

Yoga SCOTLAND

**ONGOING  
TRAINING  
PROGRAMME  
2018  
-  
2019**



**Saturday 15 September 2018**

Pearce Institute, Glasgow

£40/£50

## **Applied biotensegrity in yoga – the new biomechanics for functional movement**

**Stephen Braybrook – The Movement Man**

Join Stephen Braybrook, aka The Movement Man, for this fascinating one-day workshop exploring Biotensegrity in Yoga. Learn about the history of tensegrity and biotensegrity in movement and how biotensegrity relates to the mind-brain-body.

Learn about gravity and how to apply the concept of non-gravity within the body to your advantage to enhance your yoga practice.

Get ready to turn the concept of gravity in the human body on its head!

**Sunday 16 September 2018**

Pearce Institute, Glasgow

£40/£50

## **How to reduce internal and external stress and why the habit of stress can be addictive**

**Stephen Braybrook – The Movement Man**

Join Stephen Braybrook, aka The Movement Man, for this fascinating one-day workshop exploring the mind-brain-body connection and how this effects our movement. Learn about the function of stress and how your nervous system interprets and processes this stress. The word stress from a neurological perspective is a much broader subject than it first appears. Did you know your brain perceives stress internally, from thoughts, feeling and memory as well as externally, through sight, sound, and your environment? Integration of the senses is key to a “safe” nervous system and a happy nervous system results in freer, more fluid movement. Guaranteed to make you rethink movement and movement potential!

***Stephen Braybrook;** aka The Movement Man, is the author of *The Evolution of Biomechanics* and the creator and founder of *Brain-Move*. He is considered and respected around the world as a leading expert in the field of human movement, applied neurology and how the mind, brain and body really interact. In addition to well over seventy vocational qualifications in health, fitness and movement, Stephen has a BSc in Sport and Exercise Science and an MSc in Biomechanics. A self-confessed movement geek he lives and breathes movement. *Brain-Move* is a unique, revolutionary, fast, and highly effective new technique that ‘opens the door’ to movement freedom and tracks the root of movement dysfunction. This intelligent movement method is based on understanding the importance of the mind-brain-body and the impact it has on our life. *Brain-Move* is a practical method providing a versatile tool-box of actions to understand why, what, and how the subconscious body is the master of movement. By learning to re-establish input, current movement can be debugged, tested, and then re-educated from the inside out.*

**Sat 29-Sun 30 September 2018**

G25, St Margaret's House, Edinburgh

£90/£110

## **The Art of Hatha Energetics**

**2 day workshop**

**Paul Harvey**

Visualise your Energy Understanding Nadi Prana Agni Cakra Bhuta. Through practice, presentation, study and discussion we will explore the role and purpose of Hatha yoga drawing on traditional and contemporary yoga teachings and practices.

- Unpacking primary Hatha concepts such as: Prana, Apana, Amrtam, Candra, Surya, Agni, Mula, Mala, Tridosa, Dvadasa Nadi, Kundalini, Avidya, Sat Cakra, Bhuta.
- Exploring how the primary concepts are linked
- Learning skills from Hatha yoga to refine our practice
- Linking the concepts of Hatha yoga to refine our teaching

This teaching will be linked to the energetic principles underpinning Hatha yoga and Ayurveda and how they can be applied in terms of recovery, support or developmental roles for the students' starting point, potential and goals.

This two-day programme will suit teachers and students interested in how hatha yoga can be applied within a group teaching curriculum whilst still integrating the deeper potentials of Raja yoga theory and practice into both short term and longer term needs and goals.

*Paul Harvey, a pupil of TKV Desikachar through personal lessons in Madras over 20 years, has taught in the US, Canada, Israel and Europe as well as around the UK over 40 years. His study in the Arts of Yoga Sadhana is complemented by trainings in Indian Carnatic Singing, Counselling, Psychotherapy, Medical Herbalism and Kinesiology.*

**Saturday 27 October 2018**

Carnegie Hall Studio, Dumfermline

£40/£50

## **Observation, Adjustment and Assistance – learning what to, how to and whether to**

**Yvonne Austen**

The day will aim to look at developing the skills required to get to know our students through observation with all senses. This gives us insight into our students' psychological, emotional and physical journey and allows us to make verbal and hands on adjustments in a minimal and non-intrusive manner. This enables the student to feel safe, seen and valued. Emptying

of self before teaching is the key to fine-tuning observation skills. Knowing whether, when and how to adjust a student both verbally and hands on will be covered on the day.

