



London

Yoga Teacher Training Course

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

Datchet Health Club, Datchet, Berks

Course Content

Asana practice in Ashtanga Vinyasa Primary Series and Seasonal Yoga Flow; plus Teaching Workshops in both 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 is also available for those who need it – there is a small additional cost for this course which is outwith the course hours and will be in spring 2011.

Tutors

Course Director June Mitchell, Julie Hanson, Sue Woodd, David Keil, Dr. Carrie Broughton, Ilse Lombard, Scott Rennie, Anne Lonsdale, Sara Wallace, Marit Griffiths, Rosie Tamkin and Kamal Thapen – 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) 9am til 5pm in June and September

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

CYS London/Scotland www.chiyogaschool.com

Co-Principals June Mitchell and Julie Hanson

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