

The Yogacampus® Yoga Teacher Training Diploma

Who we are

Yogacampus is the new name and identity of The Life Centre Education Limited. The Life Centre Education Limited was established in 2003 by The Life Centre, one of the UK's top yoga centres, as a non-profit making educational body with the specific aim of providing high quality yoga training and education to the yoga community, both inside the UK and out.

The Yogacampus Yoga Teacher Training Diploma has become established as one of the UK's top teacher training courses, known for its non-dogmatic and authentic approach, drawing on a range of teachers and yoga traditions, rather than focusing on any particular school or style of yoga or relying too heavily on a small number of teachers.

And as a non-profit making body, we aim to keep our fees as low as reasonably possible consistent with our aim of bringing together the best specialist teachers we can in their respective fields.

What we believe

For us, what's important is that every path of the centuries old tradition that is yoga is acknowledged and recognised. The core beliefs which underlie this course are:

- that yoga, while undoubtedly producing physical benefits, is way more than just an exercise system
- that yoga can change your life and transform your outlook – we know, we've been there
- that there are many authentic paths of yoga, all of which deserve respect
- that there is a yoga path for everyone: female or male, young or old, stiff or bendy
- that the only thing yoga requires YOU to believe in is yourself
- that yoga teachers should be well trained, but should each retain their own unique style, approach and creativity.

We also believe that a great yoga teacher is a wonderfully unique combination of scientist, artist and spiritual guide. With this aim in mind, we will help you to deepen your knowledge of the science of yoga - anatomy, physiology, practice techniques, philosophy – as we teach you how to use your creativity in class planning and sequencing. You will learn how to teach from the heart, following in the traditions of ancient yoga philosophies with awareness, compassion, sensitivity and clarity, conveying your own experience of the transforming power of yoga to your students with ease and confidence, so that they can, in turn, awaken to their true nature.

Why our course is special

We know that there are many good yoga teacher training courses. So why train with Yogacampus? Because:

- we have been around since 2003 and have trained well over 200 yoga teachers
- we offer you a range of expert teachers, with eclectic backgrounds, but all with a passion for the yoga tradition
- we give you the chance to select intensive study options with some of the world's leading yoga teachers
- we give you the opportunity to learn specialist skills in teaching yoga for pregnancy, children and families
- we give you an experienced teacher to mentor you throughout the course
- we encourage you to explore the yoga tradition in all its aspects and....
- we require you to think for yourself!

Perhaps our best testimonial is the fact that many of our graduates have forged very successful teaching careers, including, in some cases, establishing their own yoga centres.

About you

Like yoga teachers, our students come from all walks of life and all cultures and we actively encourage this diversity. We neither favour nor discriminate against students from any particular yoga tradition, nor from any educational, racial or religious background.

You will need to have had a regular yoga practice for at least 3 years and to be able to provide us with two references, one from one of your principal yoga teachers and the other from someone who knows you as a yoga student, for example a friend with whom you practise.

Otherwise, all that we ask of you is

- a willingness to learn
- an ability to speak and write good English, and, above all,
- an openhearted love of yoga.

We take 30 students per intake, and have two intakes per year.

About our teachers

Yogacampus teacher training is the responsibility of a ***teacher training board*** of highly respected teachers, which meets regularly to review all aspects of the course and has the primary responsibility for assessing students' progress. The teacher training board is currently comprised of:

Catriona Brokenshire

Catriona has been practising regularly since 1980 and teaching full time for the last 15 years. Her original teacher training was with Godfrey Devereux at The Life Centre and Catriona then went on to complete a BWY Diploma course. Her main practise was initially Astanga Vinyasa and she practised regularly with John Scott for 2 years. In 1996 she met Shandor Remete who became a major influence. For the last 6 years her study with Swami Veda Bharati (disciple of Swami Rama) and Dr Rolf Sovik (spiritual director) of The Himalayan Institute has inspired her to develop a deeper meditation practise. Most recently she has attended Dr Sovik's advanced trainings for the last 3 years. She is registered with Yoga Alliance at the 500 hour level.

Liz Lark

Liz has taught since 1995 and is a BWY Diploma holder (1994) and registered with Yoga Alliance at the 500 hour level. Her teaching and practice is rooted in Astanga Vinyasa (Derek Ireland being her main teacher through the 1990s), however increasingly she is drawing inspiration from the subtle teachings of the Bihar School of Yoga (visualisation, yoga nidra) and other arts to inspire and liberate the spirit. Liz holds both a BA and MA in 3D and performing arts, focusing on life drawing and clay sculpture, ideas which she weaves into her teaching to draw on the body as a moving metaphor and an alchemical vessel for constant renewal. She specialises in a creative choreographic vinyasa yoga, maintaining safe alignment and adapting postures to individual needs and ability. She has taught actors Ralph Fiennes and Alan Rickman, and works with musicians the Monteverdi choir, led by Sir John Eliot Gardiner, and pianist Ludovico Einaudi. Liz is also the author of seven yoga books and a practice dvd 'Yogalibre'. (Freestyle yoga)