We will look at the difference between 'adjustment' and 'assisting' in postures, both of which have their place when used skillfully. We will learn techniques for safe, effective, non-intrusive and appropriate adjustment as well as assistance in posture and understanding the difference between the two.

*Yvonne Austen has been a student of yoga throughout her life and probably couldn't say what first drew her to the practice at 9 years old. It was with a deep interest in Pranayama from the first and an instinctual awareness that this held the key to managing life's vicissitudes. She has continued with a daily practice and it is this committed practice that has fed both her growing understanding and teaching.*

**Saturday 3 November 2018**

Maryhill Burgh Halls, Glasgow

£40/£50

**Sound and Visualisation in Pranayama**

**Jenny Livingstone**

This day aims to develop the connection between pranayama and meditation through the balancing of the energy body through:

- Gentle asana to warm and open the physical body
- Passive poses to relax and open the energy body
- Introduction to sacred sound (nada)
- Visualisation of susumna channel with breath
- Visualisation of the chakras with breath and silent bija mantra
- Kapalabhati
- Viloma
- Opening to radiant space in silent meditation
- Relaxation

*Jenny Livingstone first qualified as an Iyengar yoga teacher in 1980 and has taught and developed her practice of yoga continuously since then. Soon after qualifying she found herself in India on an intensive course led by BKS Iyengar. This was a life changing experience for Jenny and the beginning of her love of India and Nepal. She has returned to Asia many times to study and explore yoga.*

*While in Nepal Jenny encountered Tibetan Buddhist teachers and began to practice sitting meditation. The practice of meditation enhanced and changed her practice of yoga asana and pranayama. She could feel how each limb is inter-dependent on the other to give a full experience of yoga. She finds that asana and meditation meet in the practice of pranayama and this is what she hopes to communicate on her course. Jenny has spent the last 10 years studying pranayama with Firooza Ali, a senior student of Prashant Iyengar. She studies a non dual method of Tibetan meditation with Tsoknyi Rinpoche.*

**Sat 10-Sun 11 November 2018**

The Yoga Mill, Galashiels

£90/£110

## **Bringing the Autogenic Sequence into our Yoga Practice** 2 day workshop

**Sue McLennan**

This two-day workshop will give participants the opportunity to learn the full autogenic sequence for their own personal use, with an understanding of the theory behind this technique. Autogenics can be used in conjunction with a yoga practice or as a relaxation practice on its own. Both days will include movement/asana.

### **Day 1:**

Theory: Background to the technique  
Practice: Introducing the first three formula and offloading exercises  
Discussion: Impact of negative emotional states on our well being

### **Day 2:**

Theory: Offloading negative emotional states; neuroscience and stress  
Practice: Consolidating practice from day 1 and introducing final three formula  
Discussion: Positive affirmations and their use in autogenic training; differences/similarities between autogenics and yoga techniques

*Sue McLennan has been teaching yoga for over 35 years. Her first training was with Swami Visnudevanada at the Sivananda ashram in South India. She then studied over several years with Dr B P Pillai at the Institute of Yoga Therapy in Trivandrum. She runs the Scottish School of Yoga Therapy, is a tutor for Yoga Scotland and runs retreats in Spain. Sue also teaches regular classes and works as a yoga therapist in the Scottish Borders. She is also an Autogenic therapist, having trained with the British Autogenic Society in 2004, and teaches autogenics to both individuals and small groups.*

**Saturday 17 November 2018**

G25, St Margaret's House, Edinburgh

£40/£50

## **Bandha and Mudra**

**Jackie Le Brocq**

Allow bandha to support and hold you in your practice; and mudra to draw forth an attitude of delight and gratitude; then share your joy with your students in your teaching.

