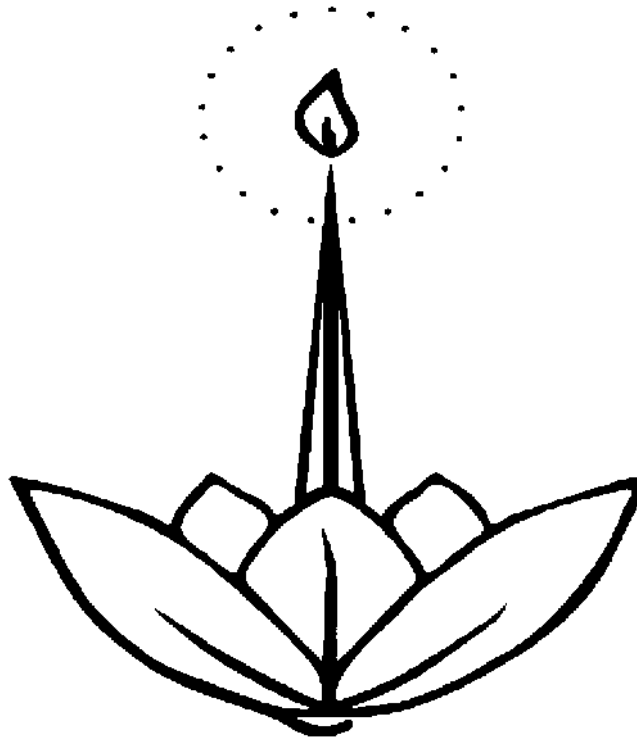




# Yoga Scotland

## YOGIC LIVING AND TEACHING COURSE PROSPECTUS



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Scottish Charity Number SCO47418  
Governing Body for Yoga in Scotland

**sportscotland**

# Yogic Living and Teaching Course

## AIM

Whether you recently completed your teacher training or whether you did it so long ago you can hardly remember, whether you did a 500 hour Yoga Scotland course or something much shorter, if you teach yoga, this course is for you.

The course will be a group of between 10 and 16 yoga teachers, concentrating our combined energy, awareness and focus, with the intention of taking our practice and teaching to the next level. So that we can better interpret and convey the deeper meaning of yoga to our students, and serve, inspire and enthuse more of humanity.

We will explore topics such as:

- Practice, the fundamentals and essentials.
- Yogic lifestyle and wellness
- Wisdom from the classic yoga texts
- Advanced studies in teaching methods
- Advanced applications of yoga for mental and physical well being
- Practical applications of yoga wisdom and subtle body anatomy in class teaching
- Tantra: understanding the power behind life

We may also explore topics of your suggestion, things that bother you, other areas of interest.

## TUTOR

The group will be led by Jackie Le Brocq, who was a Yoga Scotland Teacher Trainer for 17 years and has been an active member of The Himalayan Institute of Yoga Science and Philosophy for 15 years (see [www.himalayaninstitute.org](http://www.himalayaninstitute.org)). Further information is available on Yoga Scotland's website.

## DATES & DURATION

The course involves 50 contact hours, in 8 sessions over 10 months.

2019	2020
Friday 11 October	Saturday 25 January
Saturday 12 October	Saturday 21 March
Sunday 13 October	Saturday 16 May
Saturday 30 November	Saturday 4 July

## VENUES

Allanton Peace Sanctuary, Auldgirth, Dumfries, DG2 0RY (residential weekend),  
Beattock Village Hall, High Street, Beattock, Moffat, DG10 9QZ (Saturdays).

## PRE-ENTRY REQUIREMENTS

Applicants will already be yoga teachers.

## COURSE REQUIREMENTS

There are no specific course requirements. It is assumed that students will

- Continue to attend any classes or seminars which they find inspiring and helpful to their own practice and teaching.
- Practise daily according to their capacity for between half an hour and three hours per day formal practice with the intention of maintaining informal practice the remainder of the day.
- Keep a diary of their formal and informal practice, including reflection on its impact on their life, to the extent that this is found helpful.
- Keep reading and studying yoga texts, books and articles.
- Attend all the course dates.
- Pay the fees, which are non-refundable, at the agreed time.

## **INTENDED LEARNING OUTCOMES**

### **Students will:**

- Have more confidence in the transformational effects of their own practice.
- Be able to go to the classic yoga texts and other inspirational texts to foster inspiration, guidance and faith in practice.
- Understand on a more intrinsic level that their teaching comes from their practice.
- Realise that meditation is the corner stone of self-transformation.
- Experience the subtle vibrational effects of mantra in both oral and silent practice.
- Discover that a measure of progress in practice is how easily they can relax.
- Have a deeper appreciation of the defining characteristic of Tantra: “As it is in the macrocosm, so it is in the microcosm”.
- Practise Agni Sara daily and have some understanding of its alchemical effects.
- Become more aware of Prana Shakti underlying all practice.

## **COURSE CONTENT**

The course is intended to build on previous learning.

### **Generally, students will deepen knowledge and experience of:**

1. The fundamental importance of the breath
2. Meditation
3. Subtle vibrational effects of mantra
4. Agni Sara
5. The purpose of asana
6. Supporting practice with mudra and bandha
7. Relaxation
8. Tantra
9. Tantric Fire Ceremony
10. Yogic wisdom
11. Planning a personal practice
12. Teaching from your practice

**Training Administrator:** [tamsin@yogascotland.org.uk](mailto:tamsin@yogascotland.org.uk)

**Closing date for applications:** Friday 24 May 2019. Entry to this course is on a first come, first served basis, it is therefore in your interest to apply ahead of the closing date.

This course carries CPD (Continuing Professional Development for Yoga Teachers) points at the rate of 1 point for every hour of the course attended.