



YOGA TEACHER DEVELOPMENT COURSE

April 2020 – June 2021

*‘Understanding leads to independence
and to freedom.’*

Vanda Scaravelli

**A 200 hour course of deep personal exploration
& potential growth.**

**Suitable for experienced practitioners, aspiring teachers
or anyone interested in deepening their
understanding of this practice.**



What to expect ...

This is an interactive course and you are encouraged to engage in the process of reflective practice so that you can work with the ideas and experiences offered, discover your own personal insights and arrive at your own conclusions, relevant to your own life.

This course is **not** about prescriptive methods or techniques, but rather a supportive space in which to unfold your own understanding in a way that is relevant, meaningful and considerate of who you are.

It is from this place of understanding that your skill as a guide will grow. Regardless of your audience, you are encouraged to be respectful, enabling, and kind as well as courageous in pursuit of your best work! Within the context of Yoga you will learn how to rediscover original connections within your body and find out how breath and spine work together to help us relate to our environment.

This course contains all the elements you will need to become a safe, effective and compassionate Yoga guide if you feel inspired to do so!

***'From the act of observation in which attention is awakened,
arises the art of teaching.'***

Vanda Scaravelli

Course content ...

An experiential inquiry into the practice of Yoga in the contemporary Western context.

The **Yamas & Niyamas** in relation to the philosophy of movement, and life in the 21st century.

This area of study will allow an expanded understanding of classical Yoga philosophy and includes an introduction to classical texts.

*Study thy self,
discover the divine.
—Patanjali's
Yogasutra, II.44*

Asana – Using elemental concepts in synchronicity with the breath to engage appropriate tensional integrity and thereby experience (release of) the spine. The full spectrum of *asana* will be explored, including how to use touch and assistance safely with professional boundaries intact.



Anatomy & Physiology - Living mechanics taught by experts in the field of Yoga and bodywork. This aspect of the course will enable you to understand the deeper connections in your body and how to create, heal or work with them towards better integration.

Pranayama - The nature of *prana* as life force. Respecting the subtlety of this essential element, a variety of Yogic and cross-disciplinary breath work will be introduced.

Philosophy – An enquiry into Samkhya philosophy and the work of J. Krishnamurti will be our way to understand Yoga in relation to both traditional and modern philosophical thought.

Teaching Skills – Whether you intend to use this course as a teaching qualification or for personal development alone, you will refine your ability to observe, listen, and creatively respond to a variety of scenarios in a group context. Through regular teaching practice within the group you will explore communication techniques and have plenty of opportunity to find your own unique voice.

'Is it possible to have a different attitude in which a new intelligence, not imposed by authority, but born from interest, attention and sensitivity, will emerge and in which body and mind, fused in one single action, are collaborating together?'

Vanda Scaravelli



Accreditation - The Yoga Teacher Development Course is recognised by the Independent Yoga Network. Graduates will be entitled to be listed on the IYN Yoga Register.

Facilitation - Firmly underpinned by the principles of *satya* (honesty), *ahimsa* (non-harm) and *svadhyaya* (self study) the Yoga Teacher Development Course is **facilitated and guided by Dot Bowen and guest teachers.**



Yoga is your direct intimacy with the nurturing power of life. It is the practical means adapted to personal needs, age, health and all cultures.

~ Mark Whitwell

Course Dates

Saturdays 1:30-5:30pm

Sundays 10am-5pm

2020

April 25-26

May 30-31

June 27-28

July 25-26

September 19-20

Immersion:

October 8-13

November 28-29

December 19-20

2021

January 30-31

February 27-28

Immersion:

March 26-28

Krishnamurti Ctr

April 24-25

May 22-23

June 26-27

Graduation:

July 25

Logistics...

The course takes place over twelve weekends and includes two immersion retreats to allow plenty of time for integration of the work. Sessions will be held monthly on Saturdays 1:30-5:30pm and Sundays 10am – 5pm at the fully equipped ***Evolution Studio***, in Brighton.

<http://www.evolutionarts.org.uk/>

Cost...

The total cost of the course is £3,300. This includes all tuition, one-to-one sessions, and both immersion retreats.

Upon acceptance to the course, a non-refundable* deposit of £500 is required, with a further £800 to be paid one month prior to the beginning of the course. The balance is to be paid in 4 instalments of £500 each by standing order on dates tbc.

*In the unlikely event of the course being cancelled prior to completion or before commencement, a proportionate or full refund will be given respectively.

Apply...

If you would like to apply for the Yoga Teachers Development Course 2020 you need to have an established Yoga practice of at least 2 years. Contact: integrityyoga@gmail.com