



Seasonal Yoga Teacher Training

Seasonal yoga teacher training is an independent Yoga School striving for high standards and connecting students with their true nature and the nature that surrounds us all.

This course is for those who wish to teach Yoga or those who would like to go deeper on their Yoga journey, for everyone it will be a year of personal evolution.

We are focused on making this a year of beneficial change for those who attend the course. Using the time honored techniques of Yoga and traditional Chinese energy work we have set up a course which will look into your personal practice, your diet, your lifestyle, your mindset, your energy, and more. We will be there every step of the way to support your development with monthly one to one meetings and regular classes as well as the monthly modules.

We recognise that every Yoga teacher is different, and you have to understand yourself in order to teach from your own passion. We do not want to create teachers in our own image, but help you to following your own style, while also giving you the tools to do that well. We are also aware that many people do not want to teach yoga, but would still like to go on this more in-depth Yoga journey and so we happily accept that this is also a course for you.



The 200 hour Hatha Yoga Course (RYS 200)

The *Seasonal Yoga Teacher training* course consists of 12 intensive monthly modules with a focus on the Vinyassa practices of Seasonal Flow and Ashtanga Yoga. The course includes training and practice in Asanas, Kriyas, Pranayamas, Mantra, Anatomy and Physiology, Chanting, Meditation, Chakras and Nadis, Chi Gung and other traditional energy practices.

This 200 hour course is designed to explore Yoga in more depth and includes practical and theoretical work. It is called Seasonal Yoga because we include information on how to harmonise your practice and energy with the outside season, drawing from the Chinese cyclical understanding of nature, to create more of a balance within our lives. Seasonal Yoga uses our understanding of the body's energy lines, how they affect our organs, vital energy, mood, & mind set, and uses that knowledge to help attune you more to the world around you through your yoga practice, your diet, your breath work, etc. Throughout the training students will study the Chinese and Indian five elements and how they relate to their practice and lifestyle depending on the Season. This will include unique insight to Macrobiotic and Seasonal cookery.

You will also gain comprehensive experience in some of the main styles / disciplines of Hatha yoga, as well as Yoga for special circumstances, chair Yoga, teaching with music, and more. We also cover marketing, N.L.P, and personality profiling.

The Seasonal Yoga Teacher training course meets and exceeds the National Educational Standards of Yoga Alliance at the 200 hour level. You will be a Registered Yoga Teacher upon completion

In London, Cobham (starting Jan 2012) the year is also 12 modules , mostly Saturday and Sunday, 4 weeks apart. all day Saturday , 9.00 am - 6pm 8.00 am - 5.30 pm on Sundays , one friday for teaching and posture practice, (31st August).from 2 pm with an allocated appointment .

Open Intro day . meet and introduction to Seasonal Yoga Teacher Training, at Camilla Campbell Yoga, Cobham.

Sunday 13 th November 11 13.30 - 16.30,

This session is for people who are considering the year long teacher training. You can meet us , find out all about the course , meet fellow students, get reading list to start the course study program.

If you are successful in application to the course and reserve your place on or before the 13th November you Get £ 50 off the £ 195.00 deposit price. payable to secure your place.

Sue and Julie are teaching a seasonal Yoga class at Camilla campbell Yoga at 11.00 ,on Sunday 13th November. this is not part of the intro pm session , but you are very welcome to attend at a special rate, confirmed on application.

Sunday 13th November . 11.00 - 12.15 ..

The Metal element. seasonal Yoga class , with Sue Woodd and Julie Hanson

The dates for London 2012

The full list of exact timings will be given on successful admission to the course.

1 14/15 January

Sat. 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Water element 1.30- 5.00

2. 11/12 February

Sat 9.00 am - 6.00 pm

Sun 8.00am - 1.00 pm

3. 10/11 March

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Wood element 1.30- 5.00

4. 14/15 April

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Marit Griffith lecture 1.30- 5.00

5. 12/13 May

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Early summer 1.30- 5.00

6. 9/10 June

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Fire element 1.30- 5.00

7. 7/8 July

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 1.00 . Marit ? open lecture 1.30 - 5.30

8. 4/5 August

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Earth element 1.30- 5.00

9. 31st/1st/ 2nd September

Friday 31st .2.00 pm - 8.00 pm teaching practice , allocated slot

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Marit i.e. Bhagavad Gita ?? 1.30- 5.00

10. 6th/7th October

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Metal element 1.30- 5.00

11. 3rd/4th November

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 1.00 - .

