



Yoga Teacher Training Course

led by Bill Wood

Introduction

Starting in September 2007, this is a two year yoga teacher training course, run over eighteen weekends in south Devon, that will be an opportunity to significantly deepen ones experiential and cognitive understanding of yoga, while nurturing the ability to most effectively and safely share that understanding with others.

The course is open to anyone who has been practising yoga and attending classes for at least two years. There will be a maximum of 16 people in the group.

Course Content

The yoga practice sessions will form the heart of the training, giving participants an experiential understanding of yoga that will become the essence of their own evolving style of teaching. Participants will learn in detail how to practice all the principle asanas and their variations, a broad range of pranayama exercises, and a selection of relaxation and meditation techniques. The intention will always be to use the practices and their external forms, not as ends in themselves, but as internal tools that can help us access a greater sense of awareness, stability, ease and vitality within ourselves.

During every weekend there will be periods of teaching practice to help participants identify and develop their natural communication skills through the mediums of *explanation*, *demonstration* and *touch*. Working in small groups, participants will explore the roles of teacher and student and, by the sharing of feedback, will help each other to develop a broader collective sense of what constitutes effective teaching. A wide spectrum of adjustments and adaptations will be taught on the course, enabling participants to respond sensitively to the broadest possible range of abilities and individual needs in their own classes.

Each weekend will also include lecture and discussion sessions, predominantly led by guest speakers, that will give participants a cognitive framework within which to broaden their understanding of yoga. Six of these sessions will form a module on the south Asian philosophies that the contemporary yoga traditions, and the techniques we practice, have evolved from. This will include the study of traditional texts such as the Upanishads and the Yoga Sutras of Patanjali, as well as considering more contemporary teachings from the Indian and the Buddhist traditions. Another six sessions will form an applied

anatomy module, that will explore the essential elements of body structure and mechanics that can help inform both our practice and our ability to be clearer, safer and more adaptive as teachers. The other six weekends will contain shorter modules covering subjects such as class sequencing and planning, pregnancy yoga, specific therapeutic applications of yoga, and the practical and ethical considerations of being a yoga teacher.

In total the course will have 240 tutor contact hours, which will divide approximately into 50% yoga practice, 25% teaching practice and 25% lectures and discussions. The first year will orientate more towards what supports us in our own practice, shifting in the second year more towards what supports us in the role of teacher.

The Tutor

A yoga teacher since 1994, Bill Wood's own practice has been most inspired by Diane Long, a long time student of the late Vanda Scaravelli, who he has been studying with since 1996. He has also trained with John Stirk and Sophie Hoare, and is qualified as a Sivananda Yoga Teacher and as a Yoga Therapist with the Yoga Biomedical Trust. He has been practising meditation since 1990, and is currently training to be a psychotherapist with the Karuna Institute.

The style of yoga practised on the course, and the teaching methodology, will largely be a reflection of how all these influences continue to affect his own practice and teaching.

Assessment

In each academic year participants will need to submit 2 essays of 2000 words each, and 2 shorter projects of no more than 1000 words, chosen from lists given out at the beginning of each year. All the written work needs to be typed.

Towards the end of each academic year the whole group will move through a period of self, peer and tutor assessment with regard to both their developing teaching skills, and their personal yoga practice.

Each student will also need to arrange 2 external teaching assessments during the two years, for a qualified yoga teacher to observe and assess them as they teach. These observed classes have to be at least 90 minutes long, with a minimum of 6 students in attendance. By the second assessment, participants will need to have taught at least 10 external classes. Each student is responsible for arranging these sessions and paying the observing teacher.

Other Requirements

This training will be accredited with, and insured through, the Association of Independent Yoga Practitioners (aiyp.co.uk), which means that on entering the training, participants will be required to join the Association and to insure themselves through their approved

scheme. Joining the AIYP currently costs £45 for the first year, with annual subscriptions of £20 a year after that. Their insurance scheme currently costs £102.81 per year.

Away from the course participants will be expected to continue attending yoga classes and developing their own self-practice.

By the end of the training students will also need to have attended a "one day -appointed persons" First Aid Course, and have received the relevant certificate.

Dates & Times

2007	2008	
September 22nd & 23rd	January 26 th & 27th	May 8 th to 11 th *
October 20 th & 21 st	February 16 th & 17th	June 14 th & 15 th
November 17 th & 18th	March 15 th & 16th	July 12 th & 13th

(*residential)

All the two-day weekends will be held at the Forge Yoga Centre in Totnes, from 11am to 6pm on Saturdays, and 10am to 5pm on Sundays. The residential will be held at Sharpham House, about 15 minutes drive from Totnes, starting at 3pm on the Thursday and finishing with lunch on the Sunday.

The format for the second year will be the same, with dates being announced by the beginning of 2008.

Costs

The course costs £2550, payable as a deposit of £550 on being offered a place, followed by twenty standing orders of £100 a month from September 2007 to April 2009.

The fees include all the teaching and full board on the two residential weekends, but do not cover the AIYP membership or insurance, or the costs incurred in setting up externally observed teaching assessments.

Application

To apply for the course please complete the form below, and send it to Bill Wood c/o The Forge Yoga Centre, top of Collins Road, Totnes, Devon, TQ9 5PW.

Applicants will then be contacted to arrange a short interview at the Forge. Those who have not previously worked with the tutor will also need to attend a class. Applications will be dealt with in the order they are received until sixteen places have been offered and accepted. Once a place has been offered, it will be confirmed on receipt of the deposit of £550.

billwoodyoga.co.uk



Application Form

Name.....Date.....

Address.....

.....

Telephone Numbers.....

Email address..... Date of Birth.....

Current Occupation.....

Please type answers to the following questions on a separate sheet of paper, allowing 200-250 words for each question.

- 1 Outline your yoga experience, including when you began practising, and the different styles of yoga you've been influenced by.
- 2 Describe your current yoga practice, including any breathing and meditation practices that you use.
- 3 What do you hope to get from this yoga teacher training course, and how do you see yourself using the qualification?
- 4 Describe any trainings you have undergone, and qualifications you have, that might be relevant in any way to your training to be a yoga teacher.

Finally, applicants who are not known to the tutor also need to submit a written reference from their current yoga teacher in support of their application.