

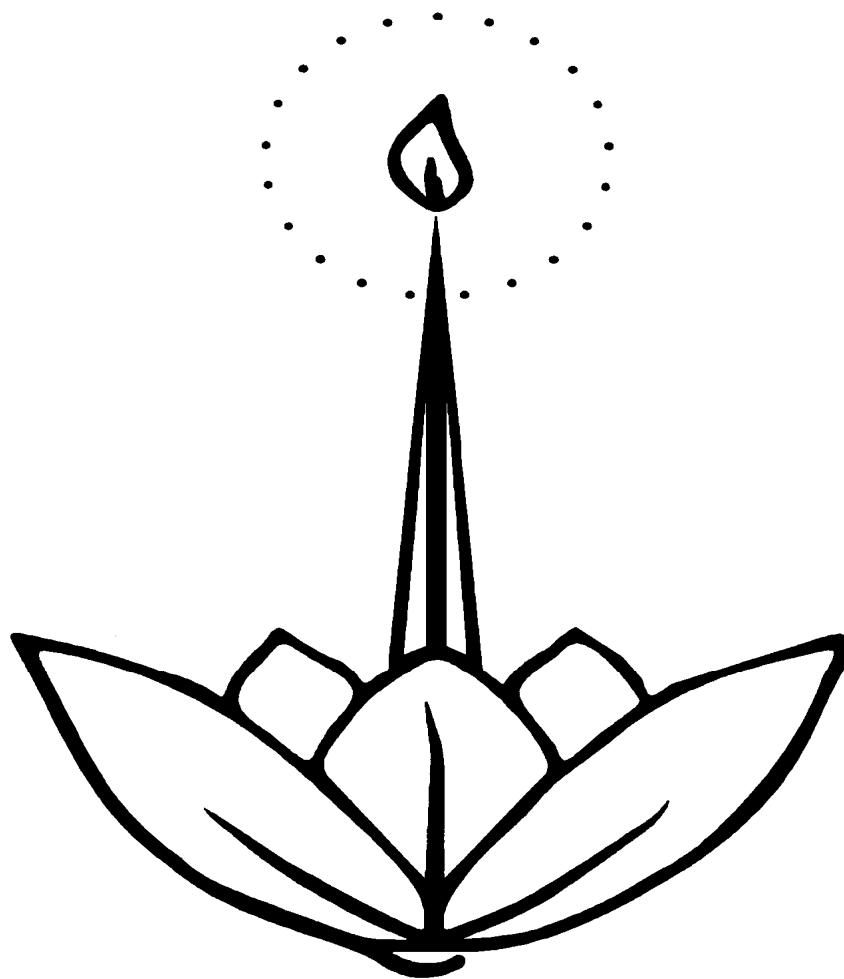


Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

TEACHER TRAINING COURSE

PROSPECTUS



Yoga Scotland has an Exchange Diploma agreement with the B.W.Y.

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Scottish Charity Number SC020590

sportscotland

Governing Body for Yoga in Scotland

PROSPECTUS INFORMATION TEACHER TRAINING COURSE

LENGTH OF COURSE

At present Yoga Scotland runs two courses - in Edinburgh and Glasgow, starting alternate years.

The Teacher Training Course will run over 2 years, comprising 2 residential and 12 non-residential weekends, meeting on the following dates:

TIMES

Course weekends will run from 10am to 5pm. The residential weekends will run from dinner at 7pm on Friday to 5pm on Sunday.

VENUES

Edinburgh Training weekends: Craigmount High School, Craigs Road Edinburgh EH12 8NH

Glasgow Training weekends: Kagyu Samye Dzong, 7 Ashley Street, Glasgow G3 6DR

Residential weekends: Lendrick Lodge, Brig O' Turk, Callander, Perthshire. FK17 8HR

COST

- The cost of the Teacher Training Course is £2250. This breaks down to £1000 per year for 2 years plus a non-refundable deposit of £250 on acceptance of a place. This includes the cost of the 12 weekends and the 2 residential weekends.
- The balance of the first year's fee is payable before the first day of the course.
- The second year's fee is payable at the start of the second year.
- Once paid, fees are non-refundable.
- Any costs associated with external course assessments (2 Observed External Teaching Practices, 1 Final Observed External Teaching Practice) are borne by the student.