The morning will be mainly asana based, with particular focus on Agni Sara, a single master external cleansing practice, a refinement of the six traditional shat karma. Agni Sara, essence

of fire, is an important step towards Saucha (purity) which is easily accessible to most students and 'engenders such a high degree of physical and biochemical cleansing' that all the internal systems are cleansed and work harmoniously together. Most importantly, it paves the way for pranayama; prana flows unobstructed and allows us 'to clearly observe our deeper states of mind' in meditation, which in turn motivates us to destroy our negative tendencies, (fear, doubt, anger, hatred, jealousy, greed, confusion). It opens the door to internal cleansing. (See The Practice of the Yoga Sutra: Pandit Rajmani Tigunait.)

The afternoon will be mainly meditation based: held and supported in a practice that brings delight and gratitude and unlocks an abiding sense of joy.

*Jackie Le Brocq began her yoga journey in the late seventies in Glasgow; practised under the guidance of Swami Mukti Devananda Saraswati in Vancouver in the early eighties and trained to teach with The Scottish Yoga Teachers' Association in Edinburgh in the late eighties. She became a hatha tutor for Yoga Scotland on the first Glasgow Teacher Training course around 2000, moving to the Edinburgh course a year later, and has been a hatha tutor on this course ever since. Since 2005 her main influence has been the Himalayan tradition of Swami Rama, learning with Rolf Sovik, Pandit Rajmani Tigunait, Swami Veda and many others in USA, India, the Netherlands and UK.*

*She teaches yoga and meditation classes in Moffat and Dumfries and loves chanting.*

**Sunday 17 March 2019**

Pearce Institute, Glasgow

£40/£50

## **Sequencing of Vinyasa Flow to Upward Bow or Wheel Posture**

**Jacqueline Purnell**

This day aims to explain the physical origins of the postures leading towards Backbends, including the A&P required for teachers to enhance their students experience to open safely towards the keynote or a modification thereof. To experience a revision of postures required to sequence vinyasa flows towards the keynote. To practice their findings within the frameworks of vinyasa flows.

By the end of the morning students should:

- have explored the origins and benefits of backbends
- have moved their bodies through the vinyasa flows leading towards the keynote posture, with suitable modifications
- have practiced organising the posture.

By the end of the afternoon students should:

- have qualified useful pavanmuktasana
- have taken part in a group discussion sessions on sequencing including standing, kneeling, sitting and supine postures within sequences
- discussed the session regarding motivation within a group format.

(Participants to bring mat, belt, 4 x blocks and 2 x bricks.)

*Jacqueline Purnell is a Tutor BWY Foundation Course One and Two. A qualified BWY Pregnancy Yoga teacher, she also teaches pregnancy classes, post-natal recovery and baby Yoga. She is a certified Jivamukti Yoga Teacher and has completed Astanga Vinyasa teacher training in India with the late Derek Ireland, followed Shandor Remete and attended teacher training of the Shadow School for six years. Jacqueline appears in the DVD 'Beyond Dynamic Yoga'*

**Saturday 23 March 2019**

G25, St Margaret's House, Edinburgh

£40/£50

## **Meditation for Children**

**Andrea Duffin**

Yoga is becoming ever more popular as a useful tool and activity for children. There are many games and fun ways to get children moving through yoga, building physical fitness, strength and flexibility, building confidence and having fun doing it. In fact it seems a perfect fit for children's energy and natural ability to move their bodies.

Who hasn't seen a young toddler's downward dog and not marvelled at how at ease they are at exploring within their bodies? But meditation!? How does that work for children? Our image of an adult meditating is generally in a seated posture, becoming still and quietening the mind. Not what we would think of as an easy task for most children.

Meditation for children can look very different. It can be a moving, noisy, creative activity. It can involve walking, drawing, sound, touch, and yes, also stillness and relaxation and peace too. So how do we help the children in our lives to meditate? How can we help children have the tools to help them move into a place of peace?

This training day will look at some of the ways we can work with children in our families, in our schools and in our young yoga classes to help teach the essence of meditation. Be prepared for some fun.

