

**YOGA TEACHER
TRAINING
HUDDERSFIELD
COURSE CALENDAR
2019**



AT THE YORKSHIRE YOGI STUDIO , HUDDERSFIELD

Shamayoga Teacher Training Course Calendar

Meetings will take place during the first full weekend of every calendar month. Ongoing group evaluations (including home study assignments) will take place throughout the year. Opportunities to gain firsthand experience teaching yoga to the public will be available throughout the year. Principle asanas being taught throughout the course will include;

- Cat (Bidalasana)
- Cobra (Bhujangasana)
- Bow (Dhanurasana)
- Bridge (Sethu Bandhasana)
- Warrior (Virabhadrasana)
- Triangle (Trikonasana)
- Dog and Half Dog (Adho Mukha Shavasana)
- Child's Pose (Balasana)
- Tree (Vrkshasana)
- Mountain (Tadasana)
- Sitting Twist (Ardha Matsyendrasana)
- Locust (Shalabhasana)
- Seated Forward Fold (Paschimottanasana)
- Fish (Matsyasana)
- Lotus and Half Lotus (Padmasana & Ardha Padmasana)
- Plough (Halasana)
- Easy Pose (Sukhasana)
- Shoulder Stand (Sarvangasana)

A number of advanced asanas with adaptations for all will also be introduced including;

- Headstand (Shirshasana)
- Wheel (Chakrasana)
- Crow (Kakasana)

Salutation to the sun (Surya Namaskar), along with a number of new sequenced yoga movements and postures (inc. Shakti Namaskar) will also feature. I

Reading List

The following translations of these useful texts are highly recommended, but other translations are acceptable.

“Light on Yoga” (Thorsons)

B K S Iyengar

An asana- bible presented by a master Hatha Yogi.

Great choice for comparative reflections in relation to your particular choice of teacher or style.

“The Ten Principal Upanishads” (Faber & Faber)

W B Yeats with co-author Sri Purohit Swami

Enjoyable and accessible translations of the Upanishads which provide a bright philosophical back-drop to the yogic teachings.

"The Bhagavad Gita" (Penguin)

Eknath Easwaran

A clear and lyrical translation of the grand poem regarded as sacred for thousands of years with an introduction placing the Gita within its historical and cultural context.

"Yoga Sutras of Patanjali" (Inner Traditions)

Georg Feuerstein

A good, scholarly read around the sutras! Another clear translation can be found in the book "The Heart of Yoga" by T K V Desikachar.

“Teaching Yoga”

Mark Stephens

An invaluable resource for teachers and students.

“Yoga Anatomy”

Leslie Kaminoff

Wonderful insights into the anatomical aspects of the asanas.

Written Assignments

Written Assignments require a minimum of 3 sides A4 typed.

There will be six on-going assessed teaching practice sessions taking place during bi-monthly yoga days, which are open to the general public.

There will also be one major teaching assessment where you will be required to plan and teach your own class, the participants being other yoga teacher trainees and/or local yoga students.

In all practical teaching you will be assessed for the following:

- Safety
- Enjoyable, effective, compassionate teaching
- Clear communication
- Atmosphere
- Demonstrations of postures and yogic techniques
- Structure (lesson plan; class to include a balance of warm-ups, asana, pranayama and relaxation)

Each weekend will open and close with a sharing circle to summarise the main topics of the weekend and provide opportunities for the sharing of journal entries and student feedback.

Weekend One
September 21st -22nd

Workshops with Steve Avian

The three bases of Yoga: Breathing, posture and relaxation.
Ethical Teaching
Exploring the Hara
Hatha yoga

Workshop Presentation with Steve Avian
Anatomy for Yoga

Workshop with Steve Avian

- a) Introduction to the chakras
- b) Muladhara chakra exercises, asanas and meditations.

Home Study assignments

Assessed written work: W1 Basic breathing and relaxation.

- a) Describe two basic breathing techniques and how you would introduce them to your students in a class.
- b) Describe your favourite relaxation technique and how you might use it in class.

Weekend Two
October 12th-13th

Workshops with Steve Avian

Safe stretching
Teaching yoga safely
Hatha yoga
Crystal bowl and Tibetan bells meditation

Assessed Teaching Practice

Tadasana (Mountain pose)
Walking Mountain
Ujiya breathing

Workshop with Steve Avian

Swadisthana chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W2

Prepare a handout of general guidelines students will need before starting their yoga practice.

