

500 hour Vinyasa Teacher Training with SYT Erin Prichard

11 weekends in London, October 2019 - July 2020

Syllabus

This 12 month course will give students a chance to immerse themselves in yoga and all of its philosophies. The objective is to deepen students' knowledge and understanding about the many layers to yoga and to advance their teaching skills with a strong emphasis on making yoga inclusive. Students will continue to build their theoretical knowledge and practical skills to advance their teaching. The Senior Yoga Teacher, Erin Prichard, will be running the majority of the course with special guest teachers and specialists teaching different modules throughout the year. The guests teachers will include Becky Farbstein, Nat Black, Katie Gaddini, Lolo Lam, and others to be confirmed.

The course will include:

- Teaching methodology i.e. advanced assists, how to sequence for different levels and abilities, length of classes, asana lab, act of observation whilst teaching, case studies, theming, teaching practise.
- Developing practice i.e. asanas from Ashtanga primary series, pranayama, bandhas, drishti, meditation, mantras, yoga nidra, chanting.
- Advanced anatomy and physiology i.e. the science behind yoga and meditation, energetic anatomy (nadis, prana, chakra, etc).
- Philosophy and history of yoga i.e. history of yoga from an archaeological standpoint, the history of women in yoga from a feminist perspective.
- Yoga off the mat i.e. breaking down Bhagavad Gita and other philosophical texts, gender studies and teaching yoga to people who have experienced sexual assault or gender violence, Karma yoga, a climate change specialist will guide us how to live more in harmony with nature.
- Yoga inclusivity i.e. what is normalised and working with special needs, yoga for addiction, yoga for all bodies.
- Sanskrit i.e. deepening understanding of Sanskrit in a fun and practical way.
- Business of yoga i.e. how to plan retreats, workshops, and charitable events, branding in a way that is true to yourself, digital marketing.
- Holistic practices i.e. how Ayurveda can be used as an additional healing tool.
- Outside of the lecture days we will have a one day silent meditation retreat.

Course Objectives

- To advance your teaching skills and knowledge, depth, and understanding of yoga
- To be able to sequence different levels of classes to different abilities
- To develop your own practise
- To have a better understanding and confidence to teach yoga to all types of people with all different needs
- To deepen your historical and philosophical knowledge about yoga
- To have a better grasp of Sanskrit
- To advance your anatomy skills

Structural Breakdown

Total of 300 hours. 280 contact hours with SYT and guest teachers. 230 hours total with SYT. 15 hours self study, observations, research project.

Module	Contact hrs with SYT	Other teachers	Total
Teaching methodology	60		60
Developing practise	50	22	72
Advanced anatomy and physiology	12	12	22
Philosophy and history of yoga	44	20	64
Yoga off the mat	10	6	16
Yoga inclusivity	20	20	40
Sanskrit	2	8	8
Business of yoga	15		15
Holistic practises	2	4	6
Mindfulness in daily life (one day meditation retreat, one day bouldering)	15		15
Svadayaya (one research project, two observation of other teachers, self study and reflection)			15

See course outline on Page 1 for details of each Module.

Requirements & Schedule

Materials

The course will provide a full manual which will match the modules set out in the syllabus. Students will be required to read several texts as prerequisites.

Prerequisites

Practitioners are required to have completed a 200 hour Teacher Training program before being accepted on the training course. Teachers must have been teaching for a minimum of 6 months before applying to this course.

Evaluation Procedure & Grading Criteria

Students must: complete one research project based on the philosophy of yoga; organise or participate in one charitable event; sequence different classes based on different case studies; have a continual practise and observe at minimum at least two different teachers' classes. Erin will observe one class at the end of the course.

Course Schedule

The course will begin in October 2019 and run until July 2020. It will be held on one weekend a month each month, running from 8am to 6pm each day with a break for lunch.

<u>2019</u>	<u>2020</u>
12/13 October	11/12 Jan
2/3 November	8/9 Feb
14/15 December	7/8 March
	11/12 April
	2/3 May
	6/7 June
	4/5 July

Plus two additional weekend dates for the one day meditation retreat and bouldering.

Course Location

effraspace

21 Effra Parade, London SW2 1PX

Telephone: 020 3633 4733

Costs & Accreditation

Course Costs

£3,300 for early bird (before 1st June 2019)

£3,600

I will be offering one scholarship – please ask for details.

Attendance

Trainees should attend a minimum of 90% of the course. Should trainees miss more than this minimum, e.g. in the case of illness, they will need to agree with the teacher on which modules to re-take. The cost for private tuition will be £60 per hour and must be arranged with the head teacher.

Accreditation

This course has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that it is of the highest standard and that our graduates may use the title 'Registered 500 hour Yoga Teacher RYT' as a sign of quality training when they register themselves with Yoga Alliance Professionals.