



Yoga Scotland

## TEACHER TRAINING COURSE

## PROSPECTUS



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Scottish Charity Number SCO47418  
*Governing Body for Yoga in Scotland*

## PROSPECTUS INFORMATION

### Teacher Training Course

#### LENGTH OF COURSE

The next Yoga Scotland Teacher Training course will be based in Edinburgh and will run from September 2018 to June 2020.

The Teacher Training Course runs over 2 years and comprises 2 residential and 13 non-residential weekends.

#### COURSE DATES

2018	2019	2020
8-9 September	19-20 January	18-19 January
20-21 October	2-3 March	29 February & 1 March
30 November – 2 December (residential)	13-14 April	25-26 April
	25-26 May	27-28 June
	29-30 June	
	7-8 September	
	12-13 October	
	29 November – 1 December (residential)	

#### TIMES

Course weekends run from 10.00am to 5.00pm. Residential weekends run from dinner at 7.00pm on Friday to 4.00pm on Sunday.

#### VENUES

The venue for the Edinburgh course weekends 2018-20 is G25, St Margaret's House, 151 London Road, Edinburgh, EH7 6AE.

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

#### COST

- The cost of the Teacher Training Course is £3,275.00. There is a non-refundable deposit of £595.00 on acceptance of a place. The remainder of Year 1 fees of £1,340.00 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 £1,340.00 and are payable in the same way. The course fee includes the cost of the 13 course weekends, the 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 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. First Aid
13. Class Planning
14. Becoming a professional Yoga Teacher
15. Yoga teaching assessments

## COURSE PERSONNEL

### Tutors:

Hatha Tutors will be appointed subject to student numbers. Judy Cameron is lead hatha tutor for the Edinburgh 2018-20 Teacher Training Course. Information on course tutors will be made available on the Yoga Scotland website.

**Training Co-ordinator:** Elaine Samson [admin@yogascotland.org.uk](mailto:admin@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 (25 May). Applicants reaching the next stage of the selection procedure for the Edinburgh course will be requested to attend a day of yoga on either **Saturday 30 June** or **Sunday 1 July** at **G25, St Margaret's House, 151 London Road, Edinburgh, EH7 6AE**. The day will include an interview and observed yoga practice.