

Harmony Yoga 200 Hour Teacher Training Course (Yoga Alliance Approved)

Application Form and Course Notes

Dear Student

These notes are intended to help you in deciding whether this Teaching Training course is for you.

Aim of the Course

The course is aimed at Yoga students (minimum 2 years practice) who wish to explore Yoga in greater detail than is possible through normal class practice and to learn the basics of safe and effective teaching. The knowledge and skills gained by those who successfully complete the course, will give them the ability and desire to develop further both as practitioners and teachers.

The course is non-residential and is run over 15 weekends, starting September 25th 2010, at the Liverpool Yoga Centre in Central Liverpool. The teaching days run from 10am until 5pm, Saturday and Sunday. There is **no** course in August 2011. The course will run on the last weekend of every month (with the exception of December 2010 and 2011 and April 2011- these are held on the second weekend of the month)

The Teacher Trainers

All the teachers are fully trained, qualified and insured.

Mike Cragg E-RYT, BWY Dip

Frank Perry E-RYT, Ashtanga Vinyasa Teacher's Certificate, YfH Remedial Yoga Certificate

Angela Walker E-RYT, BWY Dip

In addition the teachers hold certifications in Pilates, Exercise and Nutrition, Acupuncture, Massage and other complementary fields.

Format of Course

The course will be run over 30 days, but additionally includes 2 practical teaching assessments and 4 written assignments. To achieve the RYT (200) Teaching Certificate, students will need to complete all course elements to a satisfactory standard, pass both teaching assessments, sit a final written paper (focusing on safety in teaching) and achieve a good level of skills in Yoga techniques and practices. On the last weekend of the course, there are practical assessments on asana technique, pranayama and teaching a small class of students.

80% attendance is required for the Teaching Certificate.

Course Content

- Asanas (the physical exercises)
- Pranayama (the breathing exercises)
- Concentration and Meditation Techniques
- Kriyas (cleansing techniques)
- Anatomy and Physiology
- Ayurveda (the “medical” aspects of Yoga)
- Philosophy of Yoga
- Yoga in Our Lives – the Ethics of Yoga
- Mantra
- Chanting
- Relaxation Techniques
- Therapeutic Yoga
- First Aid
- The Theory and Practice of Teaching
- Lesson and Course Planning
- Adjusting Students
- The Business & Legal Aspects of Yoga

Students should of course keep up a personal practice and attend classes with their own teacher whilst on this course

NB – Full course details can be obtained by contacting 01744 609 058 and a course programme will be sent. A course schedule is [available here](#).

Cost of Course

The costs are –

Fees	Course Fees = £2200.00 If the full balance is paid on booking the cost is £1950.00
When Payable	1. On booking - £550.00 deposit 2. At first class (September) - £550.00 3. At sixth class (February) - £550.00 4. At twelfth class (September) - £550.00

In addition students are advised to obtain insurance before public class teaching – **discount insurance can be arranged through Harmony Yoga. Also students are strongly encouraged to become members of the Yoga Alliance.**

All payments are non refundable, unless a replacement student can be found.

Harmony Yoga Application Form

NB – All applicants who are not students of the tutors, are required to attend a class and/or have a short discussion, prior to applying – please ensure you have already done (To arrange an interview telephone 01744 609 058 or email mike.cragg@yoga-liverpool.co.uk)

Name

Address

Contact No.

Email

Name of Main Teacher

No. of Years Practice

Limiting Conditions?

Enclosures

I enclose deposit of £550.00 (made payable to **Harmony Holistics**) **OR**

I enclose full (discounted) payment of £1950.00 **OR**

I have made payment by PayPal

I have read and understood the guidance notes. I accept all the conditions relating to payment and the refund policy. I have no impediment (medical or otherwise) to undertaking this course.

Signed

Print Name

Please return completed form, with all payments and enclosures to –

Mike Cragg
162 Elephant Lane
Thatto Heath
St Helens
WA9 5EL

After booking is received you will receive your confirmation details.

Many thanks

Harmony Holistics