Sarah Litton

Sarah has been practising yoga for 30 years and teaching for 15 years, and during this time has explored many styles of yoga. She was a physical education teacher from 1983 to 1997. In 2002 she developed rheumatoid arthritis, and due to the understanding gained in rehabilitating herself, she has focused for the last six years on individual sessions in yoga therapy/remedial yoga, while also in her teaching introducing intelligent alignment in postures to preserve the integrity of the joints and prevent compression. The breath is an integral part of her sessions, both in understanding the mechanics and in balancing the mind/body relationship. She has been travelling to India regularly since the late 1970s, and has a particular interest in eastern philosophy, with more recent guidance from Swami Veda Bharati of The Himalayan Institute. She has a BWY Diploma, and is registered with Yoga Alliance at the 500 hour level.

Associate Board Members:

Sasha Markovic

Sasha has been teaching yoga for 15 years. Originally a lecturer in art history, she trained as an Iyengar teacher in 1995, since when she has studied extensively with Shandor Remete who is now her main influence, and with whom she has undertaken advanced teacher training. She has a keen interest in yoga philosophy, particularly tantra, and is studying for a PhD on the Sri Yantra. She is also experienced in teaching remedial yoga to those with serious injuries and disabilities. She is registered with Yoga Alliance at the 500 hour level.

Katrina Repka

Katrina has been teaching yoga for 15 years. Her early training was in Astanga Vinyasa but her primary influence and teacher became Yogiraj Alan Finger who teaches a unique blend of Hatha, Tantra, and Ayurveda (named ISHTA yoga). Alan has recently conferred on her the title of Yogiraj. This means that she has attained the highest standard of yoga knowledge and teaching in the ISHTA yoga lineage. From 2001 to 2005 Katrina taught at Yoga Works in

New York where she was a senior teacher and a faculty member of their highly respected teacher training programme. She has led numerous yoga workshops and retreats in the USA, Canada and internationally, and has assisted Alan Finger at many major yoga conferences, including Yoga Journal, Omega, and Kripalu. In 2006 Katrina moved to London. She is the author of two books: *Breathing Space: Twelve Lessons for the Modern Woman* and *Chakra Yoga: Balancing Energy for Physical, Spiritual, and Mental Well-being*.

While the board members teach a large proportion of the course, we believe that it is important for any teacher training course to draw on the services of teachers who are both expert in, and passionate about, their subjects. With that in mind, the Yogacampus course draws on a number of other top level teachers, all with a particular expertise in the areas which they teach. They include:

- *Anna Blackmore*
- *Graham Burns*
- *Andrea Durant*
- *Dr Ruth Gilmore*
- *Isabelle Glover*
- *Louise Grime*

Visiting teachers

Since the course started, we have been privileged to have had the support of a number of the world's very top teachers, who offer a range five or six day intensive workshops forming an integral part of the course. They include:

- *Richard Freeman*
- *Doug Keller*
- *Judith Hanson Lasater*
- *Tias Little*
- *Aadil Palkhivala*
- *Shiva Rea*
- *Mukunda Stiles*
- *Rod Stryker*

We believe that the chance to study with such a wide range of leading international teachers is a key feature of the Yogacampus course – just one reason why we think our course is special!

Accreditation

The Yogacampus course is accredited by British Wheel of Yoga at diploma level and is registered with the United States Yoga Alliance (200 hour level). Both of those organisations require students to meet certain minimum requirements in:

- the study of asana, pranayama and meditation
- anatomy and physiology
- yoga philosophy
- teaching skills and practice
- ethics.

The Yogacampus training meets, and in many areas exceeds, these requirements.

British Wheel of Yoga is the governing body of yoga in England and Wales. As a student on the course, you would be required to join BWY and (so long as you live in the UK or Ireland) would receive the benefit of liability insurance as well as the support of the yoga governing body. As a graduate of a BWY accredited diploma course, your qualification has the same worldwide recognition as a qualification from BWY itself, qualifying you to teach in yoga centres, health clubs, local authority establishments and other public places.

Course content

The 11 core weekend modules of the course cover the following general areas:

- the safe and sympathetic way to practise, teach and modify a wide range of asanas (*teachers: Catriona, Sasha, Sarah, Anna, Louise – 8 days*)
- body awareness, common postural problems and how to make sensitive adjustments (*teachers: Katrina and Liz – 1 day*)
- practical anatomy and physiology, together with common ailments you may encounter in yoga classes (*teacher: Ruth – 3.5 days*)
- the practice and teaching of pranayama and meditation (*teachers: Catriona and Graham – 1.5 days*)
- the history of yoga (*teacher: Graham – half day*)
- yoga philosophy, both generally and with specific reference to certain key texts (*teachers: Graham, Sarah, John, Isabelle – 1.5 days*)
- basic Sanskrit terms and pronunciation (*teacher: Graham – half day*)
- subtle and energetic anatomy – chakras, bandhas and mudras (*teacher: Katrina – 1 day*)
- teaching skills, including class planning and sequencing techniques, use of language, the business of being a yoga teacher and the ethics of yoga teaching (*teachers: Sarah, Liz, Andrea, Katrina, Graham – 3.5 days*)

Throughout the course, you will also learn how to develop and deepen your own practice.

