

# Ashtanga Teacher Training



## Prospectus 2011

Yoga Alliance UK Accredited 200 Hour Teaching Diploma

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

# Index

- 1. What You Gain ..... 2
- 2. How Our Courses are Run ..... 3
- 3. Course Syllabus ..... 6
- 4. Where and When can I Train? ..... 7-8
- 5. Teaching Faculty ..... 9
- 6. How to Apply ..... 12
- 7. What Happens Next ..... 14
- 8. Need More Information?..... 14

*"A truly inspirational ashtanga course for those who aspire to be no less than excellent teachers. Brian's enthusiasm and discipline is exemplary, bringing to life all aspects of transforming a personal yoga practice into a confident, genuine and unique teaching style."*

Janette, Birmingham



# Transform Yourself

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

## What You Gain

### What you gain as a graduate of our Diploma Course:

- A professional yoga teaching qualification from one of the UK's top training organisations.
- Accreditation from Yoga Alliance UK and the International Yoga Federation.
- Support and Career Development after you qualify with Continuing Professional Development and 500 Hour Diploma Courses.
- Membership of Yoga Alliance UK, with all the benefits of belonging to a professional Accrediting Body.
- Eligibility to use the initials RYT (registered yoga teacher) with your name.

*"This course is a wonderful opportunity for anyone who is seriously interested in working with practitioners whose combined background knowledge is proof of their integrity and commitment to yoga and good teaching practices. The course contents provides a clear and common sense approach, introducing and demystifying many aspects of yoga, whilst opening up refreshing avenues of thought that provide inspiring new directions".*

Katie Lester, Sheffield

## How Our Courses are Run

Courses are run as non-residential and fully residential intensives.

The **non-residential** course is structured as:

- A one-week intensive PLUS six weekends
- Written assignments and tutorial work based on each weekend's content
- Observation and where possible assisting in regular classes
- The entire course will take approximately twelve months to complete, and you will be assigned a mentor to assist you throughout the course.

The **residential** course is structured as:

- A three week fully residential training course which covers the same topics as the non-residential course. Participants will also have to observe and assist where possible in regular classes after the training.

### Which Course is suitable for me?

- **12 month non-residential course – induction week and weekend modules**  
In this format, students have time to practice and improve upon what they have learned during the weekends. This is especially useful for those who are not familiar with the ashtanga series, or who feel they need to build up their practice. Students have time to digest and assimilate what they have learned, and to discuss with their fellow students.
- **3-week residential intensive**  
This format is immersion-style training. There are minimal distractions, and all the students' needs are taken care of so they can concentrate fully on the training. The environment is carefully chosen to provide an uplifting and appropriate atmosphere, and our chef is instructed in preparing food following yogic guidelines. These factors greatly enhance the students' health, vitality and energy, and have a transformative effect on learning. The course is suitable for students who have a strong practice and who are prepared to work hard to achieve major advances in both their practice and teaching skills.



# Total Dedication

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

## Course Syllabus

- The History of Yoga and its influence on current day yoga: This will provide you with an understanding of the roots of what you will be teaching, and the philosophical traditions which have shaped modern yoga.
- Anatomy and Physiology of Hatha Yoga: This gives you a fundamental understanding of what correct alignment actually means, and how to teach it and to analyze a student's posture. Physiology covers the effects of yoga practices, their benefits and their contraindications. All anatomy and physiology is taught with direct relevance to Hatha Yoga and is not merely textbook learning.
- Techniques in Astanga Vinyasa: The use of body mechanics combined with the correct use of energetic locks reveals the tremendous potential of this style of yoga.
- Learning to adjust with awareness and sensitivity: Combining the latest flexibility research with adjusting is a powerful tool for increasing both flexibility and strength.
- Developing Verbal and Communication Skills: The use of the voice to motivate and uplift and of demonstration to teach and inspire.
- Vinyasa Krama: Intelligent sequencing is the key to a well-balanced successful yoga session, and gives you the confidence to be original and interesting in your yoga teaching.
- Modifications and Variations to suit individual needs: How to tailor a yoga class.
- Esoteric teachings of Hatha and Tantra: A practical introduction to energetic concepts use in advanced practices.
- Yoga Nidra: Learn one of the most popular stress relief programmes in the world.
- Chanting and Sanskrit pronunciation: The correct pronunciation of Sanskrit words commonly used in class.
- Teaching in class: Starting in small groups, you will gain the confidence to teach in front of others.
- Yoga Teaching as a Career: The business side of setting up classes in the public domain.

This course gives you the knowledge and confidence to teach Hatha Yoga in the Astanga style with the Iyengar approach to alignment. All aspects of teaching, with the emphasis on acquiring practical teaching skills, are covered. The theoretical section of the course will include Anatomy and Physiology as relevant to an understanding of Hatha Yoga, Yogic Subtle Physiology and Philosophy. The topics have been chosen to meet the increasing demands and interests of the ever growing number of yoga practitioners.

# Unlock Your Potential

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

## Where and When can I Train?

Union Yoga Teacher Training is available at the following locations:

### **Edinburgh Ashtanga Teacher Training**

Union Yoga  
25 Rodney Street  
Edinburgh  
EH7 4EL  
Contact: 0131 558 3334 or email: [admin@unionyoga.co.uk](mailto:admin@unionyoga.co.uk)

#### **Starts 07 March 2011**

Induction Week: Monday 7th March to Sunday 13th March 2011  
Includes weekend workshop taught by Kino MacGregor Saturday and Sunday 12/13 March

#### **Weekend Dates:**

30 April-1st May  
11-12 June  
6-7 August  
10-11 September - Taught by Doug Swenson  
1-2 October  
5-6 November

#### **All UK based Training courses are priced:**

Cost: £1990.00GBP\* (includes all tuition fees) if paid in a single payment, or £500.00 non-refundable / non-transferable deposit with a balance of £1490.00GBP due 8 weeks prior to the commencement of the course.

