



200 hours Yoga Alliance Professional Teacher Training Course with Global Certification



WHY TRAIN WITH US?

Train with a senior teacher who will take you on a journey to dig deeper to discover essence of your inherent self while you are exploring the ancient treasures of the yoga philosophy and techniques. By end of the course, you will step into a different realm which will resonate with your inner beauty which will help you become authentic teacher.

YOUR TEACHERS

Known for her authentic voice, soothing demure and speaking from the heart Ramila weaves yogic principles, philosophies and life understanding into creating a nurturing and safe environment for learning and exploring. Having strong lineage and being educated in Gurukul system in India the yogic way of life comes to her naturally. With 500 hours teacher training under her belt, with years of personal practice and lifelong commitment to teaching to help transform lives, along with many years of conducting transformative retreats and workshops you will be making a wise choice to train with her.

Her soulful, creative teaching methods will create a nurturing space for exploration of the internal landscape and inner growth whilst challenging the dogma we have lived with and help you set off to the journey of becoming full rounded teachers with ability to connect to your audience with ease. You will also have opportunity to learn from other teachers during the course.

FOCUS

200 Hours Yoga Teacher Training course is designed to immerse students in the intensive and spiritual teachings and practices of traditional yoga principles – focusing on breathing, awareness, meditation, practical teaching and philosophy to help you live a less stressful, more content and harmonious daily life. You will gain a professional yoga teacher's qualification recognized by Yoga Alliance. 200 Hours Yoga Teacher Training course, and the qualification you will gain, will give you the skills and experience to start teaching yoga professionally.

This course presents a 200 Hour global Certificate in yoga principals with an emphasis on Hatha Yoga, Vinyasa Flow, restorative yoga and meditation as well as other skills. Trainees are expected to maintain a daily practice during their training.

TEACHING METHODOLOGY

During the course of your teacher training a variety of teaching methodologies will be included to enhance your experience of learning, ranging from learner-centred methods, content-focused methods and interactive/participative methods. This will include direct instructions, demonstration, group work, inquiry-based learning, expeditionary learning and personalised learning.

THE SYLLABUS

The course will include the following aspect of study:

<p>Yoga history, principles and different techniques</p> <ul style="list-style-type: none"> • Yoga, Patanjali & Psychology of 8 Limbs of Yoga • Connecting to core strength & pranayama techniques. • Yogic Kriyas for wellbeing, purification & balance • Difference between Mindfulness & Meditation for expanding the awareness • Introduction to Specialist Classes – Backpain, Tight shoulders, flexibility, Pregnancy yoga and building strength • Inversion – the art of trust • Surrounding to the practice, rooting, grounding, connection to earth & Techniques for stress releasing • Introduction to Ayurveda – the sister to the yoga 	<p>Yoga as a Business and how to establish</p> <ul style="list-style-type: none"> • Business approach • Finding your USP • Business plan - Beginning of your journey into establishing yourself as a yoga guru • Familiarising with regulations & compliances • Marketing, using media – Website, Instagram, Facebook, Tik Tok etc to put yourself out there • How to connect with your followers & keep them • Managing finances • Blueprint Event – 3 hr seminar to boost business model & increase your visibility in the yoga community
<p>Philosophy Finding your own purpose and your true identity through rich Vedic texts you will study during your 200 hours training. We will study and discuss highlights of following sacred scripture which will enrich your lives with divine wisdom to transform your life:</p> <ul style="list-style-type: none"> • Sanskrit and Mantra • Hindu Gods & Goddesses Yoga teachers should know • Yoga Sutra • The Bhagavad Gita • Tattvabodha 	<p>Being a teacher</p> <ul style="list-style-type: none"> • Your Ethics – Yama, Niyama & Values • Finding authentic inner voice & style • Communicating & connecting with pure intentions • Creating a safe & nurturing environment for yoga practice • Exploring different teaching Practice & styles for variety of attendees or choosing to be specialist • Nurturing your students through empathy and compassion

Practice of Asana, Pranayama, Mudra and Kriyas etc - Approximately 30% of the total hours will be spent in the actual physical practice of asana which includes some pranayama, Mudra. The asana practice will be Hatha Yoga and Vinyasa Yoga with focus on primary asanas. Back bending and Inversions will be taught as separately as a specialist session.

