



# Yoga Scotland

## TEACHER TRAINING COURSE SYLLABUS

Scottish Charity No. SCO47418

<https://www.yogascotland.org.uk>

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Yoga Scotland is recognised by Sport Scotland as the Governing Body for yoga in Scotland.

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## Brief Description of the Course

The Yoga Scotland Teacher Training Course is a part-time 500 (or more) hour course over 22 months. At present there are courses beginning in alternate years in Edinburgh and Glasgow. The next course will commence in September 2019 in Glasgow. All courses follow this syllabus although there may be slight variations depending on the needs of the group. Yoga Scotland is continuously reviewing the content and structure of Teacher Training Courses so there may be updates to the courses due to start in 2019. Applicants will be made aware of any significant changes.

## Preliminary Entry Requirements

Students should have at least three years' experience as a student in a yoga class and preferably have completed a Yoga Scotland Foundation course, or other recognised Foundation Course. Exemption from the Foundation Course for students practising for more than 3 years will be at the discretion of Yoga Scotland.

Students are required to submit a detailed application form supported by references from their class teacher and Foundation Course tutor (if applicable). Students are also required to attend a full day selection procedure which includes observation of their practice and an individual interview.

## Length of Course

Please note that time allocations are approximate. Students may need to spend additional time on varying elements of the course depending on previous personal knowledge, individual work pace and personal experience. In addition students are required to keep a log book of their attendance at a weekly yoga class throughout the course and as many approved day seminars as possible.

- **169** tutorial hours in 13 non-residential weekends (13 hours per weekend).
- **44** tutorial hours in 2 residential weekend retreats, one in each year of the course
- **230** hours (minimum required – more recommended) personal practice and diary keeping (Sadhana) as specified by Hatha Yoga tutors.
- **10** hours shadowing an experienced teacher.
- **150** hours (average – range 75- 275) for practical and written assignments
- **10** hours for class teaching preparation and delivery
- **15** hours for OETP x 3 including time for preparation and delivery

## Personnel Involved

Courses currently run with the following tutors and related course personnel and are dependent on student numbers. This is in accordance with existing Yoga Scotland Teacher Training Operating Procedures.

- 1 Lead Hatha Yoga Tutor and visiting specialist hatha tutors
- 1 Anatomy & Physiology Tutor
- 1 Philosophy Tutor
- Training Coordinator
- Training Administrator

## Learning Outcomes

The primary aim of this course is to produce well-trained, professional yoga teachers. It will build on existing knowledge and experience gained from the Foundation Course, seminars and regular attendance at classes with a recognised teacher.

## Success Criteria

Students will be assessed as competent teaching members of Yoga Scotland when they have successfully completed all elements of the 4 Units. They will then be awarded the Teaching Diploma. The 4 Units are:

- Anatomy and Physiology for Yoga
- Yoga Philosophy
- Hatha Yoga Studies
- Teaching Skills

## Portfolio

Each student will gather evidence of success in the Units during the course and keep it in a portfolio. The portfolio will have evidence of:

- successfully completed written assignments
- competence in teaching as illustrated by (1) copies of internal assessments, (2) copies of the 3 observed external teaching practice assessments

Supporting evidence including certificates of prior learning such as a copy of the Foundation Course certificate will be included in the portfolio. Each student's portfolio will be the property of the student but made available to the tutors in coming to a recommendation about awarding the Teaching Diploma.

## Regulations

- Students are required to read and sign a Student Teacher Agreement before commencing the course.
- Students will continue to attend regular classes taught by a recognised teacher and continue their personal practice.
- It is expected **all** students will attend **all** days of the course other than in exceptional circumstances to be agreed by the Lead Tutor and the Training Coordinator. If a training day or days are missed they must be made up satisfactorily in discussion with the Lead Yoga Tutor.
- Student Teacher membership includes insurance to teach, provided students have been authorised by the Lead Tutor to teach.
- Students who do not complete the course will cease to be Student Teacher Members.
- Sometimes a student may have difficulty in completing the course requirements in time. In this case, they may be able to remain a student teacher until the point that they complete the required course work. This must be with the agreement of the Lead Tutor and the Training Coordinator.

