



TEACHER TRAINING SYLLABUS CURRICULUM OVERVIEW

My Yoga Journey Teacher Training Diploma Course 2018 – 2019
York City Centre. Presented in eight modules with 8 weekend (Saturday and Sunday) meetings and one 5-day intensive.
Led by Senior Yoga Alliance Trainer, Wendy Jacob.

Course Description

The course provides practical knowledge and experience of the physical aspects of yoga, ensuring students are equipped to teach, manage and promote yoga to the wider population. Students study the history and philosophy of yoga and are introduced to the different styles of yoga that are commonly practised today. By the end of the course, students are able to set up and run their own classes and teach yoga in other environments, in a safe and effective manner:

Course Objectives

- To teach, develop and encourage students to become professional yoga teachers
- To provide practical knowledge and experience of the physical aspects of yoga to ensure students are equipped to teach, manage and promote yoga to the wider population in a safe and effective manner
- To introduce students to the history, philosophy and different styles of yoga to encourage their further development and knowledge in these areas.

Materials

Students will be supplied with a course manual on the first day of the course. Students will need to have access to a computer and be able to receive course updates and submit course assignments online.

The core texts for the course include:

- The Yoga Sutras of Patanjali
- The Bhagavad Gita

Students will be provided with a list of other core texts and a suggested reading list prior to the beginning of the course.

Requirements

- A minimum of two years regular yoga practice.
- A current CPR certificate before teaching outside the course.

1

Evaluation Procedure and Grading Criteria

- Students are expected to attend all modules.
- Students will be required to do a certain amount of home study, reading and preparation.
- Students will be given homework and assignments that must be submitted on time.
- Students will be subject to ongoing assessment and must attain and retain a certain standard in asana.

- Written work will be marked and students must obtain a minimum pass mark of 70% in anatomy and physiology, history and philosophy and their individual written assignment.
- Students must complete a minimum of five class observations and provide written assessments of each of these, prior to the intensive week training.

Course Schedule

- Monthly meetings Saturday and Sunday 9.30-5.30pm (one hour lunch) except December.
- One 5 day intensive in February 2019.

Written assignments:

1. Anatomy and physiology interactive online training to be completed prior to February intensive training week.
2. Philosophy and History written assignment to be completed and submitted by Friday 26 April 2019.
3. Individual assignment to be completed and submitted by Friday 21 June 2019.
4. Five class observations to be completed prior to February intensive training week.

Attendance

Students will be required to attend 90% of the course days to successfully complete the course. In exceptional circumstances students may arrange private tuition if they fall below this level, which will entail an additional fee.

Accreditation

'Yoga Alliance Professional ensure that both individuals and organisations who join us are legitimate and have trained to the highest of standards offering 'peace of mind' to the general public and yoga students. They also provide insurance for yoga teachers to ensure that all teachers are compliant with Yoga Alliance Professionals teaching standards.'

Our aims

- To teach, develop and encourage students to become professional yoga teachers.
- To provide practical knowledge and experience of the physical aspects of yoga to ensure students are equipped to teach, manage and promote yoga to the wider population in a safe and effective manner.
- To introduce students to the history, philosophy and different styles of yoga to encourage further development and knowledge in these areas.

This course will teach the practical skills and knowledge that will enable students to teach yoga in a variety of environments and set up their own classes. It will encourage students to develop and refine their own practice and explore other

aspects of yoga including mindfulness, pranayama and meditation. Students will be given opportunities to attend and assist in classes and be encouraged to teach during the second half of the course. There will be strong emphasis on anatomy and alignment in asana and how yoga can be adapted to individual limitations and aspirations. Students will be given the opportunity to study and submit their final assignment on a topic of their own choice agreed with the Course Director.

Yoga offers many opportunities for teaching and specialisation: it is our aim to support students in achieving their aims, whilst providing the knowledge and skills that will ensure they are able, confident and enthusiastic teachers as they continue on their yoga journey.

Areas of study

Asana

Pranayama

History and Philosophy

Anatomy, physiology and kinesiology

Meditation

Teaching, sequencing and planning classes

The subtle body – chakras, bandhas and energy

Setting up and running yoga classes; opportunities and responsibilities.

What you will learn

Students will study the styles of yoga that are common today.

Students will understand the pedagogy of yoga and how to communicate in a led yoga class.

Students will learn how to observe, adjust and develop students in asana.

Students will study the roots and philosophy of yoga and read the course set texts:

The Yoga Sutras of Patanjali and the Bhagavad Gita.

Students will be introduced to the Sanskrit terms commonly used in asana.

Students will be able to teach yoga asana, to the wider population safely and effectively.

Students will be able to teach led classes in basic mindfulness, meditation and pranayama techniques.

Students will be aware of how yoga can benefit different populations and adapted to individual needs including pregnancy, following injury/illness, sleep disturbance etc.

Students will become knowledgeable of basic business skills, including marketing and class management and will be able to set up and run their own classes and be aware of other opportunities for teaching yoga.

About the course

The course consists of 200 hours of training and study, with eight weekend meetings (Saturday and Sunday) 9.30 - 5.30pm, plus one

five day intensive (Monday to Friday) 9.30 – 5.30pm.

Students will also be required to observe classes outside of course hours and continue with their own practice and study throughout the course.

Study materials

The course will provide a full manual, which will match the modules set out in this syllabus. Other recommended course texts and a reading list will be provided prior to the start of the course.

Joining the course

Students are expected to have a minimum of two years of regular yoga practice before applying for the teacher training course. The course is designed to provide students with the knowledge and practical skills required to teach yoga and encourage their own personal development. Before considering applying for the teacher training course, prospective students should be aware of the commitment and time required to successfully complete the course. They should also consider that the style of yoga they wish to eventually teach is compatible with the ethos and aims of this course, which encourages students to develop their preferred individual style within this broad based learning programme.

Assessment

Students are assessed throughout the course and are required to reach a minimum standard and submit essays on time.

Written work includes:

Successful completion of the interactive anatomy and physiology course

One essay based on the history of yoga and yoga philosophy

The final course essay is an individual choice of subject to be agreed with the Course Director at the start of the course

Worksheets covering asana, pranayama, meditation, anatomy and teaching methodology.

Students will also be assessed on teaching a led class, including adjustments, to students from outside the course environment.

Course dates 2018-2019

The course consists of 19 tuition days through 8 modules. These consist of 8 weekend modules - Saturday and Sunday from 9.30am to 5.30pm. There will also be a compulsory 5-day intensive Monday to Friday (inclusive) 9.30am to 5.30pm.

October 27/28 2018

November 24/25 2018

January 26/27 2018

23/24 March 2019

27/28 April 2019

25/26 May 2019

29/30 June 2019

13/14 July 2019

There is also a 5 day intensive 18-22 Feb 2019

(Monday - Friday 9.30am - 5.30pm).

Students who successfully complete the course will receive their certificates at the end of the course.

Attendance

Students are required to attend 90% of the course days to successfully complete the course. In exceptional circumstances students may arrange private tuition if they fall below this level, which will entail an additional fee.

Accreditation

This training school has met the stringent requirements set by Yoga Alliance Professionals UK, demonstrating that the course is of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training when they register themselves with Yoga Alliance Professionals.