

2018 EAST LONDON SCHOOL OF YOGA LTD 500hr TEACHER TRAINING

Number of Modules: ELSY 2.1 & 2.2 compulsory 120 hours

6 elective modules

Meeting times: Weekends

ASA Studio

Unit 6

The Old Laundry, Haydon Way

London SW11 1 YF

Principal SYT: Stewart Gilchrist

Contact hours with SYT 170 hours

Teaching staff:

Sanskrit- Gabriela Burnel

Iyenger Yoga- Khaled Kendis

Women in Yoga -Erin Prichard

Anatomy- Jeffery de Lilla

History & Philosophy- Natasha Chawla

Practicum-Aram Raffy

DESCRIPTION

This course presents an opportunity for 200/300hr qualified teachers to deepen their knowledge base and teaching techniques.

It will enable the teacher to broaden their practice and teaching techniques. You will be able to competently teach an open vinyasa hatha yoga class which includes more developed asana and vinyasa.

The course will include the following areas of study:

- Asana, banda, mudra
- Iyenger Yoga
- Pranayama
- History Philosophy
- Women in Yoga
- Anatomy
- Meditation
- Teaching methodology
- The business of yoga
- The morality of Yoga
- Anna Yoga and ahimsa
- Advanced adjustments
- Yoga Nidra
- Sanskrit

COURSE OBJECTIVES

- Trainees develop a deeper knowledge in advanced hatha yoga with emphasis on vinyasa
- Trainees will be able to teach an advanced class based on a pre-set sequence
- Trainees will learn the art of observation, assisting and adjustment in asana
- Trainees will learn become knowledgeable about the roots and philosophy of yoga, Vedas, Upanishads and Mahabarata
- Trainees will be able to teach advanced led classes based on vinyasa class
- Trainees will be able to teach led classes in meditation, pranayama techniques and Yoga Nidra
- Trainees will become knowledgeable on the basic skills in business and marketing

STRUCTURAL BREAKDOWN

Module ELSY 2.1 ASANA, MUDRA BHANDA

Developed vinyasa Asana practice

- Advanced poses - principles and practice
- Moola Bhandas
- Uddiana Bhandas
- Mudras

Module ELSY 2.2 TEACHING TECHNIQUES

- Asana practice
- Vinyasa krama sequence
- Class sequencing
- Teaching beginners
- Teaching safely

Module ELSY 2.3 ADJUSTMENTS

- bring attention of practitioner to possible adjustments
- resistance
- support
- physical adjustment
- chakras

Module ELSY 2.4 ANATOMY & PHYSIOLOGY

The anatomy and physiology of asana

- muscular skeletal
- endocrine
- lymphatic

Module ELSY 2.5 IYENGER YOGA

- Yogasana
- alignment
- Use of props

Module ELSY 2.6 ANNA YOGA AND AHIMSA

- Sattvic nutrition
- Vegan and vegetarian nutrition
- Principles of Ahimsa

Module ELSY 2.7 HISTORY AND PHILOSOPHY

- Classical and modern History
- Monist and dualist philosophies
- Modern history including yoga since 1950s including hippy/dropout culture

Module ELSY 2.8 YOGA NIDRA

- 61 point Yoga Nidra
- advanced relaxation techniques

Module ELSY 2.9 WOMEN AND YOGA

- History and role of women in modern yoga
- Woman's practice

Module 2.10 SANSKRIT

- Language of yoga (N.Bachman)
- Devangari script
- mantras
- yoga asana names

Module 2.11 GENERAL STUDIES

- Business - setting up as a yoga teacher
- Ethics of teaching
- voice and presentation

MATERIALS

The course will provide a variety of materials which will match the modules set out in this syllabus.

A module SPECIFIC reading list AND REQUIRED TEXTS will be provided upon the start of the course and students are expected to purchase these themselves from the Yoga Alliance UK shop, where they will get a 40% discount.

PREREQUISITES

All applicants should be **200/300hour qualified teacher**.

Practitioners are expected to have a minimum of **4 years of REGULAR yoga practice** before they can be accepted onto a teacher training course. It is also helpful for practitioners to have a basic understanding of the philosophy of yoga in general and specifically the style of yoga that they wish to pursue.

Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires.

Applicants should be able to undertake written and verbal assessments in ENGLISH.

EVALUATION PROCEDURE and GRADING CRITERIA

- Essays - 2 essays based on history of yoga & philosophy
- Multiple worksheets - based on asanas, pranayama, meditation, anatomy and teaching methodology
- Observational class assessment - trainee will be assessed on them teaching a led class, including adjustments
- Exam and practical assessment

COURSE SCHEDULE

The course consists of 11 weekends.

PLEASE NOTE all weekends will include modules ELSY 2.1 and ELSY 2.2

Start Date: February 2018

Module ELSY 2.1/2.2: 3 &4 feb 2018

Module ELSY 2.2: 3&4 march 2018

Module ELSY 2.5: 7&8 april 2018

Module ELSY 2.4: 12&13 may 2018

Module ELSY 2.3: 2&3 june 2018

Module ELSY 2.6: 7&8 july 2018

Module ELSY 2.7: 4&5 aug 2018

Module ELSY 2.8 1&2 sept 2018

Module ELSY 2.9 13&14 oct 2018

Module ELSY 2.1/2.2 3&4 nov 2018

Assessment No 2 days

25 aug 2018 intensive MODULES 2.1/2.2

Finish Date:

Certificate Presentation

1.8 ATTENDANCE

Trainees should attend a minimum of 90% of the course. Should trainees miss more than this minimum, they will need to agree with the teacher on which modules to re-take. The school reserves the right to charge additional fees for these catch up modules.

This is at the sole discretion of EAST LONDON SCHOOL OF YOGA LTD.

1.9 ACCREDITATION

This training school has met the stringent requirements set by Yoga Alliance Professionals! 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.'