



## Yoga Teacher Training Course 2009

### ***Introduction***

This is a two-year fully accredited Yoga Teacher Training Course in Scaravelli-influenced yoga, that will be an opportunity for students to significantly deepen their experiential understanding of yoga, while nurturing the ability to most effectively and safely share that understanding with others.

The course will have 240 contact hours, spread over 18 weekends, and will be based at the Lam Rim Buddhist Centre in Bedminster, Bristol. With a focus on personal practice, approximately 50% of this time will be spent on your own mat doing yoga, 25% of it engaged in teaching practice, and 25% in talks or discussions. One weekend in each academic year will be a 3 night residential held at a rural retreat centre somewhere in the south-west.

The course is open to anyone who has been practising yoga and attending classes for at least two years.

### ***The Tutors***

The course will be led by Bill Wood with support from an assortment of visiting teachers, that will include Sophie Hoare, Gary Carter, Dominique Sakoilsky and Caroline Reid-Sinclair.

A yoga teacher since 1994, Bill'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. Bill has been practicing yoga and meditation since 1990, and is also nearing the end of a 5 year psychotherapy training, and sees clients in south Devon. The style of yoga taught on the course, and the teaching methodology, will largely be a reflection of how all these influences continue to inform and shape his own practice and teaching.

## ***Course Content***

The yoga practice sessions will form the heart of this training, giving each student an experiential understanding of yoga that will then 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 to cultivate a greater sense of awareness, ease and vitality.

During each weekend there will be periods of teaching practice to help students 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 students to respond sensitively to the broadest possible range of abilities and individual needs in their own classes.

Most of the weekends will also include a talk or a seminar to give participants a broader cognitive framework within which to develop their practice and teaching. Six of these modules will be on the texts and philosophies that underpin the different yoga traditions. These will include the Upanishads, the Bhagavad Gita, the Yoga Sutras of Patanjali, and the Hatha Yoga Pradipika, as well as considering how Buddhism and other Indian traditions have influenced the techniques we practice. The anatomy modules on the course (taught by Gary Carter) will provide a very thorough, practical and 3-dimensional understanding of how the body works, that will inform both the students' practice, and their ability to be clearer, safer and more adaptive as teachers. Other modules will cover subjects such as class sequencing and planning, pregnancy yoga (with Dominique Sakoilsky), the practical and ethical considerations of being a teacher, First Aid, and some common therapeutic applications of yoga. A few times each year we will also have guest teachers, such as Sophie Hoare and Caroline Reid-Sinclair, coming to lead the yoga practice sessions.

## ***Dates & Times for Year 1***

2009	2010	
September 5th/6th	January 23rd/24th	May 13th to 16th*
October 24th/25th	February 13th/14th	June 5th/6th
November 14th/15th	March 27th/28th	July 17th/18th

(\*residential)

Apart from the residential, all the weekends will be held at the Lam Rim Buddhist Centre in Bristol, starting at 10am each day, and finishing at 5pm. The residential in the first year will be held at Croydon Hall in north Devon, starting at 3pm on the Thursday and finishing with lunch on the Sunday.

The format for the second year will be much the same, with dates being announced by the end of 2009.

### ***Assessment***

In each academic year students will need to submit 3 typed essays of 2000 words each. These essays will be opportunities to explore in greater depth some of the practical or academic material that has been of most interest to them, and will be chosen from lists given out during the course. Participants will also be required to read and prepare material for the group seminars and discussions.

Outside of the weekends, each student will also need to arrange two teaching assessments where a qualified yoga teacher, external to the training, will observe and assess them teach a class. These classes have to be at least 90 minutes long, and have 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, guidance for which will be given during the course.

### ***Other Requirements***

This training will be accredited with, and insured through, the Association of Independent Yoga Practitioners ([aiyp.co.uk](http://aiyp.co.uk)). Practically, this means that on entering the training, participants who need insurance will be able to join the Association as student teachers and insure themselves through their approved scheme. Currently AIYP membership costs £45 for the first year (£20 a year after that) and, for this year, their annual insurance scheme costs £104.80.

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

### ***Costs***

The course costs £2850. This includes all the teachings and full board on the two residential weekends, but does not include the AIYP membership or insurance, or the costs incurred in setting up the external teaching assessments. The fees are payable as a deposit of £850 on being offered a place, followed by twenty standing orders of £100 a month from September 2009 to April 2011.

### ***Application***

To apply for the course please complete the form below, and send it to Bill Wood either by email, or c/o the Forge Yoga Centre, top of Collins Road, Totnes, Devon, TQ9 5PJ. Applicants will then be contacted to arrange an interview, and those who have not previously worked with the tutor will be also asked to attend a class. Applications will be

dealt with in the order they are received until all the available places have been offered and accepted. Once a place has been offered, it will be confirmed on receipt of the deposit.

[billwoodyoga.co.uk](http://billwoodyoga.co.uk)



### ***Application Form***

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

Address.....

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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 will also need to submit a written reference from their current yoga teacher in support of their application.