



Classical Yoga School

London Scotland

CYS/Yoga Alliance Reg School RYS200

12 month Yoga Teacher Training Course

Held at: **Datchet & Eton Leisure, Pockocks Lane, Eton SL4 6HN**
(www.deleisure.com)

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 outwith the course hours and will be available early 2013.

Tutors

Course Director June Mitchell, Dr. Carrie Broughton, Ilse Lombard, Scott Rennie, Dale Spence, Sara Wallace, Rosie Tamkin, Kamal Thapen, Melanie Herbert, Narad and Samantha Mills – assisted throughout by CYS qualified teachers.

Course Dates for 2012/13

Saturdays10am to 6pm (vegetarian lunch and refreshments included)

Sundays9.30am to 1.30pm (refreshments included) nb: Sept and Jan, 9.30am til 5pm

Weekend 1	28/29 April 2012
Weekend 2	26/27 May
Weekend 3	23/24 June
Weekend 4	21/22 July
Weekend 5	18/19 August
Weekend 6	15/16 Sept (2 full days, lunch included both days, + £60)
Weekend 7	13/14 October
Weekend 8	10/11 November
Weekend 9	8/9 December
Weekend 10	12/13 January 2013 (2 full days, lunch included both days, + £60)
Weekend 11	9/10 February
Weekend 12	9/10 March

CYS London/Scotland www.cysyogateachertraining.com

Principal: June Mitchell 01350 728773

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