Practical Work:

Enjoy and absorb the relaxation CD as presented by Steve Avian

Weekend Three
November 16th-17th

Workshops with Steve Avian

Hatha yoga
Mantras; Gayatri and Aum
Partner yoga
Vipasana meditation

Presentation with Steve Avian

Anatomy for Yoga

Workshop with Steve Avian

Manipura Chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W3

- (a) What is a Mantra?
- (b) Explain the meaning of Gayatri and Aum

Practical Work:

Memorise Gayatri mantra using the CD and notes provided.

Weekend Four
December 14th-15th

Workshops with Steve Avian

Hatha yoga
The yoga sutras of Patanjali
Yoga styles and methods of teaching

Assessed Teaching Practice

Partner yoga; Asanas- Dog variations, boat, forward fold, warrior, sitting twist, garuda.
Gayatri mantra
Aum mantra

Workshop with Steve Avian

Anahata chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W4: The Yoga Sutras

Express your own understanding and, where possible, describe your own experience of patanjalis eight limbs of yoga.

Weekend Five
January 18th - 19th

Workshops with Steve Avian

Hatha yoga
The yoga sutras
Mudras
Designing your own class and workshop presentations

Anatomy Seminar with Kelly Thistlewaite

The Body Systems , The Fascia , Adapting and care for Injuries .

Workshop with Steve Avian

Vishuddha Chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W5

Describe your own experience of practising mudras

Practical Work:

Practice pran, apan, branchial and shivalinga mudras

Weekend Six
February 15th -16th

Workshops with Steve Avian

Hatha yoga
The Upanishads
The Three Gunas

Assessed Teaching Practice

Mudras; Pran, Apan, Bronchial, shivalinga

Workshop with Steve Avian

Ajna Chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W6 Upanishads

- (a) What is the historical and cultural background of the Upanishads?
- (b) What are your own views on the main themes found in the upanishads?

Weekend Seven
March 14th -15th

Workshops with Steve Avian

Hatha yoga
The six Kriyas
Exploring pranic energy

Presentation with Steve Avian
Anatomy for Yoga

Workshop with Steve Avian

Sahasrara chakra exercises, asanas and meditations

Home Study assignments

Assessed written work: W7

Describe one kriya that you would like to teach, giving detailed instructions and the benefits to be gained from practice.

Weekend Eight
April 18th- 19th

Workshops with Steve Avian

Hatha yoga
Sacred geometry: Mandalas and yantra
The Chakras revisited

Assessed Teaching Practice

Tratak
Kapalabhati
Agni-sara
Alternate nostril breathing

Workshop with Olivia Lester

Yoga for Pregnancy

Home Study assignments

Practical Work:

Prepare a short talk (ten minutes max) on the nature of the chakras based on your own experiences and making reference to yogic texts.

Weekend Nine

May 16th -17th

Workshops with Steve Avian

Hatha yoga
The Bhagavad Gita
Microcosmic orbit meditation
Diet and nutrition

Workshop with Jude Fox

Yoga for Kids

Home Study assignments

Assessed written work W8

- (a) Briefly describe the four main paths of yoga as found in the gita.
- (b) How do you relate the gita to your own experience?

Weekend Ten
June 13th -14th

Workshops with Steve Avian

Hatha yoga
The yoga sutras
Anatomy revisited

Assessed Teaching Practice

Salutation to the sun: Surya Namaskar
Shoulderstand sequence
Shakti namaskar

Home Study assignments

Practical Work:
Express through Art your own experience of yoga and spirituality-
picture, craft, story, dance, poem etc.

Weekend Eleven

July 18th -19th

Workshops with Steve Avian

Hatha yoga

The three Bandhas

The yoga sutras

Teaching advanced asanas

Workshop with Sarah Atkin

Yoga for Older People and People with Disabilities

Home Study assignments

Assessed Written Work: W9

Describe the three Bandhas and their purpose

Weekend Twelve
August 15th -16th

Workshops with Steve Avian and Lesley Lister

Hatha yoga

Setting up as a yoga teacher / Your yoga business

Assessed Teaching Practice

The three Bandhas: Moola Bandha, uddiyana bandha, jalandhara.

Celebrations and Awarding of Diplomas!