Course structure

The course lasts approximately **18 months**, and contains approximately **244 contact hours** (not including your required regular class attendance). During that 18 month period, you will attend **eleven non-residential weekend modules**, normally from 9.30am to 5.30pm Saturday and Sunday. The venue for the training is the **Special Yoga Centre in London NW10** (zone 2 Queen's Park and Kensal Green tubes).

You must also choose two five or six day **intensive modules**. These are offered by our visiting teacher faculty on a variety of topics, though you may also elect to take pregnancy yoga, children's yoga or family/early years yoga as one of your intensives.

From the beginning of the course, you will be required to sit in on other teachers' classes as an observer, and, as the course progresses, you will move to assisting in classes and, ultimately, to teaching.

Although discounts are available at The Life Centre for current trainees, you are not required to attend classes at The Life Centre, nor are you required to observe or assist particular

teachers: indeed, while we do require you to have a regular teacher, we encourage you to use your class attendance and observation to study as widely as possible.

The **248** course contact hours comprise the following:

- weekend modules **154** hours
- 2 intensives **60** hours (minimum)
- first aid training **6** hours
- study group meetings and other mentor contact **10** hours (minimum)
- class observation and assisting **18** hours

plus attendance at regular classes.

Mentoring

For the duration of the course, you will be assigned to a small study group mentored by an experienced yoga teacher. The group will meet at least three times during the course for discussion and teaching practice, and you will have ongoing contact with your mentor throughout the course to discuss your individual progress and any concerns which you may have, and to assess your teaching as you approach the end of the course. We believe that this is a unique feature of our course – just one more reason why the Yogacampus course is special.

Assessment and graduation

Graduation is not automatic: your progress will be assessed throughout the course, and in order to graduate, you will need to have:

- attended each of the 11 weekend modules, and satisfactorily completed any preparatory work and homework
- attended two intensives
- attended 3 group sessions with your mentor
- written 2 papers, each of 3,000 to 4,000 words, on topics to be agreed with your mentor
- observed at least 6 classes and assisted in at least 5 classes
- taught at least 12 classes (with a minimum of 15 hours of teaching time)
- had your teaching observed by your mentor
- submitted a detailed class plan for your final teaching assessment
- taught part of a public class during the final course module.
- completed a final open-book assessment
- maintained a regular yoga practice, both by developing your own self practice and attending taught classes
- submitted three student report forms to your mentor
- completed (at your own expense) an approved first aid course.

Following successful completion of the course, you will be issued with a certificate by Yogacampus and a BWY Teaching Diploma. The Yogacampus Teacher Training Diploma is also registered with Yoga Alliance in the United States and our graduates are automatically eligible to register with the Yoga Alliance at the 200 hour level (on payment of a nominal fee) if they choose and, on registration, to use the description *Registered Yoga Teacher*.

We expect all our students to be familiar with the *yamas* and *niyamas* and other basic ethical codes of conduct expected from yoga teachers, and we reserve the right to refuse to certify any student whose commitment or conduct falls short of the standards which we believe should be adhered to by any serious student or teacher of yoga.

Course fees and payment

Basic fee: The basic course fee is **£2,175**, £915 of which is payable on acceptance onto the course and the balance by 18 monthly instalments of £70 each, payable by direct debit.

Intensive fees: In addition, you will be required to pay for your two intensives. Intensive prices vary, but are typically a minimum of **£425 each** although specialist intensives like teaching pregnancy yoga or teaching children are longer and therefore more expensive. The total course fees are therefore around **£3,025**

Additional costs: These will include membership of British Wheel of Yoga (currently £60 a year which includes your insurance), a one off British Wheel of Yoga Diploma fee (currently also £60), First Aid training (around £70), books required for the course, and your own regular attendance at yoga classes. Towards the end of the course, you will need to pay your mentor £60 to observe you teach. We do not include this within the course fees as it sometimes happens that someone other than your mentor does this class assessment. Teacher training students may attend any drop-in yoga class at The Life Centre at the discounted rate of £6 during their training, but there is no requirement to attend classes at The Life Centre. You are free to work with whichever teachers and in whichever style of yoga suits you.

Course fees are **non-refundable** and include all tuition and mentoring, a detailed course manual and extensive course materials.

Applying

Applications must be submitted on the Yogacampus application form, downloadable from www.yogacampus.com. You may be asked to attend a short interview with members of the teacher training board. Please also see www.yogacampus.com for details of the next intake dates.

Questions?

We are happy to answer any questions by phone on 020 7042 9900 or by email on teachertraining@yogacampus.com.

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