

**YOGA
TEACHER TRAINING
SHEFFIELD
COURSE
CALENDAR 2019**



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. 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 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.

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

5th 6th January

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

2nd 3rd February

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

2nd 3rd March

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

6th 7th April

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

4th 5th May

Workshops with Steve Avian

Hatha yoga

The yoga sutras

Mudras

Designing your own class and workshop presentations

Anatomy Seminar with Jude Ritchie

(a) Physiological effects of the Asanas

(b) Anatomy Q and A Session

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

1st 2nd June

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

6th 7th July

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

3rd 4th August

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

7th 8th September

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

5th 6th October

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

2nd 3rd November

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

7th 8th December

Workshops with Steve Avian

Hatha yoga

Workshop with Lesley Lister

Setting up as a yoga teacher

Assessed Teaching Practice

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

Celebrations and Awarding of Diplomas!