



## **2021 EAST LONDON SCHOOL OF YOGA LTD 500hr TEACHER TRAINING**

Meeting times: 12 weekends and home study essays/ assessment

### **Dates 2021/22**

**27/28 november**  
**18/19 december**  
**15/16 january**  
**19/20 february**  
**26/27 march**  
**9/10 april**  
**7/8 may**  
**18/19 june**  
**16/17 july**  
**27/28 august**  
**10/11 september**  
**8/9 october**

Principal SYT: Stewart Gilchrist Contact hours with SYT 170 hours

Teaching staff:

Sanskrit- Ivan Moloko

Iyenger Yoga- Khaled Kendis

Disability -Nat Black

Anatomy- Michael Eley

Pregnancy - Anna Clark

Nada – Javier Rodriguez

Practicum-Tara Clark and ELSY teachers

### **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, assists and adjustments, mudra
- Iyenger
- Pranayama
- History Philosophy
- Yoga and inclusion/disability
- 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**

#### **ASANA, MUDRA AND BHANDA**

- Developed vinyasa Asana practice -Advanced poses - principles and practice -Moola Bhandha
- Uddiana Bhandha
- Mudra

#### **TEACHING TECHNIQUES**

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

#### **ADJUSTMENTS**

- bring attention of practitioner to possible adjusts -resistance
- support
- physical adjustment
- chakraisation

#### **ANATOMY & PHYSIOLOGY**

- With Michael Eley
- The anatomy and physiology of asana -muscular skeletal with Michael Eley
- endocrine
- lymphatic

#### **THE ART OF ALIGNMENT AND FORM**

- with Khaled Kendis

- Yogasana
- alignment
- Use of props

### **ANNA YOGA AND AHIMSA**

- Non-Violence and Ethics
- Sattvic nutrition
- Vegan nutrition - Principles of Ahimsa

### **HISTORY AND PHILOSOPHY**

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

### **YOGA DISABILITY AND INCLUSION**

- with teacher and specialist Natalie Black
- Asana for disabled
- Disability and society
- teaching people with special need and learning difficulties

### **YOGA NIDRA and Nada YOGA**

- with teacher Javier "Peke" Rodriguez
- 61 point Yoga Nidra
- advanced relaxation techniques

### **SANSKRIT**

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

### **GENERAL STUDIES/MEDIA etc**

- 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.

### **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 ANY 7 WEEKS OVER 2 YEARS OR LONGER!

Start Date: Oct/Nov 2021 / ONGOING

Finish Date: ONGOING

#### **COSTS**

40 HR WEEK CERTIFICATE 680 PLUS VAT **£816**

300 HR £4500 PLUS VAT **£5400**

#### **Certificate Presentation**

CERTIFICATES ARE ISSUED FOR 40HR WEEK AND COMPLETION OF 300HOURS.

#### **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 absent days.

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

#### **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.