

200 hour teacher training East London School of Yoga LTD

Location

Tara Yoga Centre 25-31 Ironmonger Row, Old Street, London.

Dates

Nov 13-14

Dec 11-12

Jan 22-23

Feb 26-27

Apr 2-3

May 14-15

Jun 4-5

Jul 9-10

Aug 6-7

Teaching staff

Principal SYT: Stewart Gilchrist

Sanskrit: Ivan Moloko

Iyengar Yoga: Khaled Kendsi

Anatomy: Michael Eley

History and philosophy: Natasha Chawla

Practicum: Tara Clark, , Natalie Black,

Application

Letter of Application: This should include all relevant experience and supporting information for the application to be considered. The letter should be handwritten and sent to: East London School of Yoga 101 Greenway Ave London E17 3QL

Dates

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, bhanda, drishti, pranayama, history, philosophy, Sanskrit, anatomy, meditation, teaching methodology, the business of yoga

Objectives

Trainees will be:

- knowledgeable in hatha yoga with an emphasis on vinyasa.
- able to teach a class based on a pre-set sequence.
- able to observe, assist and adjust in asana.
- taught the roots and philosophy of yoga, particularly the Sutras of Patanjali.
- able to teach led classes in basic meditation and relaxation techniques.
- knowledgeable on the basic skills in business and marketing

Content

Totalling min 200 hours. There is a minimum of 140 hours contact and streaming online time. These include workshops and Zoom classes. Non contact time includes Home assignments, projects and essays.

Module 1: The principle and practice of asana in modern context(studio) 80hours 30online

- Surya Namaskar A & B
- Standing poses
- Forward bends
- Twists
- Backbends
- Seated postures and hip openers
- Moola / udiyana / jalandhara bandhas
- Mudras

Module 2: Teaching Techniques(studio/online) 20/

- Presentation: finding your voice
- Class sequencing
- Teaching beginners
- Safety
- Meditation
- Teaching methodology

Module 3: History and philosophy(online) 15 hours

- Patanjali's Yoga Sutras
- Vivekananda's four yogas
- Yoga philosophy in modern context

Module 4: Anatomy and physiology(studio) 10 hours

- Respiratory system
- Muscular skeletal system
- Digestive systems

Module 5: Authentic Yoga (1)(online) 10 hours

- Eastern and Western perspectives
- The praxis of yoga philosophy
- Chakras and Koshas
- Pranayama

Module 6: Authentic Yoga (2)(online) 10 hours

- Foundations of Sanskrit
- Chanting
- Mantra

Module 7: Supplementary studies(online) 10 hours

- Setting up a yoga business
- Safety guidelines
- Ethics of teaching

Materials

The course will provide a TT Manual and variety of materials 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 these themselves or from the Yoga Alliance UK shop, where they will get a 40% discount.

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 the discretion of the 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.

Evaluation procedure and grading criteria

- Two essays based on history and philosophy of yoga
- Multiple assignments based on asanas, pranayama, meditation, anatomy and teaching methodology
- Continual observational class assessment. Trainee will also be assessed on teaching a led class, including adjustments)
- Exam and practical assessment

Course schedule

The course consists of 10 weekends in central London. There are also optional regular workshops throughout the year twice monthly in London and retreats, info on www.eastlondonschoolofyoga.com.

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. Certificate will be provided for successful candidates who have met attendance and assessment criteria.

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 upon completion students should become a full member of Yoga Alliance Professionals UK.