.....

### **Greece Ashtanga Teacher Training Residential Intensive**

Yoga Rocks - Retreats at Triopetra, Crete (Greece)  
Contact: 0033565217620 (Nawajyoti) or email: [admin@unionyoga.co.uk](mailto:admin@unionyoga.co.uk)

#### **3 Week Intensive:**

**10 September - 1 October 2011**

**Cost: £2700.00\*** (fully residential includes all tuition fees, full board) if paid in a single payment, or £500.00 non-refundable / non-transferable deposit with a balance of £2200.00GBP due 8 weeks prior to the commencement of the course.

Single Room Supplement: 500 Euros for 3 weeks

Partners are welcome to stay as guests at a cost of 350 Euros per week

\* travel to Crete and venue not included

Join Us now

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

## Teaching Faculty

### Brian Cooper PhD

Brian is the founder and director of the training course. He has been practicing yoga since 1972 and teaching full time since 1992. He ran the very successful Edinburgh Yoga Centre before setting up the Union Yoga Centre, and subsequently Union Yoga Teacher Training. Brian is an Honorary Life Member of the World Yoga Council, Honorary Secretary for Scotland for the International Yoga Federation, is on the Advisory Board of the World Yoga Council, and is executive consultant for Yoga Alliance UK. His best selling book 'The Art of Adjusting' forms part of the course manual.

### Nawajyoti

Nawajyoti co-teaches with Brian on many of the training courses. She has trained regularly in India, particularly with the Bihar School, and with the late Sri Sri Sri Satchidananda of Chennai. Her special interests are applied yogic science and vedic chanting. She is an Honorary Member of the World Yoga Council. She also runs her own retreat centre in south of France offering yoga holidays, and long stay yogic living.

### Jane Piddington

Jane has been practicing yoga for over 20 years, initially 10 years with Sivananda Yoga and Ashtanga Yoga since 1999. She has been teaching yoga full-time for 10 years and is based in Glastonbury, Somerset. She gained her Yoga Alliance UK 200 hour certificate through Union Yoga with Brian Cooper in 2006.

### Nichi Green

Founder and Director of The Yoga Space in Leeds, Nichi has been teaching Yoga for the last 8 years since gaining her teaching qualification with Brian at Union Yoga. She has a particular interest in Yoga for babies, children and Yoga in education

*"This is teacher training in its purest form, definitely not a course for those people who need their ego stroked. As well as sharpening and enriching teaching skills, this course brings insight into personal practise and a deeper understanding of the philosophy of yoga. The course is intense both physically and mentally, and has transformed my personal practice and my teaching skills."*

Elizabeth Miller, London



# The Journey Begins

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)



# Are You Ready?

## Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

## How to Apply

### Entry requirements 200 hour Teaching Diploma:

We welcome students from any yoga background who have enjoyed a strong regular practice for at least two years. You should be committed to the aims and principles of teaching yoga to a high professional standard. The courses are demanding but highly rewarding.

To ensure consistency in standards, we require all applicants to fulfil one of the following:

- A Written Recommendation from an Existing Yoga Alliance UK Registered Teacher or
- A Written Recommendation from a Non-Yoga Alliance UK Teacher + Supporting Pictures\*

(\* Please provide photographs of you demonstrating the following 3 Asanas):

- Trikonasana
- Marichyasana 'A'
- Baddhakonasana

Complete the biographical questionnaire in the application form below. Use separate sheets if necessary. Make the relevant payment using the options provided.

Send the completed form, with payment\* and all additional information to:

Union Yoga Teacher Training  
25 Rodney Street  
Edinburgh  
EH7 4EL

You may also be asked for an interview, or ask for an interview, in case of any doubt of your suitability for the course. If it is not feasible in person, the interview will be by phone.

**\* Please secure your place by including the deposit with your application. In the event your application is unsuccessful you will receive a full refund**

### Payment\*

#### Cost for Non-Residential £1990\*

Non-refundable deposit of £500. Balance to be paid 2 months before course start date.

#### Cost for Residential £2700\*

Non-refundable deposit of £500. Balance to be paid 2 months before course start date.

**Paying online:** <http://shop.unionyoga.co.uk/teachertraining/200-hour-training.html>

**Paying by Cheque:** made payable to Union Yoga Teacher Training

### Paying by BACs:

- Name: Union Yoga Teacher Training
- Bank: HSBC, 76 Hanover Street, Edinburgh EH7 4EL
- Sort code: 40 20 44
- Account Number: 81813145

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)



Free Your Mind

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)

## What Happens Next

After your application has been reviewed, you will receive confirmation of your status on the course. If you have been accepted, you will be able to log in to the members area of Union Yoga Teacher Training, where you can view and download further information on the course, including a reading list and pre-course suggested reading. You will also be able to use your member area to access the teaching manual, and discuss or chat with other course members.

Please note only under extenuating circumstances are you allowed to miss a weekend on your 200 hour non-residential course. To qualify you will need to attend the missed weekend on another 200 hour non-residential course and pay pro rata for the weekend.

## Need More Information?

Use the contact form on our website to ask for more information or to arrange for an advisor to phone you.

Address: Union Yoga Teacher Training  
25 Rodney Street  
Edinburgh  
EH7 4EL

Email: [admin@unionyoga.co.uk](mailto:admin@unionyoga.co.uk)

Telephone: 0131 558 3334

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)



# Reach Beyond

Ashtanga Teacher Training

[www.unionyoga.co.uk](http://www.unionyoga.co.uk)