

On-Going Training (OGT) for Yoga Teachers 2019-20

Date	Venue	Tutor	Topic	Member/ Non-Member
Sat 7 Sept 2019	Adam Smith Theatre, Kirkcaldy	Sandra Cook and Rona Main	Teaching Yoga to Children	£45/£60
Sun 22 Sept 2019	Pearce Institute, Glasgow	Cameron MacInnes	Prana Kriya Yoga and Chakras	£45/£60
1-3 Nov 2019 Residential Weekend Fri 17 Jan Fri 21 Feb 2020	Low Port Outdoor Activity Centre, Linlithgow	Sandra Cook and Rona Main	Children's Yoga Teaching Training Module (50-60 hour course for yoga teachers)	£595/£635
Sat 2 Nov 2019	Pearce Institute, Glasgow, TBC	Sandra Kirkham	First Aid for Yoga Teachers	£55/£60
Sat 9 Nov 2019	Cults Kirk Centre, Aberdeen	Sandra Gray	Seated Yoga - Variety is the Spice of Life	£45/£60
Thurs 14 Nov 2019	The Old Pavilion, Linlithgow	Fiona Hague and Lindsey Porter	Marketing Your Yoga Mindfully (with follow-up webinar session)	£55/£70
Sat-Sun 25 & 26 Jan 2020	G25, Edinburgh	Sue McLennan	Bringing the Autogenic Sequence into our Yoga Practice (repeat of 2018 weekend)	£95/£125
Sat-Sun 15 & 16 Feb 2020	Victoria Halls, Dunblane	Yvonne Austen	Observe, Adjust, Assist (repeat & extension of 2018 day)	£95/£125
Sat 21 Mar & Sat 16 May 2020	The Old Pavilion, Linlithgow	Sannyasi Bijam and Lindsey Porter	Mind Your Yoga - exploring how yoga supports mental health and well-being (2 days)	£95/£125
Sat 9 May 2020	Carnegie Hall Studio, Dunfermline	Sandra Kirkham	First Aid for Yoga Teachers	£55/£60
Sat-Sun 9 & 10 May 2020	In the Moment, Glasgow	Sarah Ryan	Yoga, Sound & Mantra	£95/£125
Sat 23 May 2020	Maryhill Burgh Halls, Glasgow	Andy Curtis-Payne	Communication & Yoga	£45/£60
Sun 24 May 2020	Maryhill Burgh Halls, Glasgow	Andy Curtis-Payne	Yama & Niyama Relationship in Yoga	£45/£60
Sat 30 May 2020	Carnegie Hall Studio, Dunfermline	Mel Cook	Yoga and Multiple Sclerosis (MS)	£45/£60
Sat 6 June 2020	G25, Edinburgh	Yvonne Austen	Teaching One-to-One	£45/£60

To book online please visit the Yoga Scotland website or contact maria@yogascotland.org.uk with enquiries. Confirmed places are subject to availability. The full OGT programme with terms & conditions is available on the website: www.yogascotland.org.uk/on-going-training
All yoga teachers and student teachers welcome.