*Andrea Duffin has been teaching for nine years and teaches adult and children's yoga classes and workshops in the Scottish Borders. She has worked with children in many settings over the years and has completed yoga training for children in yoga and specifically in meditation. Andrea has worked as an assessor for the highly respected Connected Kids programme, helping others to realise their passion in teaching meditation as a therapy to children worldwide.*

*Andrea believes that as we learn to harness the benefits of yoga and meditation as adults that these tools can be given to children of any age so that they learn to navigate the bigger emotions that we all have and move into adulthood with a stronger sense of self and peace.*

**Saturday 11 May 2019**

In The Moment, Glasgow

£40/£50

## **Working with Young Adults and Emotional Stress**

**Fiona Clarence**

The day will be based on practices used in Fiona's work with young adults. The morning will include an astanga yin yoga class following traditional teachings; exploration of different aspects of life from a young adult's perspective including nature and nurture and finishing with yoga nidra used with children.

The afternoon will look at the nervous system, how patterns of use are seen on the physical body and how the nervous system protects itself when it's under pressure. There will also be the opportunity to practice Likhita Japa, a wonderful form of meditation, working in Sanskrit from Patanjali's Yoga Sutras. (Participants to bring a fine nibbed black pen.)

*Fiona Clarence has been a student of Yoga for nearly 40 years. She has practiced and studied many styles of yoga including: Vanda Scaravelli Yoga with Sophy Hoare, Viniyoga/TSYP with Paul Harvey, Sarah Ryan and Anne Hunter, and the Bihar School of Yoga with Swami Pragumurti, Swami Nirmal and our good friend Carol Godridge. Her general teaching style is traditional Hatha Yoga, with strong reference to breath work.*

*Fiona has two Yoga Diplomas from the 1980s, the first from the Yoga International School of which she is an Associate, and the second from FRYOG. She was a Tutor for FRYOG for six years.*

*Fiona is a great believer in sharing best practice with others, to keep her own studies and classes fresh and stimulating. She also holds qualifications in Massage and has worked for 20 years in the private sector in an osteopathic clinic. Fiona teaches Yoga in the Galleon Centre in Kilmarnock and runs day classes for the elderly through an organisation called the OIR (Opportunities in Retirement).*

**Saturday 8 June 2019**

Greenpark Centre, Polmont

£40/£50

## **Yoga and Joint Hypermobility Syndrome (JHS)**

**Yvonne Austen and Jacqui Tweddle**

As yoga teachers, we are regularly faced with students in our classes who are somewhere on the spectrum of Joint Hypermobility Syndrome (JHS). These students are very often unaware they are hypermobile, and can be undiagnosed even in more serious cases. Indeed, the occurrence of hypermobility is more common than we may expect, and yoga can attract students on the spectrum. The day will introduce yoga teachers to the syndrome, and its related conditions and possible complications. There will be both theory and practice throughout the day.

You will learn how to observe and identify people with JHS and how to work in a safe and effective way to manage any symptoms a student may currently have, as well as how we go about alerting the student to understanding the condition and working safely themselves. We will cover asana, pranayama and meditation, as JHS can affect all the body systems.

Yvonne is a yoga teacher with a special interest in JHS, and Jacqueline is a yoga teacher who is herself at the more severe end of the spectrum of JHS – having a condition called Ehlers Danlos syndrome.

***Yvonne Austen** has been a student of yoga throughout her life and probably couldn't say what first drew her to the practice at 9 years old. It was with a deep interest in Pranayama from the first and an instinctual awareness that this held the key to managing life's vicissitudes. She has continued with a daily practice and it is this committed practice that has fed both her growing understanding and teaching.*

***Jacqui Tweddle** has practiced yoga all her life, working with teachers from different schools through the years. Nowadays, she works mostly with Scaravelli-inspired mentors, and practices this intuitive way at home, as it works well with her health conditions. Jacqui has an extreme form of hypermobility, called Ehlers Danlos Syndrome. This genetic disorder results in frequent joint dislocations, chronic pain, and a multitude of other issues and associated conditions.*

*Jacqui qualified as a yoga teacher in 2013 with Yoga Scotland, and enjoys teaching people with chronic health conditions, and especially people with hypermobility.*

