

Applications are currently being taken for the next Scottish course beginning on 28/29 September 2012. If you are interesting in applying and would like to discuss it further, please call June Mitchell on 01350 728773



ScotlandLondon

Classical Yoga School

Yoga Alliance Registered School - RYS200

Yoga Teacher Training Course

Held at: Bristo Yoga School, 1 Bristo Place, Edinburgh EH1 1EY
and in Perthshire at the Birnam Hotel, Birnam by Dunkeld

Syllabus

Asana practice in the Ashtanga Vinyasa Primary Series, Sivananda Hatha Yoga and Flow Yoga. Teaching Workshops in Ashtanga, Sivananda and Iyengar styles. 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; Kirtan and the 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 uniquely includes tutorials in – Chi Gung, NLP (Neuro-linguistic Programming), Nutrition, The Alexander Technique, Hands-on Skills for adjusting in postures and Myers Briggs Personality profiling for building self-awareness to teach.. A 4-hour Emergency First Aid Course will also be available out with the course hours and will be available in summer 2013.

Tutors

Course Director June Mitchell, David Keil, Dr. Carrie Broughton, Ilse Lombard, Scott Rennie, Mary McPherson, Judi Farrell, Karen Breneman, Ronnie Robinson, Dr. Jackie Chaplin, Narad, Kathleen Morison, Catherine Broome - and assisted throughout by CYS qualified teachers.

Course Dates for 2012/13

Friday evenings: 6.30 - 9.30pm (refreshments included)
Saturdays: 9am - 6pm (vegetarian lunch and refreshments included)
Plus 2 Sunday mornings: 9am til 1pm - February and June 2013

Module 1	28/29 September – Edinburgh 2012
Module 2	26/27 October – Perthshire
Module 3	23/24 November - Edinburgh
Module 4	14/15 December - Perthshire
Module 5	25/26 January - Edinburgh 2013
Module 6	23/24 February- Edinburgh
Module 7	23/24/25 March – Perthshire Frid eve, Sat, Sun til 1pm
Module 8	19/20 April - Edinburgh
Module 9	17/18 May – Perthshire
Module 10	14/15/16 June – Edinburgh Frid eve, Sat, Sun til 1pm
Module 11	12/13 July - Perthshire
Module 12	9/10 August – Edinburgh

CYS Scotland/London www.cysyogateachertraining.com

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