



Yoga Scotland

TEACHER TRAINING COURSE

PROSPECTUS



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www.yogascotland.org.uk
Scottish Charity Number SCO47418
Governing Body for Yoga in Scotland

PROSPECTUS INFORMATION

Teacher Training Course

LENGTH OF COURSE

The next Yoga Scotland Teacher Training course will be based in Glasgow and will run from September 2019 to June 2021.

The Teacher Training Course runs over 2 years and comprises 2 residential and 13 non-residential weekends.

COURSE DATES

2019	2020	2021
21-22 September	11-12 January	16-17 January
26-27 October	22-23 February	20-21 February
22-24 November (residential)	18-19 April	27-28 March
	13-14 June	8-9 May
	5-6 September	26-27 June
	10-11 October	
	20-22 November (residential)	

TIMES

Course weekends run from 10.00am to 5.00pm. Residential weekends run from dinner at 7.00pm on Friday to 4.00pm on Sunday.

VENUES

The venue for the Glasgow course weekends 2019-21 is, In the Moment Centre for Yoga, Movement & Wellbeing, 72 Berkeley Street, Glasgow, G3 7DS.

The residential weekends are at Lendrick Lodge, Brig O' Turk, Callander, Perthshire, FK17 8HR.

COST

- The cost of the Teacher Training Course is £3,275.00. There is a non-refundable deposit of £595.00 on acceptance of a place. The remainder of Year 1 fees of £1,340.00 may be paid in full or in 4 instalments over the year. (There will be a £25 annual administrative cost for paying by instalment.) Year 2 fees are £1,340.00 and are payable in the same way. The course fee includes the cost of the 13 course weekends, the 2 residential weekends and student teacher membership of Yoga Scotland.
- Once paid, fees are non-refundable.

ABOUT YOGA SCOTLAND

Yoga Scotland is a registered Scottish Charity and the Governing Body for yoga in Scotland. Governing body status is recognised by Sport Scotland, the national agency for sport in Scotland. Yoga Scotland 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 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 England.

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 currently run in Edinburgh and Glasgow starting alternate years.

Trainees who successfully complete the course will be awarded the Yoga Scotland Teaching Diploma.

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 or working for themselves. *Yoga Scotland* is recognised by Sport Scotland as the foremost body for training yoga teachers in Scotland.

Yoga Scotland's Public Liability Insurance covers all its trained and registered yoga teachers. Insurance is included in the course fee as part of Student Teacher membership of Yoga Scotland.

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:

1. Personal Sadhana & Diary practice
2. Anatomy & Physiology
3. Philosophy
4. Asana
5. Breathing & Pranayama
6. Mudras & Bandhas
7. Relaxation
8. Concentration/ Meditation
9. Mantras
10. Kriyas
11. Application of subtle & Western knowledge
12. First Aid
13. Class Planning
14. Becoming a professional Yoga Teacher
15. Yoga teaching assessments

COURSE PERSONNEL

Tutors:

Hatha Tutors will be appointed subject to student numbers. Cathy Swan is lead hatha tutor for the Glasgow 2019-21 Teacher Training Course. Information on course tutors will be made available on the Yoga Scotland website.

Training Co-ordinator: Elaine Samson admin@yogascotland.org.uk
Training Administrator: Tamsin Geddes tamsin@yogascotland.org.uk

APPLICATIONS

Application forms, references from teachers, Foundation Course Tutors (where appropriate), and any medical clearance from your doctor, should be sent to the **training administrator** at the above address. Applicants will be sent an acknowledgement on receipt of the application forms and thereafter will be notified about shortlisting after the closing date (24 May 2019). Applicants reaching the next stage of the selection procedure for the Glasgow course will be requested to attend a day of yoga on either **Saturday 8 June** or **Sunday 9 June 2019** at **In the Moment Centre for Yoga, Movement & Wellbeing, 72 Berkely Street, Glasgow, G3 7DS**. The day will include an interview and observed yoga practice.