For information about alternative payment options please contact the Course Administrator.

ABOUT YOGA SCOTLAND

Yoga Scotland (incorporating Scottish Yoga Teachers Association) is the Governing Body for yoga in Scotland, as recognised by sportscotland, the national agency for sport in Scotland. It has a network of around 300 qualified, registered and insured teachers.

Yoga Scotland promotes the excellent and safe practice of yoga in Scotland through trained, experienced and qualified teachers and provides opportunities for the general public to find out more about yoga.

Yoga Scotland is an organisation which provides teacher training; on-going training for qualified teachers; other courses and seminars for *Yoga Scotland* members and general members of the public; advice, information and standards in the practice and development of yoga in Scotland. In addition to this *Yoga Scotland* works with other organisations to encourage and promote the practice and development of yoga, in particular, *Yoga Scotland* has developed a close working relationship with the British Wheel of Yoga (BWY), recognised as the Governing Body for yoga in Great Britain.

For more information please visit www.yogascotland.org.uk

THE YOGA SCOTLAND TEACHING DIPLOMA

Yoga Scotland provides training courses for prospective yoga teachers. These are part-time courses lasting for two years, and are run in Edinburgh and Glasgow in alternate years.

Trainees who successfully complete the course will be awarded the Yoga Scotland Teaching Diploma. The Diploma is currently recognised not only in Scotland but also throughout the United Kingdom by agreement with the British Wheel of Yoga, the Governing Body for Yoga in Great Britain. Yoga Scotland has an Exchange Diploma agreement with the BWY. The diploma is also recognised internationally through EUFNY (the European Union of Federations of Yoga).

It is important that all teachers of Yoga are trained by an accredited organisation recognised by the Governing Body before being allowed to teach in, or be employed by, Sports Centres, Schools or Colleges. Yoga Scotland is recognised by sportscotland as the foremost body for training yoga teachers in Scotland.

Yoga Scotland's Public Liability Insurance covers all its trained and registered yoga teachers after payment of an annual fee. Students on the Teacher Training Course are required to become Student Teacher Members of Yoga Scotland at the commencement of the course. Tutors will advise students on their readiness to begin teaching.

COURSE SUMMARY

During the 2-year course, students will cover principles, knowledge, teaching and practice in each of the following areas:

- Asana
- Breathing & Pranayama
- Mudras & Bandhas
- Relaxation
- Concentration & Meditation
- Mantra
- Kriyas
- Philosophy of Yoga
- Anatomy, Physiology & Kinesiology
- Pregnancy
- First Aid
- Class & Course Planning & Record Keeping
- Class Teaching

COURSE PERSONNEL

Tutors:

Jackie Le Brocq - Hatha Yoga Tutor

Cathy Swan - Hatha Yoga Tutor

Margo von Romberg - Philosophy Tutor

June Alexander - Anatomy & Physiology Tutor

Co-ordinator:

Yvonne Campkin,
'Brookville',
25 William Street,
DUNOON,
PA23 7JH

Tel: 01369 703814

Email: yjcampkin@hotmail.co.uk

APPLICATIONS

Application forms, references from teachers, Foundation Course Tutors (where appropriate), and any medical clearance from your doctor, should be sent to **Yvonne Campkin, the Teacher Training Course Co-ordinator at the above address.**

Applicants will be sent an acknowledgement on receipt of the application forms, and thereafter will be notified as soon as a decision is made. Applicants reaching the next stage of the selection procedure will be requested to attend a day of yoga, which will include an interview and an opportunity to demonstrate their yoga practice.