



Yoga Scotland

## STONEHAVEN TEACHER TRAINING COURSE

### PROSPECTUS



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[www.yogascotland.org.uk](http://www.yogascotland.org.uk)  
Scottish Charity Number SCO47418  
*Governing Body for Yoga in Scotland*

## PROSPECTUS INFORMATION

### Teacher Training Course

#### LENGTH OF COURSE

This year Yoga Scotland have Teacher Training courses starting in Stonehaven and in Edinburgh.

The Stonehaven Teacher Training Course will run over 18 months and comprises 2 residential and 13 non-residential weekends.

#### COURSE DATES

PLEASE NOTE 3 OF THE WEEKENDS WILL TAKE PLACE ONLINE. More course weekends may be required to move online depending on Government restrictions and guidance with regards Covid.

2021	2022
23-24 January	21-23 January (residential)
5-7 March (residential)	12-13 February ONLINE
17-18 April	5-6 March
22-23 May	23-24 April
12-13 June ONLINE	11-12 June
3-4 July	
11-12 September	
2-3 October ONLINE	
23-24 October	
4-5 December	

#### TIMES

Course weekends run from 10.00am to 5.00pm. Residential weekends run from Friday (time TBC by course tutor) to 4.00pm on Sunday. A small number of the course sessions will take place online, timings will be confirmed by the course tutor nearer the time.

#### VENUES

The venue for the Stonehaven course weekends is The Haven in Stonehaven, 3 Market Square Buildings, Stonehaven, AB39 2BY.

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

## **COST**

- The cost of the Teacher Training Course is £3,355.00. There is a non-refundable deposit of £595.00 on acceptance of a place. The remainder of Year 1 fees of £1,380.00 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 £1,380.00 and are payable in the same way. The course fee includes the cost of the 13 course weekends, 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](http://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 Stonehaven and 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. Class Planning
13. Becoming a professional Yoga Teacher
14. Yoga teaching assessments

## COURSE PERSONNEL

### Tutors:

Hatha Tutors will be appointed subject to student numbers. Yvonne Austen is lead hatha tutor for the Stonehaven Teacher Training Course. A range of specialist visiting tutors will deliver sessions throughout the course. Information on course tutors will be made available on the Yoga Scotland website.

**Training Co-ordinator:** Elaine Samson [elaine@yogascotland.org.uk](mailto:elaine@yogascotland.org.uk)  
**Training Administrator:** Tamsin Geddes [tamsin@yogascotland.org.uk](mailto: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. Applicants reaching the next stage of the selection procedure for the Stonehaven course will be requested to attend a day of yoga, **dates for this are to be confirmed and the day will take place online**. The day will include an interview, group discussion and observed yoga practice.

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

**Closing date for applications:** 11 December 2020.

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