

Content	Description
Practise of Yoga	Approx 60 hours will be spent practising Asana and Pranayama – 6 hours per weekend session. The asana practise will follow the Ashtanga yoga primary series (Yang) alternating with some Yin Yoga and Hatha asana practise
Teaching Practise and Methods	This course puts a lot of emphasis on actually learning to teach. Consequently, 40% of the total hours are spent learning to teach including: <ul style="list-style-type: none"> • Creating a vocabulary for teaching • How to use and project your voice • How and when to offer adjustments • How to structure and modify classes. A structured program to offer a beginner’s course will be followed.
Course Focus	The course will focus on safe teaching techniques and will offer insights into bodywork, including Thai and Ayurvedic massage in association with Asana and relaxation.
Overall Aim	The aim of the course is to enable students to confidently structure and present a variety of yoga classes, including Ashtanga beginner’s classes.
Outcome for Students	In addition to teaching classes, the graduate will have the tools to design their own program and to know how and when to modify
Course Assessment	The course is assessed continuously using self-feedback and trainer feedback. Students will be constantly mentored throughout the course and given advice. Students who do not meet the course requirements will be given the opportunity to improve any areas of weakness and be encouraged to pass at a later date