 18**
Saturday and Sunday **May 15 & 16**

Saturday and Sunday **May 22 & 23**
Saturday and Sunday **June 12 & 13**
Saturday and Sunday **July 10 & 11**
Saturday and Sunday **September 11 & 12**

Graduation Saturday September 25th

Cost of the course

£3,890 Fee includes

- Registration fee, all tuition and mentoring throughout the course
- Tutoring and facility fees on scheduled course dates
- Course handbook and any printed teacher training resources
- Yoga Alliance Professionals accredited teacher training certificate
- Assignments and assessments feedback and assistance as required and final class, unless circumstances arise that additional private tuition is required then that will be priced and agreed accordingly (but unlikely).

Fee excludes

- Essential pre-course study and course reference books
- Any essential Yoga props
- Compulsory external First Aid course (around £80) before graduation
- Compulsory Yoga Alliance Student Teacher Membership currently £ 30 for duration of the course and then membership and insurance fees on-going after graduation
- Any transportation costs, food, parking and incidentals
- If students are required to teach a further final class then a £100 fee will apply (plus any additional venue / travel costs)

Teacher trainees are encouraged to join one of the co-tutors Yoga classes, retreats or workshops running during the course dates at an additional cost however this is not compulsory

Fee Payment

The total cost is **£ 3,890**. On acceptance onto the course to secure your place payment is required and you can either pay: -

- In full and therefore a £150 discount is applied so fee is £3,740

Or

- The registration fee and a deposit, total of **£1,600** and thereafter:-
Three instalment payments of £ 850 by 1st September 2020, £ 750 by 4th January 2021 and £690 by 10th April 2021

Please note your place is only guaranteed once payment (deposit or in full) is received.

Reading

It is hard not to devise an exhaustive list about Yoga for a teacher training course. In addition there will be interesting articles and news items/blogs/new videos to pick up on as we go through our course. We have tried to maintain a sensible amount of books for the course and suggest that you look into purchasing them second hand to keep the costs down. A reading list will be forwarded to you on request or as part of your acceptance pack when accepted onto the course.

“Yoga does not remove us from the reality or responsibilities of everyday life but rather places our feet firmly and resolutely in the practical ground of experience. We don’t transcend our lives; we return to the life we left behind in the hopes of something better.”

Donna Farhi, “Bringing Yoga to Life”

Course Tutors



Louise Cashin Course Director and principal tutor

Louise has practiced Yoga for over 27 years and taught as a full time joy since 2002. A qualified Sivananda, British Wheel of Yoga diploma teacher and BWY Foundation Course tutor; qualified in Yoga Therapy with Yoga-campus; Louise also completed advanced Yoga training with Donna Farhi (2006) and has assisted at Donna’s intensives for teachers in Europe and teacher training in New Zealand. She has studied with Judith Hanson Lasater since 2005 undertaking her Experiential Anatomy training and Restorative Yoga programmes. She has extensive training in pre and postnatal Yoga and women’s health. She continues her studies with notable teachers and always exceeds her CPD requirements.

Louise is a hands-on, practical teacher who is passionate about the healing, life affirming qualities of Yoga; she is also an experienced facilitator, coach and trainer, which just adds to her ability to make her teaching and training workshops a transformational and interesting experience.

Louise leads the refining and practical analysis of the syllabus practices, teaches all aspects of Yoga teaching and ethics, anatomy and physiology (western) on this course.



Swami Saradananda principal tutor - Philosophy

Teaching Yoga since 1975 Swami Saradananda is a “Yoga Elder” of the Independent Yoga Network since 2005; U.K. REP level 3 since 2004; U.S.A. Yoga Alliance E-RYT 500 since 2000. A senior-most student of Swami Vishnu-devananda, Swami Saradananda worked with the Sivananda Yoga Centre for almost thirty years. She served as director and main teacher of their facilities in New York, London and Delhi.

She primarily provides training for Yoga teachers and philosophy modules for Teacher Trainings: - Teach Yoga (philosophy module of Teacher Training) in London, Westminster School of Yoga (philosophy module of Teacher Training) Yoga London (philosophy module of Teacher Training) Swami has also taught philosophy and meditation courses at Jivamukti Yoga Centres and the Special Yoga Centre in London, frequently travels to Germany to teach at Yoga Vidya’s, various locations. On the Yoga-Yoga TTC Swami Saradananda teaches history and philosophy and energy anatomy.



Ute Laggner principal tutor - Anatomy & Physiology

A qualified medical Doctor and PhD research immunologist, Ute has been practicing Yoga for ten years, but she really caught the Yoga bug after the recent births of her children. Time on her Yoga mat feels like a refuge and a place to gather strength and resilience. And with time, Ute has started to feel the profound influence of Yoga on her life off the mat - more grounded and calm. She felt an urge to share this transformation with other people, so while being on a career break to look after her 3 small children, she completed her 300 hour Yoga teacher training with Louise in September 2019 and has since been teaching regular classes from her home.

Ute is passionate about exploring the science behind Yoga and putting it into the framework of Western understanding of human physiology and anatomy, which she has studied extensively at medical school and through her work as a pathologist. Ute teaches our A&P Syllabus, applied anatomy and the Science behind Yoga.



Kate Mundie

Kate has been practicing Yoga for over 12 years. She qualified to teach Hatha Vinyasa in 2011 after finishing her Yoga Alliance 500hours teacher training with The Radiant Hand between South West London and Sri Lanka.

She then went on to study with Briohny Smyth and Dice Lida Klein in Dublin in 2018 where she completed her 300 hour advanced teacher training.

Kate's approach to teaching is inspired by her teachers past and present. Her methods are fun and creative whilst keeping the traditional disciplines and philosophies of Yoga at the heart of what she teaches. Kate will be assisting Louise throughout the course and teaching on our modules concerning teaching methodology & ethics.



Paula Sheehan

Paula has been practicing various styles of Yoga for over 15 years. Originally from Germany she spent over 10 years in a busy corporate environment in Ireland and the UK. Following this she decided to deepen her understanding of Yoga and it was after the birth of her son in 2013, that she began her Yoga Teacher Training with Louise and became qualified as a 200 hour Yoga Alliance Professionals accredited Yoga teacher in September 2015.

Learning more about Yoga and deepening her practice has helped her to adapt well to becoming a mum and to develop a greater appreciation of the benefits of Yoga and how to adapt a Yoga practice to physical and emotional needs. Paula loves how Yoga makes her feel good, physically and mentally, on and off the mat. In her teaching Paula aims to convey her passion for Yoga, guide students to listen to their own bodies and to simply enjoy being in a Yoga class. Paula will be assisting the team throughout the course primarily as administrator but also as course mentor.

*** There will also be other Yoga teachers who will act as mentors and will be available to support you at various times on the course.**

Past graduates have said :-

"It [the course] was a life changing experience for me. This course was not about theory and learning a subject "Yoga" but it was a journey which helped me to develop myself and my attitude towards life."

"I could write praise about every aspect of the course and I think it really prepared us well to start out as Yoga teachers. At times I felt it was almost preposterous that I would call myself a Yoga teacher at the end of the course as the course really opened my eyes to how little I know in this field. However, and again no mean feat to achieve this with a perfectionist like me, I now feel I have a sound basis and I can provide something of value to a Yoga student even though I am well aware of the many areas of improvement."

Learn Yoga, Love Yoga, Teach Yoga!

Yoga-Yoga

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