



London

Yoga Teacher Training Course

International **Yoga Alliance** Registered School ~ RYS 200

Held at **Datchet Health Club**, Datchet by Windsor, Berks
(www.dhchealthclubs.com)

Course Content

Asana practice in the Ashtanga Vinyasa Primary Series, General Hatha Yoga and Flow Yoga for the Seasons; plus Teaching Workshops in these styles with additional study of the Sivananda and Iyengar forms; Philosophical/spiritual Study of Patanjali's Yoga Sutras; Anatomy and Physiology - plus specialist expert tuition in Yoganatomy; Pranayama – the science behind the breath; Nadis, Chakras, Bandhas and Kriyas; Koshas and Vayus; Relaxation and Meditation techniques; Use of music, mantras and chanting; Guidance for Self-practice and Personal Development; Yoga for special circumstances, ie: for children, pregnant women, back pain, etc.

... **and** to help develop a sound holistic approach to yoga teaching, the course also uniquely includes tutorials in – Chi Gung, Tai Chi and Traditional Chinese Medicine, NLP (Neuro-linguistic Programming), Nutrition, The Alexander Technique, Hands-on Skills for adjusting in postures; and Personality Profiling to build self-awareness to teach . A 4-hour Emergency First Aid Course will also be available for those who do not have one – there is a small additional cost for this course which is outwith the CYS course hours and will be in spring 2011.

Tutors

Course Director June Mitchell, Sue Woodd, Shen Bowers, David Keil, Dr. Carrie Broughton, Ilse Lombard, Scott Rennie, Anne Lonsdale, Sara Wallace, Marit Griffiths, Rosie Tamkin, Kamal Thapen, Carl Miller and Samantha Mills – assisted throughout by CYS qualified teachers.

Course Dates for 2010/11

Saturdays10am to 6pm (vegetarian lunch and refreshments included)

Sundays 9am to 1pm (refreshments included) nb: 9am til 5pm - Oct and Feb

Weekend 1	22/23 May 2010
Weekend 2	26 th and 27 th June
Weekend 3	24 th and 25 th July
Weekend 4	21 st and 22 nd August
Weekend 5	18 th and 19 th Sept
Weekend 6	23 rd and 24 th October (2 full days, lunch included both days + £60)
Weekend 7	20 th and 21 st November
Weekend 8	11 th and 12 th December
Weekend 9	15 th and 16 th January 2011
Weekend 10	12 th and 13 th February (2 full days, lunch included both days + £60)
Weekend 11	19 th and 20 th March
Weekend 12	16 th and 17 th April

CYS London/Scotland www.chiyogaschool.com

Principal: June Mitchell 01350 728773

Office: Rotmell Cottage, Ballinluig, Pitlochry PH9 ONT
01350 728773 june.yoga@btinternet.com