Teaching Practice, Methods and business of yoga - This course puts a lot of emphasis on actually learning to teach, and so 40% of the total hours are spent learning to teach, to use the voice, to structure and modify classes. A structured program to offer a Beginner's course will be followed.

Focus - The focus will be holistic and authentic approach to learning and teaching. Approximately 30% of the total hours will be spent on the philosophy including Yoga Sutra, Bhagvat Gita and Tattvabodha.

Overall AIM of the course - The aim of the course is to equip students with skills and confident to offer variety of sessions to different people and help them to feel confident and at ease becoming regular practitioner.

What will the graduate be able to do at end of course? - In addition to teaching Beginner's courses, the graduate will have the tools to design their own program and to know how and when to modify asanas to suit individual needs

Assessment - The course is assessed continuously using self-feedback and trainer feedback. Students will be constantly mentored throughout the course and given encouragement to improve any areas of weakness and complete the course with confidence. There will be final assessment at the end of the course.

Minimum Attendance – 100% attendance is required to pass the course. Options will be given to catch up with missed sessions.

Recommended Books:

Yoga: The Art of Adjusting *by Brian Cooper*

The Bhagavad Gita *by Eknath Easwaran*

The Yoga Sutra of Patanjali *by Sri Swami Satchidananda*

Tattvabodha *by Swami Tejomanyananda*

USEFUL INFORMATION

NEXT TRAINING DATES

3rd April to 5th December 2021 –200 hours Teachers' Training – Cost £2950

3rd July – 50 hours YIN Teacher Training – Cost £650

1st August to 21st August 2021 – Intensive 200 hours Teachers' Training - Cost £2950

6th November to 27th November 2021 – Intensive 200 hours Teachers' Training - Cost £2950

1st Instalment due: 4 weeks before the training start

Please make payment to:

Bank Name: Metro

Account Name: Om Shanti Yoga Ltd

Sort Code: 23-05-80

Account Number: 26873509

VENUE

E15, E18 and Online Zoom

COST

The basic course fee is £2,950 to be paid at registration, Monthly Instalments Facility Available.

Cost Includes:

All Training including Full Electronic Course Manual

Free Yoga Alliance Membership for the duration of the course to access resources

Final Class Assessment & Yoga Alliance Certification on completion of full course fees

Introduction to Raj Yoga Meditation Group and option to take your practice further by becoming regular

NOT INCLUDED

Additional Books and Material

Food, Travel, Accommodation Expenses in London

NUMBER OF HOURS

180 course contact hours (+ 20 hours teacher shadowing)

REFUND POLICY

1. If an applicant is accepted on the teacher training course, the 600 GBP deposit sent on application automatically becomes non-refundable.
2. If an applicant is not accepted the deposit will be immediately refunded.
3. The balance of the course fee can be paid in instalments or before the course starts.
4. All payments can be completed via Paypal on-line or bank transfer.
5. All payments must be net of any charges or fees.
6. In the unlikely event that the training is cancelled we will refund 100% of your payment or offer an alternative placement.
7. If a student withdraws from the course more than 2 weeks before the course commences, payment is non-refundable but (after immersion fees deducted from the whole amount) money left on the student account can be transferred to another course or retreat. If a student withdraws from the course in the last two weeks before the course begins, the payment will no longer be transferable.
8. Refund for the remaining balance is as follow: *Full refund (excluding deposit) if you cancel 3 months before the start date. *If cancel within 90 days of the course, no refund, but the credit can be transferred to another course or retreat we organise. *Credit is valid within a 6-month limit time.

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For bookings and information, please send an email to: *Ramila Patel

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"This Training Provider has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that our courses are of the highest standards and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training when they register themselves with Yoga Alliance."

www.ramilapatelyoga.com

Email: info@ramilapatelyoga.com or ramila_patel@hotmail.com