

**2017 Banyan Tree School of Yoga**

**200 Hour Teacher Training Course**

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Entering its 5th year, our Yoga Teacher training programme commences **Saturday 18th February 2017 at Yoga Hub** Liverpool. The course is a general yoga course covering all areas of Yoga and includes a Hot Yoga module as an added extra.

**When**

The 200 Hour Yoga Teacher training (Yoga Alliance accredited) course commences on Saturday 18th February 2017 and ends September 17th, 2017. Running from 9:30am until 6pm on Saturday and Sundays on most alternate weekends for seven months. The dates are as follows:

February 18, 19

March 4, 5, 18, 19

April 1, 2, 22, 23

May 6, 7, 20, 21

June 3, 4, 17, 18

July 1, 2, 15, 16

August NO CLASSES

Sept 2, 3, 16, 17

**Where**

The venue is Yoga Hub Liverpool, 21 Old Hall Street, Liverpool L3 9BS. Our venue offers teacher trainers the opportunity to practice teaching in a purpose built yoga studio.

**Candidate Prerequisites**

* A minimum of 1-2 years regular practice (essential)
* A genuine interest in developing a greater appreciation of the many aspects of yoga beyond the practice of postures and hot yoga.

**Course Investment**

Course Fees = £2050.00

* If the full balance is paid before 20th February the cost is £1850.00

**See Yogahubliverpool.co.uk for more information or call Stu 07904639599.**

**Who are the teachers?**

Our teaching team consists of six highly experienced teacher trainers, each bringing their own unique strengths to the teaching team, to ensure your journey is as rewarding as possible.

Frank Perry has been teaching various styles of yoga from Ashtanga to remedial forms of yoga since qualifying with Yoga Alliance in 2003.

Stuart Alexander founder of Yoganation and Yoga Hub Liverpool, discovered yoga in 1992. He later qualified with Yoga Alliance in 2010 and opened Yoganation followed by Yoga Hub where he teaches Hot Yoga.

Niamh qualified in 2004 with Sivinanda and is also a certified Hridaya Yoga and Meditation teacher, registered with Yoga Alliance and the International Yoga Federation.

Paul Wooding has been practicing yoga for over 20 years and teaching for the past 15 years. He is a teacher trainer for the British Wheel of Yoga and teaches workshops throughout the UK.

Mike Cragg and Angela Walker of Harmony Holistics have been practicing Yoga for over 25 years and holds the British Wheel of Yoga Teachers' Diploma. Mike and Angela have taught several Foundation Courses for the BWY and are now Yoga teacher trainers and assessors for the Yoga Alliance.

**Structure**

The Yoga Aliiance accredited (200 hour) teacher training diploma takes place over 13 weekends. The training is broken down into contact hours, practice hours and home study hours. Spreading the course over 7 months will give you plenty of time to study, complete assignments and gain all the required skills and knowledge to become a confident teacher without having to commit to taking a month or more away from family, work and other commitments. 

**Aim**

The course aim is to train and empower dedicated yoga practitioners with the necessary tools to teach with confidence, enthusiasm and safety whether it be hot yoga, children, adults or a different sector altogether. We believe in providing a nurturing and encouraging environment for students to develop their depth of knowledge and skill as confident yoga teachers. Our trainers come from a variety of yoga and holistic training backgrounds and provide a non dogmatic approach to teaching, encouraging you to become the type of teacher you want to be.

**What is special about a Hot Yoga Teacher Training Programme………..?**

Think of it as if you are enrolling in a general yoga teacher training with an **extra** module and qualification. The Hot Yoga module will give you the confidence to start teaching in a hot studio as soon as you complete the course should you wish to. The Hot Yoga module will offer information on safety, sequencing and other aspects associated with teaching in a hot environment. With the rapid growth in hot studios the additional qualification and knowledge will place yourself in a good position to secure yourself that teaching position, whether you wish to teach hot yoga or not.

**Content**

The course is broken down into 13 weekend modules. The 13 main modules include:-

* Applied Anatomy & Physiology
* Hot Yoga sequencing and application
* Asana Practice (how to teach the poses and an understanding of the benefits of each posture).
* Pranayama and other breath work study (including the physiological benefits)
* Making safe adjustments and understanding alignment
* Finding your place as a teacher
* Yoga History & Philosophy
* The 8 Limbs of Yoga
* The Subtle Body (including the chakric system)
* Meditation Techniques & Visualisation
* Voice Coaching & Presentation skills
* Class Ethics, Legislation and The Business Aspects of Yoga

Although a large majority of the course is practical there will also be a short written assignment, multiple choice tests and home study. When marking written assignments, the emphasis is on content and not your ability as a writer.

**Certification & Eligibility**

At the end of the course, successful graduates will receive:-

* Yoga Alliance RYS 200 hour Accreditation
* Banyan Tree School of Yoga Teaching Diploma Certificate in Yoga and Hot Yoga

When Payable

**1. On booking** - £1000.00 deposit

**2. At first class (January)** - £525.00

**3. March 1st** - £525.00

Course fees are non-refundable and include all course manuals and necessary materials (excluding reference books). Essential reading list will be provided on successful acceptance of your application.

**First Aid**

CPR / First Aid course (This will be run via outside trainers and you will receive your certification direct from them). Payment for your CPR certification is additional, approximate cost is to be confirmed.

We accept a maximum of 20 students to ensure our yoga teacher training courses remain intimate and standards high. A minimum attendance of 80% is required. A letter of recommendation may be required from your teacher.

**Please complete the application form below to apply.**

**Banyan Tree School of 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 (To arrange an interview telephone Stuart 0790 463 9599 or email*** ***stumailalex@gmail.com******.***

Name:

Address:

Contact No.

Email:

Name of Main Teacher:

No. of Years Practice:

Referred By:

Limiting Conditions? None

**Enclosures**

* I enclose deposit of £1000.00 (made payable to ***Banyan Tree Training***) **OR**
* I enclose full (discounted) payment of £1850.00 **OR**
* I have made payment by BACS to

Account Number: 63866068 Sort Code: 20-51-01

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 prevent me undertaking this course.

Signed:

Print Name:

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

stumailalex@gmail.com OR post to:

***Stuart Alexander***

***Yoga Hub Liverpool***

***21 Old Hall Street,First Floor***

***Liverpool, L3 9BS***

After booking is received you will receive your confirmation details.

Many thanks

**Banyan Tree School of Yoga**