# First Aid for Yoga Teachers 2018-2019

**Sandra Kirkham**

**Saturday 13 October 2018**

Edinburgh

10am-4.30pm

**Saturday 20 October 2018**

Perth

11am-5.30pm

**Saturday 6 April 2019**

Edinburgh

10am-4.30pm

This is a full day course adapted specifically to suit a yoga class environment. Sandra aims to encourage confidence and competence by providing the knowledge to enable teachers to give immediate but temporary care to someone suffering an unexpected illness or accident. At the end of the course, students will have an understanding of emergency medical situations that can occur in a yoga class; feel confident and competent to deliver the appropriate first aid/care in any situation that may arise; assess an unconscious person and deliver emergency first aid; understand the importance of accurate record keeping.

The day is interactive with a wide range of first aid and medical resources available. This course is certificated and a handbook is provided as part of the course. The certificate is valid for 3 years.

Participants to bring a yoga mat, lunch, pen/paper, any sitting aids required. Wear comfortable clothing.

**NB:** First Aid for Yoga Teachers accrues CPD points at 1 point per hour – 6 points.

*Sandra Kirkham has been teaching first aid for a numbers of years and has a wealth of knowledge and experience enabling her to teach the subject in great depth and to relate it to yoga teachers. Sandra is a yoga teacher and a registered general nurse, currently working in the acute department at Sherwood Forest Hospital Trust.*



# Yoga Scotland

## On-Going Training Booking Form 2018- 2019

To book please contact [maria@yogascotland.org.uk](mailto:maria@yogascotland.org.uk) or send the completed form to Yoga Scotland, 6 Southwick Road, Dalbeattie, Kirkcudbrightshire, DG5 4BS. Confirmed places are subject to availability. Most days are £40 for YS Members and £50 for Non-Members. Paul Harvey's 2 day workshop and Sue McLennan's 2 day workshop are £90 for YS Members or £110 for Non-Members. The OGT programme with T&C's are listed on our website [www.yogascotland.org.uk/on-going-training/](http://www.yogascotland.org.uk/on-going-training/)

Date	Venue	Tutor	Topic	Order of preference
Sat 15 Sept 2018	Pearce Institute, Glasgow	Stephen Braybrook aka The Movement Man	Applied biotensegrity in yoga – the new biomechanics for functional movement	
Sun 16 Sept 2018	Pearce Institute, Glasgow	Stephen Braybrook aka The Movement Man	How to reduce internal and external stress and why the habit of stress can be addictive	
Sat 29/Sun 30 Sept 2018	G25, Edinburgh	Paul Harvey	The Art of Hatha Energetics – 2 day workshop	
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Sat 3 Nov 2018	Maryhill Burgh Halls, Glasgow	Jenny Livingstone	Sound and Visualisation in Pranayama	
Sat 10/Sun 11 Nov 2018	The Yoga Mill, Galashiels	Sue McLennan	Bringing the Autogenic Sequence into our Yoga Practice – 2 day workshop	
Sat 17 Nov 2018	G25, Edinburgh	Jackie Le Brocq	Bandha and Mudra	
Sun 17 March 2019	Pearce Institute Glasgow	Jacqueline Purnell	Sequencing of Vinyasa Flow to Upward Bow or Wheel Posture	
Sat 23 March 2019	G25, Edinburgh	Andrea Duffin	Meditation for Children	
Sat 11 May 2019	In The Moment, Glasgow	Fiona Clarence	Working with Young Adults and Emotional Stress	
Sat 8 June 2019	Greenpark Centre, Polmont	Yvonne Austen and Jacqui Tweddle	Yoga and Joint Hypermobility Syndrome (JHS)	

### First Aid Courses £45 1-5pm

Sat 13 October 2018	G25 Edinburgh	Sandra Kirkham	First Aid for Yoga teachers 10-4.30	
Sat 20 October 2018	Perth Yoga Studio	Sandra Kirkham	First Aid for Yoga teachers 11-5.30	
Sat 6 April 2019	The Yoga Mill Galashiels	Sandra Kirkham	First Aid for Yoga teachers 10-4.30	

Name & Membership number:

Confirmation to be sent by invoice to email: