

Mindful Yoga Teacher Training

inspire • empower • transform



MINDFUL YOGA TEACHER TRAINING

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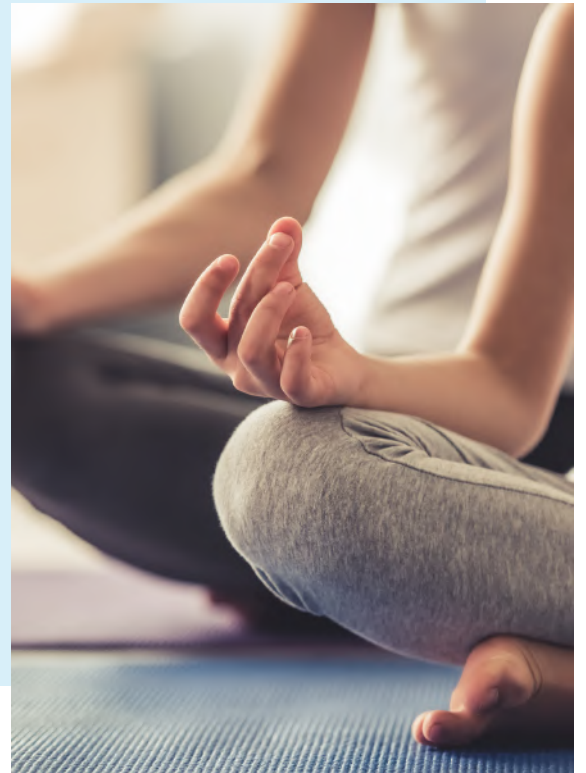
Overview

Training to be a yoga teacher will transform and enrich your life. It is a journey of self-discovery, at times intense but always rewarding. This unique and accredited entry-level teaching qualification will guide you through the life-changing journey of becoming a yoga teacher.

The course will nurture your personal growth as well as your professional development, giving you the skills to teach yoga safely, mindfully and with joy.

Highlights include:

- **Open Day** - learn more about the course, meet the tutors and ask questions (on 14th August 2021)
- 33 days in total, 12 weekends and 9 Saturdays, outstanding live online training with highly experienced tutors, 180 contact hours
- Combines yoga's ancient wisdom with the latest research in anatomy and neuroscience
- Training **videos** to facilitate home practice
- **Study pods** with fellow students
- 20 hours of **practical anatomy**, specifically tailored to yoga
- Professional support in **designing and teaching your first six-week course**
- Guided exploration into the depth and relevance of **yoga philosophy**
- Heart-driven business module to help you get started
- Internationally recognised best practice accreditation with **Yoga Alliance Professionals UK**
- **Mentoring and graduate support**



Course Outline

The 200 hour training requires you to attend 180 hours of live online training, delivered via Zoom. This is spread over 33 days in total, 12 weekends and 9 Saturdays.

Course duration

- 200 hours in total
- 180 contact hours, live online
- Additional self-practice, self-study and teaching practice also required



develop and sustain a competent, joyful yoga practice

Course Aims

- To provide a foundation of mindful yoga on which yoga teachers can develop and deepen their own yoga practice to sustain and nourish themselves.
- To provide aspiring yoga teachers with the knowledge, skills and attitude to teach yoga safely, confidently and professionally.
- To develop joyful and competent mindful yoga teachers.



Course syllabus



module one

Yoga Asana, pranayama, meditation and yoga nidra

40 Classical asanas, alignment and variations, establishing your self-practice (tailored yoga for you), pranayama, meditation and mindfulness practices, mantra and mudras, yoga nidra.



module two

Teaching Skills

Being the teacher, ethics of teaching, clear cueing, lesson planning and sequencing, students' needs, observing and adjusting, teaching practice, mindful reflection and self care, creative course planning.



module three

Integrated anatomy and physiology

Structural alignment, bones and joints, the respiratory system, the nervous system and stress response, yoga and the human mind-body.



Course syllabus

Training, techniques and practice:



module four

Philosophy and background

The history of yoga, Patanjali's eight limbs, yamas and niyamas, prana and the subtle energy body, the chakras, the ethics of yoga, the history and philosophy of mindfulness, self-reflective journaling and accountability.



module five

Being a Yoga professional - ethical business

Pricing your classes, booking a venue or teaching online, karma yoga and core values, getting your message clear, picking your platform and sharing your message to attract students, insurance and accreditation, record keeping and tax, continued professional education.



Assessment

Assessment is continuous and formative through self assessment, peer assessment and tutor's input on assignments and teaching practice, as follows:



Keep a journal self reflective practice journal



4 anatomy assignments (multiple choice)



Complete and present a project to the group



Teach classes to small groups of friends/family



Video a class for self assessment



Teach peers in small groups online (study pods)



Submit a lesson plan



Final practical assessment



Entry Requirements

To be eligible for a place on this course you should have a minimum of 2 years of regular yoga practice with an experienced teacher, either online or in person.

All applicants should be able to provide a reference from their teacher. All trainees must be willing to commit the time and energy to establish a regular self-practice and complete course assignments.

Once we receive your application form and booking deposit, we will arrange a discovery call to discuss your application and answer any questions you may have.

Attendance

Students are required to attend all scheduled days on the course.

However we know that life can throw a few curveballs, so if you have to unavoidably miss a training day or weekend, a recording of the missed class may be made available. In some cases, it may be necessary to make up the content directly with the tutor(s) concerned (via Zoom). Please note that an additional fee is payable in these cases.

As well as providing each student with the necessary skills for teaching yoga, the course gives an excellent opportunity for personal development and growth. Trainees are expected to participate fully in all practices and assignments to the best of their ability.

A Yoga Alliance Professionals Accredited Certificate in teaching mindful yoga will be awarded on successful completion of the course.



COURSE DATES

SATURDAYS & SUNDAYS 10AM - 4:30PM

SEPTEMBER 11TH, 12TH, 25TH

OCTOBER 9TH, 10TH, 23RD

NOVEMBER 13TH, 14TH, 27TH

DECEMBER 5TH, 18TH AND 19TH

JANUARY 15TH, 16TH, 29TH

FEBRUARY 12TH, 13TH,

MARCH 12TH, 13TH, 26TH

APRIL 9TH, 10TH, 23RD

MAY 14TH, 15TH, 28TH

JUNE 11TH, 12TH, 25TH

JULY 9TH, 10TH, 23RD

SEPTEMBER 10TH AND 11TH.



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Fees & Payment



✓ Early Bird - €2,500

If paid in full 1 month before the course starts

✓ Full Price - €2,645

€500 non-refundable deposit & 11 monthly instalments of €195 each

Course fees are non-refundable once the course starts and include all tuition, mentoring and access to online course materials.

Additional costs: These will include your student teacher insurance fee with Yoga Alliance Professionals (approximately €30) plus any required textbooks.

Students can also avail of a 20% discount on online classes with Paula or Clare.



How to Apply

1

Register for our FREE open day on the 14th August by emailing us to reserve your place.

2

Fill out the application form on our website www.omyoga.ie

3

Pay your deposit to reserve your place on the course and book your discovery call.



Your tutors

Paula Flood

Paula has been practising yoga since the mid-nineties and teaching classes for over 20 years. She has completed various training, including Hatha and prenatal yoga, yoga therapy, yoga anatomy, anti-gravity yoga, and mindfulness. Her deep knowledge of yoga and varied teaching experience is delivered in a way that is both engaging and practical.



'I have been involved in yoga training for over 15 years and am grateful to share my love of yoga with students. Training to be a yoga teacher will transform and enrich your life. It is a journey of self-discovery, at times intense but always rewarding,' writes Paula.

Clare Bassett

Clare Bassett B.A. MSc. is an experienced yoga and meditation teacher with a background in education and teacher training. She has been practising and teaching yoga and meditation for almost twenty years and training yoga teachers for over a decade. Her teaching style is clear, easy and fun, emphasising empowering people to understand the practices, their own personal alignment, and trust their own inner teacher.



'I'm passionate about sharing the life-changing tools of yoga and meditation and strongly believe that each one of us has the power to be happy. The journey to becoming a yoga teacher helps us to deepen our practice, transform our own lives and gives us the tool to share these superpowers with other people.' writes Clare

Guest Tutors

Included in the course are guest tutors, specialising in mindfulness, the rich tradition of yoga's history and business training. They are experts in their field with many years of experience.



contact info

If you want to know more about mindful yoga teacher training or would just like to stay in touch please do not hesitate to contact us.

To register for the open day, you can book through our websites or send us a quick email to info@mindfullyyogateachertraining.com

+353 83 350 9011 (Clare)

+353 87 207 1530 (Paula)

info@mindfullyyogateachertraining.com
admin@mindfullyyogateachertraining.com



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Both Paula & Clare are registered Senior
Yoga Teachers with Yoga Alliance
Professionals UK.



LOOKING FORWARD TO STAYING IN TOUCH!