## Course Outline

Students explore a practical and theoretical syllabus presented in 4 Units that run concurrently throughout the course:

- **Hatha Yoga Studies** - students will gain a sound knowledge and understanding of the classical asanas and other practices of yoga, by means of tutorial classes, detailed personal sadhana and self-reflection.
- **Teaching skills** - students will learn to teach all aspects in the detailed syllabus by teaching their peer group under the guidance of the Lead Tutor. In second year more specialized aspects are addressed including class management and yoga teaching for pregnancy. Although not mandatory, students may set up their own class during second year if authorised by the Lead Tutor. Students are required to complete a first aid course during first year. Courses are available through Yoga Scotland's On-going Training Programme.
- **Anatomy & Physiology for Yoga** - students will gain a basic understanding of the anatomical structure of the body and how the bodily systems function. Students will be able to relate the bodily systems to asana, pranayama and relaxation in terms of physiological responses.
- **Yoga philosophy** - students will learn about the major Eastern sources of yoga knowledge and its application both in teaching and in daily life.

### Hatha Yoga Studies and Teaching Skills

Personal experience and awareness of the significant changes brought about by regular yoga practice are essential for teaching yoga. The course requires students to provide evidence of continuing attendance at weekly yoga classes and day seminars and to keep a record of the effects of daily yoga practice as directed by the course tutors.

The single largest element of the course is personal practice (Sadhana). Yoga Scotland believes that regular and repeated practice (Abhyasa) is essential to become a competent yoga teacher. The two residential weekends, one in each year, are conducted as retreats in order to enhance students' personal development in yoga. There will be no teaching practice assessments on these weekends.

There may be significant personal changes as a result of the 2 years of dedicated practice and the **minimum** requirement for home practice is 30 minutes daily, with additional time for reflection and diary keeping. The Lead Tutor may recommend more, especially as the course progresses. Self-directed learning (Svadyaya) about the effects on themselves of the practices prescribed by the tutors will give students a structured approach to their personal home practice and self-study in order to be able to develop the attributes of a good yoga teacher.

There will be continual development in relating theoretical knowledge of anatomy, physiology, kinesiology and philosophy to personal practice and class teaching. There will also be exploration of the subtle body (Pranamaya kosha): Nadis, Vayus and Chakras. As students progress towards observed external teaching assessments, planning and producing progressive class plans will be introduced.

## **Assessment Process**

There will be continuous assessment throughout the 2-year course. Students will complete a series of written assignments in the Hatha Yoga and Teaching Skills Units. The assessments relate to:

- personal Sadhana
- theoretical knowledge

This will include the preparation of individual class plans and a series of follow-on plans. The assignments are marked on a pass/resubmit basis. All assignments must be satisfactorily completed in order to be awarded the Teaching Diploma.

## **Internal Assessments of teaching**

Internal assessments will be carried out at teaching weekends throughout the course. The teaching of recommended yoga practices will be in both small group settings and in the main group. These will be assessed and recorded by the course tutor(s).

## **External Assessments of teaching**

There are **three** observed external teaching practice (OETP) assessments. See Detailed Course Content.

## **External Verification**

At the end of the course a random sample of written assignments will be submitted to the Yoga Scotland External Verifier for Hatha Yoga to ensure quality control.

## **Course Outcomes**

On completion of Hatha Yoga Studies and Teaching Skills students will be able to demonstrate the following:

- Continuing adherence to personal sadhana giving a structured approach to their home practice and self-study in order to be able to maintain the attributes of a good yoga teacher.
- Competent and safe teaching of a 90 minute balanced and satisfying class suitable for a variety of adult students. For further information see Detailed Syllabus item **15**
- Ability to set up a private yoga class, plan a schedule of individual classes and keep records

## **Anatomy & Physiology for Yoga**

For this unit, the Anatomy & Physiology tutor will deliver 8 two-hour lectures. The material is designed to provide the student with an overview of the anatomy and physiology of the main systems of the human body, including common medical conditions relevant to safe teaching of hatha yoga practices.

This unit gives a broad understanding of the component parts of the body in terms of how they are made up and how they work and relates this to the practice of Yoga. Additional applied knowledge will be studied under the guidance of the hatha yoga tutors.

### **Assessment**

Assignments will be set after each lecture. They will consist of semi-structured questions marked on a pass/resubmit basis. All assignments must be satisfactorily completed in order to be awarded the Teaching Diploma. At the end of the course a random sample of assignments will be submitted to the Yoga Scotland External Verifier for Anatomy & Physiology to ensure quality control.

## **Yoga Philosophy**

This unit is delivered in 9 two hour lectures over the two year course. The unit seeks to develop the student's in-depth knowledge and broad understanding of the key philosophical and psychological concepts underlying the practice of yoga. This is done through a close study of extracts from the most important Indian texts that consider aspects of yoga philosophy. These texts are: *The Yoga Sutras*, *The Bhagavad Gita*, *The Upanishads*, and *The Hatha Yoga Pradipika*.