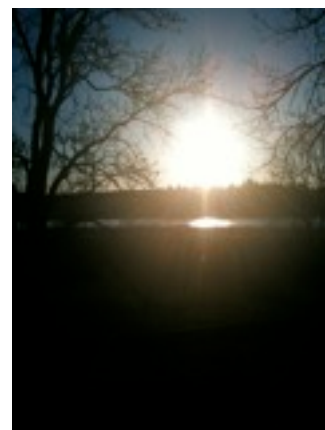
12 . 1/2nd Dec , Graduation

Sat 9.00 am - 6.00 pm

Sun. 8.00 am - 12.30 . Water element short reminder 1.30- 3.00

Graduation 3.30 - 4.30

Lendrick Lodge , Callendar



There is an option for London course

participants to attend the month 2 retreat at Lendrick lodge in scotland. This will be an extra £100 , plus travel , if you are interested please discuss with Julie on application .

Your Own Development

You are expected to attend a regular Yoga class during the course, **A compulsory 1 class per month with any of the SYTT lecturers. (list will be provided on 1st module)** this class will be free of charge . The other classes can be with a teacher of your choice. (attendance signature required) Also, you will begin a personal practice in your everyday life, this takes many forms yoga asanas, energy flow work, meditation, pranayama, or simply learning to breathe deeply to start to bring mindfulness to your busy life, whatever you find best suits your lifestyle.

There will be reading throughout the year, to help inspire you and gain deeper insight into the teachings. The reading list will be supplied. You can start the reading as soon as you

enroll onto the course, the reading list will be supplied. This preparation makes the year ahead a little easier

You will be given **learning outcomes** at the beginning of the course which allows you to map your own progress and achievements throughout the course.

What specifically will you be learning?

The yoga styles we will teach you are creative and intelligent flow styles which can be easily adapted to different ability and energetic levels.

In addition to practical yoga there will be lectures and study of below subjects;

- Asana, use of Sanskrit and English names of the postures.
- Posture workbook, combined with full practical application of individual poses.
- In depth study of how to apply Seasonal energy into daily yoga practice.
- How to sequence poses, for all of the seasonal energies.
- Meridians (nadis) Pressure Points and how to apply them to yoga postures.
- Qi Gong to increase flexibility and energy awareness
- Energy anatomy
- The practice of Pranayama
- Concentration, and meditation
- Nutrition and Macrobiotic eating
- Anatomy and Physiology and the understanding of different systems within the body
- The history of Yoga
- Philosophy of Yoga
- An introduction to Patanjalis Yoga Sutras and The Bhagavad Gita.
- The Eight limbs of Yoga
- The different paths and schools of yoga
- The Chakras
- Use of Mudras and Bandhas
- Using music in classes
- Health and Safety issues with students in classes
- Planning a class, for all levels of teaching
- Special Needs in class, such as pregnancy, arthritis, chair yoga etc

- N.L.P and its application to being a successful teacher and increasing your understanding of yourself
- Marketing and creating your yoga business

At the end of the training you will not only be qualified to teach Vinyasa Flow Yoga but will also have the tools to create other types of yoga class, such as more basic classes or more restorative yoga.

The cost and payments

£195.00 per month. The extra days or retreat weekends carry a supplement. Retreat weekend a supplement of £100, which includes all accommodation and food for Fri /sat/ sun. The weekend which is over 3 days £225.00 .(end Aug)

How to pay :

On successful application, one payment in advance of £195.00 to secure your place (refundable until 1 month prior to start). You then pay 11 x £195.00 on each weekend , getting the last weekend free as deposit paid for module 12.

Direct transfer, cheques, or credit / debit card can be accepted.

If you reserve your place on successful application and pay on or before the 13th November you will get £ 50 off deposit price , £ 145.00 payable

Numbers are limited.

Who will be teaching on the course?

The Course Directors / lecturers will be Sue Woodd, Julie Hanson and Marit Griffith. Together they represent some of the most experienced teachers in the UK today. They have very different specialisms, and in bringing this to the course they offer a wide spectrum of knowledge and understanding.

They shall be joined by several other lecturers and teaching assistants to help ensure the high standard of the course, both in terms of the material taught, and behind the scenes.

What should I do now?

1. Apply by filling in the form below, with a letter stating why you want to do the course.
2. We will then have an interview (on the phone or skype) .
3. You come to see the current course and meet us in person.
4. you choose your induction day.

There is a free induction session prior to the start of the course, 3 hours, to give you more of an insight into the course and answer any questions you may have. It will be held on a Sunday afternoon (date options to be given on application)

For more information

Call or e mail Julie on 07966 875208 or at juliehanson@me.com

Many Thanks

Julie Hanson, Sue Woodd , Marit Griffith.