



# Yoga Scotland

## **GALASHIELS LIVING YOGA COURSE PROSPECTUS**



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Scottish Charity Number SC047418  
Governing Body for Yoga in Scotland

**sportscotland**

## Living Yoga Course

### AIM

The Living Yoga Course is designed for anyone who wishes to advance, deepen and refine their own practice whilst extending their self-knowledge and study. The requirement is that the student will have completed the Yoga Scotland Foundation Course or equivalent or have a Yoga Scotland Teacher Training qualification or equivalent. It is intended to meet the needs of:

- Those who wish to develop, deepen and advance their study of yoga and their own personal practice,
- Those who wish to become yoga teachers and who have chosen to deepen their own personal experience prior to applying for the teacher training course.
- Qualified teachers who wish to enhance their personal practice and self awareness whilst studying within the support of the course structure. Furthermore to inspire their teaching practice.
- Those who are uncertain about whether they wish to become yoga teachers or about the direction their yoga journey may take.

The course will help to clarify the student's yoga journey as they become more deeply connected with themselves and as the course unfolds.

### TUTOR

The course tutor is Kath McDonald. Further information on the tutor is available on Yoga Scotland's website. Visiting tutors may be involved for specific topics.

### DATES & DURATION

The course involves 60 contact hours, in 10 sessions over 10 months. There will also be personal home study.

2020	2021
Saturday 10 October	Saturday 23 January
Saturday 28 November	Saturday 6 March
Sunday 29 November	Sunday 7 March
	Saturday 24 April
	Saturday 22 May
	Saturday 19 June
	Sunday 20 June

### VENUE

The Yoga Mill, Lower Ground Anderson Chambers, Market Street, Galashiels, TD1 3AF.

## PRE-ENTRY REQUIREMENTS

Applicants will have attended and obtained a certificate from, a Yoga Scotland Foundation Course or equivalent e.g. British Wheel of Yoga Foundation Course and/or a Yoga Scotland Teacher Training Qualification or equivalent.

## COURSE REQUIREMENTS

- Students must continue to attend a regular yoga class
- Students must be prepared to practise daily for 30 – 45 minutes per day
- Students are required to keep a record of their daily practice, including reflection on its impact on their life through a diary.
- Some reading and study of essential yoga texts, approximately 4 hours per month.
- Full attendance is hoped for and expected. If, for any reason, students miss more than 2 days (80% attendance required), they will be unable to receive the course certificate.
- Once paid, fees are non-refundable.

## INTENDED LEARNING OUTCOMES

At the end of the course students will have a more integrated understanding of the different aspects of yoga; be able to plan their personal yoga practice; have a deeper understanding of a selection of classic yoga texts and be able to apply their understanding of yoga philosophy to daily life.

### **More specifically, students will be able to:**

- Understand and apply principles of foundation, alignment and breathing in postures
- Practice a range of *asana* and appreciate *asana* as a process rather than a goal
- Recognise the value of both static and flow-based approaches to *asana*
- Practise a range of natural breathing and *pranayama* techniques
- Practice *mudra* and *bandha*
- Practice a range of relaxation techniques
- Practice a range of concentration/meditation techniques
- Understand the use of sound in yoga including chanting a variety of *mantra*
- Understand the use of *kriya* and have practical experience of some of them
- Understand basic anatomy & physiology in relation to yoga practice
- Understand *pranic* or subtle anatomy in relation to yoga
- Understand the basic precepts of yoga philosophy

## COURSE CONTENT

It is anticipated that the specific practices covered will vary, to meet the needs of individual student groups. The course is intended to build on previous learning established on an approved Foundation Course, enabling students to broaden and deepen their knowledge and practice of yoga. Detailed examples of material that may provide the basis for further growth and development are outlined in the current Yoga Scotland Foundation course syllabus.

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

1. A range of preparatory techniques including warm-ups

2. A wide and balanced range of *asana*, to incorporate: balancing, seated, lateral flexion, forward and backward bends, inverted and twisting postures
3. Static and flow-based approaches to *asana*
4. Basic breathing and *pranayama* techniques
5. *Kriya*
6. *Mudra* and *bandha*
7. Relaxation
8. Concentration/Meditation
9. *Mantra*
10. *Pranic* anatomy; *vayu*, *kosa*, *nadi* and *chakra*
11. Planning a personal practice
  - Setting objectives
  - Modifications where appropriate to meet personal needs
  - Application of principles of sequencing and counterpose
  - Recording and self-evaluation of personal practice

**In addition, students will gain a deeper insight into:**

- Anatomy, physiology and kinesiology, integrating this study with the practice
- Yoga philosophy, to include study of selected passages from:
  - *The Upanishads*
  - *The Bhagavad Gita*
  - *The Yoga Sutras of Patanjali*
  - *The Hatha Yoga Pradipika*

Tutor(s) will offer guidance regarding development, further studies and/or teacher training.

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

**Closing date for applications:** Friday 14 August 2020.

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

Yoga Scotland reserves the right to change the course tutor(s) and venue if required.