A successful student will demonstrate knowledge and understanding of the key concepts, and be able to comment intelligently on the most important aspects of the texts and concepts studied. The student will also be able to relate these key philosophical and psychological concepts to their own lives.

### **Assessment**

Assessment will consist of eight tutor-marked assignments and a demonstrated ability to engage in group discussion of the material studied. The assignments will consist of a mixture of short and extended responses which will be marked on a pass/resubmit basis.

All assignments must be satisfactorily completed in order to be awarded the Teaching Diploma. At the end of the course a random sample of assignments will be submitted to the Yoga Scotland External Verifier for Philosophy to ensure quality control.

## Detailed Course Content

The numbering of this section of the Syllabus does not reflect the order of teaching or importance. All areas will be covered in the course.

### 1. Personal Sadhana and Diary Practice

As part of ongoing self-study and development, a personal record will be kept of regular practice of various aspects of yoga practice as directed by the course hatha yoga tutors. Students will maintain in their portfolio a log book of attendance at weekly classes and keep a record of the effects of their regular home practice. At the discretion of Lead Tutor, either a summary of the home practice diary or the full version may be given as an assignment.

### 2. Anatomy, Physiology and Kinesiology

All lectures will include descriptions of structure and function of the system being taught and its relevance to the practice and teaching of yoga. Students will develop knowledge and understanding of:

- Introduction and Respiratory System
- Musculoskeletal system: Session 1 - Bones and Joints. Session 2 - Muscles
- Cardiovascular System
- Circulatory Systems
- Nervous System
- Endocrine System
- Reproductive System

### 3. Philosophy

Students will develop knowledge and understanding of:

- Some basic concepts in Samkhya and Yoga Philosophy
- *Yoga Sutras of Patanjali*
  - ❖ Yoga, the mind and its distractions; the 9 “obstacles”; Kriya Yoga;
  - ❖ the Klesas; the “Eight Limbs”, including theory of meditation
- Introduction to Vedanta
- *Bhagavad Gita*
  - ❖ Karma Yoga, Jnana Yoga, Bhakti Yoga, the Gunas
- *Upanishads*
  - ❖ What is Brahman? What is Life?
- *Hatha Yoga Pradipika* and Tantra Yoga; the Chakra system
- Review and consolidation; discussion of main points; how to include teaching yoga philosophy in classes.

#### 4. **Asana**

Students will develop knowledge and understanding of the **principles** involved in practising and teaching:

- Principles of alignment and introduction to body reading
- Preparatory practices including warm-ups
- Asanas in standing, kneeling, lying, prone and supine positions illustrating the following types of movement:
  - a. Forward bends
  - b. Back bends
  - c. Side bends
  - d. Twists
  - e. Balances
  - f. Inversions
- Miscellaneous postures
- Sequences

Please refer to the appended list and diagrams of possible asanas to be covered.

#### 5. **Breathing and Pranayama**

Students will develop knowledge and understanding of the practice and teaching of:

- a. Effortless breath
- b. Breath awareness (including Puraka, Antar Kumbhaka, Rechaka, Bahya Kumbhaka)
- c. Breathing ratios
- d. The co-ordination of breath and movement
- e. Sectional breathing (abdominal/diaphragmatic, thoracic and clavicular)
- f. Complete yoga breath
- g. Breath awareness in asana practice
- h. Pranayama to include: Ujjayi, Nadi Sodhana and other alternate nostril breathing techniques, Sitali, Sitkari, Kapalabhati, Bhastrika, Brahmari.

#### 6. **Mudras and Bandhas**

Students will develop knowledge and understanding of the practice and teaching of a range of gestures and techniques for harnessing and redirecting energy and awareness:

- a) A range of mudras:
  - Mana (head) – using eyes, ears, nose, tongue and lips
  - Hasta (hand)
  - Kaya (postural) e.g. Viparita Karani Mudra
  - Bandha (lock) that combine mudra and bandha e.g. Maha Mudra
  - Adhara (perineal) e.g. Ashwini, Vajroli
- b) A range of Bandhas:
  - Mula (root lock)
  - Uddiyana (abdominal lock)
  - Jalandhara (chin lock)

## 7. Relaxation

Students will develop knowledge and understanding of the practice and teaching of various systematic relaxation techniques such as

- Body/breath awareness
- Rotational awareness
- Grounding techniques and awareness of unsafe practices

