



200hour Training 2018/19 EAST LONDON SCHOOL OF YOGA LTD

**ASA Studio
Unit 6
The Old Laundry, Haydon Way
London SW11 1 YF**

Principal SYT: Stewart Gilchrist

Contact hours with SYT 180 hours

**Teaching staff:
Sanskrit- Gabriela Burnel
Iyenger Yoga- Khaled Kendis
Anatomy- Jeffery de Lilla
History & Philosophy- Natasha Chawla
Practicum- Aram Raffy**

Letter Of Application

This should include all relevant experience and supporting information for the application to be considered. The letter should be handwritten.

East London School of Yoga
101 Greenway Ave
London E17 3QL

1. DESCRIPTION

This course presents a foundation in yoga principles with a strong emphasis on a sound foundation of basic teaching principles. The adherents will be able to lead a vinyasa based hatha yoga class. Trainees are expected to maintain a daily yoga practice during their training.

The course will include the following areas of study:

- Asana, banda, drishti
- Pranayama
- History Philosophy
- Sanskrit
- Anatomy
- Meditation
- Teaching methodology
- The business of yoga

2. COURSE OBJECTIVES

- Trainees will become knowledgeable in hatha yoga with emphasis on vinyasa
- Trainees will be able to teach a class based on a pre-set sequence
- Trainees will learn the art of observation, assisting and adjustment in asana
- Trainees will be taught the roots and philosophy of yoga, particularly the Sutras of Patanjali
- Trainees will be able to teach led classes in basic meditation and relaxation techniques
- Trainees will become knowledgeable on the basic skills in business and marketing

3. STRUCTURAL BREAKDOWN OF CONTENT

Totalling min 200 hours (170) contact hours.
The SYT will be teaching a minimum of 70% of the course

ELSY Module 1.1 Asana in modern context

- Surya Namaskar A&B
- Standing poses - principles and practice of standing postures and alignment
- Forward bends - principles and practice
- Twists - principles and practice
- Backbends - principles and practice
- Seated postures & hip openers
- Moola/Udiyana/jaladhara bhandas
- mudras

ELSY Module 1.2 Teaching Techniques

- presentation-finding your voice
- Class sequencing
- Teaching beginners
- Teaching safely
- Pranayama - Ujaayi - principles and practice
- Teaching meditation techniques
- Teaching methodology

ELSY Module 1.3 History and Philosophy

- Yoga History & Philosophy
- from archaic yoga to present

ELSY Module 1.4 Anatomy & Physiology

- respiratory system
- muscular skeletal system
- digestive systems

ELSY Module 1.5 Authentic Yoga

- Anatomy - neurological system - Eastern perspective- bhandas-mudras
- Yoga Sutras of Patanjali
- Chakras & Koshas - theory & practice
- Pranayama - basic principles and practice

ELSY Module 1.6 Authentic Yoga 2

- sanskrit with Gabriella Burnel

An introduction to the language of yoga with an inspirational teacher using song, mantra and the teachings necessary to start studies

ELSY Module 1.7 Supplementary studies

- Business - setting up as a yoga teacher
- Safety Guidelines
- Business - setting up as a yoga teacher
- Ethics of teaching

4. MATERIALS

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

A reading list will be provided upon the start of the course and students are expected to purchase the required texts.

5. PREREQUISITES

Practitioners are expected to have a minimum of 2 years of regular recognised yoga practice before they can be accepted onto a teacher training course.

Entrants shall complete 2 essays on submission of application. The subject will be at discretion of EAST LONDON SCHOOL OF YOGA.

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.

This will include branches and specifics of yoga, albeit they may not have a deep knowledge of this when they enrol onto the course.

The 200 hour course is very much a foundation course and there is a lot of information to get through, so by having some fundamental understanding and a strong practice means that the pace of the course is not held up by individuals' lack of knowledge on the subjects.

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

6. 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

-Continual Observational class assessment - trainee will be assessed on them teaching a led class, including adjustments

-Exam and practical assessment

Certificate provided for successful candidates who have meet attendance and assessment criteria.

7. COURSE SCHEDULE

The course consists of 10 weekends in central London.

There are regular workshops throughout the year twice monthly in London and retreats, all ELSY. info on www.eastlondonschoolofyoga.com

Start Date: November 17 2018

THE WEEKENDS :

Nov 17&18 2018

Dec 1&2

Jan 12&13. 2019

Feb 9&10

March 9&10

April 13&14

May 11&12

June 8&9

July 13&14

Aug 31 & Sept 1

8. ATTENDANCE

Indicate the minimum attendance rate for students to successfully complete the course.

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.**

9. ACCREDITATION

This training school has met the stringent requirements set by Yoga Alliance Professionals UK, demonstrating that the course is of the highest standard. It is recommended that on completion students should become a full member of Yoga Alliance Professionals UK.