## 8. Concentration / Meditation

Students will develop knowledge and understanding of:

- the principles of yogic meditation including Pratyahara, Dharana and Dhyana
- the practice and teaching of a range of concentration techniques, including:
  - a. Breath
  - b. Sight e.g. Mandala and Yantra
  - c. Sound e.g. Mantra
  - d. Inner watching of thoughts /Antar Mouna

## 9. Mantras

Students will develop knowledge and understanding of the practice and teaching of a range of simple mantras, which may include some or all of the following

- OM
- So Ham
- Bija Mantras
- Gayatri Mantra
- Mahamitrunjaya Mantra
- Mantras from classical texts such as *Upanishads, Bhagavad Gita, Yoga Sutras*.

## 10. Kriyas

Students will develop knowledge, understanding and, where appropriate, practical experience of the 6 classical Hatha Yoga Kriyas or Shatkarmas (cleansing practices)

## 11. Application of Subtle and Western Knowledge

Students will develop knowledge and understanding of:

- the subtle dimensions and energy systems of the human organism from a yogic perspective.
- how to relate theoretical knowledge of the subtle body to personal practice and class teaching e.g. Nadis, Vayus, Chakras
- the yogic understanding of consciousness, mind, perception and managing the mind (see also Philosophy Unit)
- how to relate theoretical knowledge of anatomy, physiology and kinesiology to personal practice and class teaching (see also Anatomy & Physiology Unit)

## 12. Class Planning

Students will develop knowledge and understanding of:

- a) detailed lesson planning, illustrating knowledge of Sanskrit and English names of the practices; drawings (stickmen); construction of a class that has a logical and satisfying sequence of practices including preparatory, peak, and quietening asanas (Vinyasa); benefits and cautions; pranayama; and relaxation /meditation
- b) how to incorporate the use of modifications required for the safe inclusion of pregnant women and/ or for people with health conditions into a general class
- c) how to produce and use an outline lesson plan for practical teaching purposes

## 13. Becoming a Professional Yoga Teacher

Students will develop knowledge and understanding of:

- course planning –assignment(s) will be set by the Lead Tutor to plan a scheme of work with learning intentions for one or more groups of classes, showing progression of teaching
- how to assess student progress in a yoga class
- how to evaluate personal teaching effectiveness
- how to present a professional image
- how to plan, organise, promote and manage a yoga class in the community
- basic business principles for establishing and managing a yoga business

## 14. Yoga Teaching Assessments

### Internal assessments

Throughout the course, the teaching of recommended yoga practices will happen in both small group settings and in the main group. These will be assessed and recorded by the course Lead Tutor.

Students will be approved to move on to the second (final) year of the course at the discretion of the tutors. The criteria for moving on to the second year are:

- satisfactory completion of **all** written assignments for the first year
- completion of the first External Teaching Practice class **or** assessment by the Lead Tutor that the student's practice and internal teaching assessments are satisfactory.

### External assessments

There are **three** observed external teaching practice (ETP) assessments:

1. A class of 60-90 minutes' duration assessed by a Yoga Scotland approved assessor which can also be the student's own class teacher. The first ETP will usually be completed by the end of the first year. However, this decision can be modified in special circumstances such as illness, agreed on by the Lead Tutor.
2. An intermediate ETP class of 60-90 minutes' duration, before Easter of the second year.
3. The final ETP of 90 minutes, in the last 2 months of the course, must demonstrate that the candidate has the skills to deliver competent and safe teaching of a 90-minute

balanced and satisfying class suitable for a variety of adult students. It should comprise an appropriate range of asana, pranayama and relaxation, and may include meditation and mantra if appropriate to the level of the class. The class should be grounded in yogic principles and demonstrate sound knowledge of bodily structure and functions.

All 3 assessments must be carried out by an assessor who has completed the Yoga Scotland ETP training. The same assessor will usually carry out both the intermediate and final external assessments in order to have a view of the student's progress in teaching. The same assessor may not be used for all 3 of a student's external assessments.

Each assessment will include a post-class discussion between student teacher and assessor to examine the taught class in detail. A full report is given to the candidate, the Lead Tutor and the training coordinator.

## **16. Award of Yoga Scotland Teaching Diploma**

Students will be assessed as competent to become full teaching members of Yoga Scotland and will be awarded the Teaching Diploma when they have successfully completed all components of the units:

- Anatomy and Physiology for Yoga
- Yoga Philosophy
- Hatha Yoga Studies
- Teaching Skills