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## Welcome!

Welcome to the Yogacampus Yoga Teacher Training Diploma 2011-2012 prospectus, where we are delighted to share the ins and outs of the exciting idea of training as a yoga teacher with one of the UK's leading yoga educators. After over eight years of successfully training yoga teachers in London, we are delighted to be able to offer the same fantastic course in West Yorkshire, in the lovely surroundings of Hebden Bridge, between Leeds and Manchester.

We have done our very best to be as helpful as possible throughout this prospectus. However, if you feel we have missed something or would like to know more, we are always happy to answer questions by e-mail (teachertraining@yogacampus.com) or phone (020 7042 9900).



## Being a Yoga Teacher

From its earliest roots in ancient India, yoga has continually grown and developed. At Yogacampus, we firmly embrace all stages of that ongoing development. We respect all traditional schools of yoga philosophy, while at the same time keeping abreast of the many ways that the practice of yoga has adapted to the 21st century.

We believe that a great yoga teacher is a wonderfully unique combination of scientist, artist and spiritual guide. Our Teacher Training Diploma course seeks to develop these abilities in each and every one of our students.

We have 18 months together on the course, during which we help you to deepen your knowledge of the science of yoga - anatomy, physiology, teaching techniques, philosophy - while we show you how to use your artistic creativity in class planning and sequencing. Learning to teach asana, pranayama and meditation in your own individual way, from the heart, with awareness, compassion, sensitivity and clarity, is a vital part of your training. Ultimately, the course allows you confidently to convey your own experience of yoga's transforming power to your students with ease and joy.

*"I began the course not sure if I would teach but by the end I had left my office job and was teaching almost full time. I have met so many wonderful people and the course has completely changed so much - me, my approach to things, my practice and my life".*

Lizzie Gilchrist

## About Us

Yogacampus is a not for profit educational body, established in 2003 with the specific aim of providing high quality yoga training and education. We are an independent organisation, and also closely connected to The Life Centre, one of the UK's top yoga centres.

As well as yoga teacher training, we also offer yoga therapy training, specialist training in yoga for pregnancy, children and families, and a range of workshops and other events for yoga teachers, trainee teachers and other dedicated students. Many of these are taught by some of the very top yoga teachers in the world.

In London, we have our own dedicated Training Centre in Islington, London N1, which we share with The Life Centre. In Yorkshire, we are very pleased to have the use of Calderdale Yoga Centre in Hebden Bridge as the venue for our training. Our administrative staff (including our Teacher Training and Events Manager and her assistant) is based in our office in Notting Hill, west London.

Our core principles 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 yoga teachers should be well trained, but should each retain their own unique style, approach and creativity
- that the only thing yoga requires YOU to believe in is yourself.



## 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 300 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 an experienced contact teacher to guide you throughout the course
- we encourage you to explore the yoga tradition in all its aspects and....
- we require you to think for yourself and find your unique voice as a teacher!

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.



## Course Structure and Content

Our Teacher Training Diploma course lasts approximately 18 months, and contains approximately 245 contact hours (not including your required regular class attendance).

### 1. When and where

During the 18 months of the course, you must attend 12 non-residential weekend modules. These take place at the Calderdale Yoga Centre in Hebden Bridge and generally run from 9.30am to 5.30pm on Saturday and Sunday (though 3 of the modules also include some of the preceding Friday). While we do not provide accommodation during the modules, we can assist with recommendations (though please note that we have not necessarily tried them all!) and have discussed with the local hostel in Hebden Bridge group bookings. Hebden Bridge is less than an hour by car or train from Manchester, Leeds or Bradford.

During the 18 months, you must also attend one 5 day intensive of your choice (which will probably be in London) with a member of our Visiting Teacher Faculty. You are also expected to have a regular yoga practice throughout the course, both through attending classes and through your own self-practice.

From the beginning of the course, you are required to sit in on other teachers' classes as an observer. You are also encouraged to assist teachers in classes. Later in the course, you are required to set up and teach a certain number of group classes and individual teaching sessions. You are not required to observe or assist any particular teachers or at any particular place: 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.

### 2. Self-study and assessment

You are required to do preparatory reading and other work for each weekend module. During the course you will need to submit a 4,000 to 5,000 word written paper on a yoga topic of your choice. You must also satisfactorily complete a number of written assignments on anatomy and physiology, yoga history and philosophy and class planning and sequencing, and you must pass an end of course written paper covering all the course teachings. You are also required to teach part of a public class as part of your final assessment.

At the start of the course, you receive a detailed course manual. This contains extracts from relevant books and articles, as well as written materials prepared specifically for the course. You also receive an asana workbook, giving you a ready made format for making your own notes during and after asana modules.

All of the written course materials are also available online on our Learning Management System, where you also submit written work and book intensives and other Yogacampus events.

### 3. Course content

The 12 core weekend modules of the course cover the following areas in manageable portions designed to develop your knowledge and teaching skills progressively and systematically as you move through the course:

#### Yoga Asana:

You explore the safe and sympathetic way to practise, teach and modify a wide range of postures. As you begin the course, the focus is on reviewing principles of intelligent and safe asana practice which you are encouraged to take onto your own yoga mat; as you progress through the course, the focus shifts to learning how you can effectively and compassionately share those principles with students of all levels, including how to modify postures for those with less experience or with physical challenges. Rather than dogmatic rote learning, we encourage you to explore principles of alignment and movement, and to consider for yourself how to bring those principles into your teaching. Asana modules include not just theory, but plenty of opportunity to practise, and to try out your teaching skills on your fellow students.

*The asana modules in total cover 9 days of the course.*

#### Practical Anatomy and Physiology:

As a yoga teacher, it is essential that you have a working practical understanding of anatomy and physiology. Running alongside the early asana modules, you learn key anatomical principles which will inform your asana practice and teaching. In addition, you learn about the various systems of the body, as well as how as a teacher to address common conditions you may encounter among your students.

*The anatomy and physiology modules in total cover 5 days.*

#### Teaching Skills and Techniques:

One of the things which makes a really good yoga teacher stand out is their ability to apply and communicate their yoga knowledge, both in a class situation and in private tuition. Learn how to plan classes and courses, how to sequence asanas in ways which are both safe and effective, and how to make safe and intelligent hands-on adjustments. Explore how to accommodate pregnant students in general classes, and learn both accurate Sanskrit pronunciation and tips on using what you say (and how you say it) as a key teaching tool. Throughout the course, you are given opportunities to bring these skills and techniques into play in practical teaching sessions.

*The teaching skills and techniques modules in total cover 5 and a half days.*

### Subtle and Energetic Anatomy:

Understanding the body from a 'western' anatomical perspective is essential for a yoga teacher. However, it is only part of the picture. Yoga teachings through the centuries have employed subtle anatomical concepts such as chakras, bandhas and mudras to explain and influence the energetic impact of yoga practices. Learn more about some of these and how to incorporate them into your practice and teaching.

*The subtle and energetic anatomy modules cover 1 day.*

### Pranayama and Meditation:

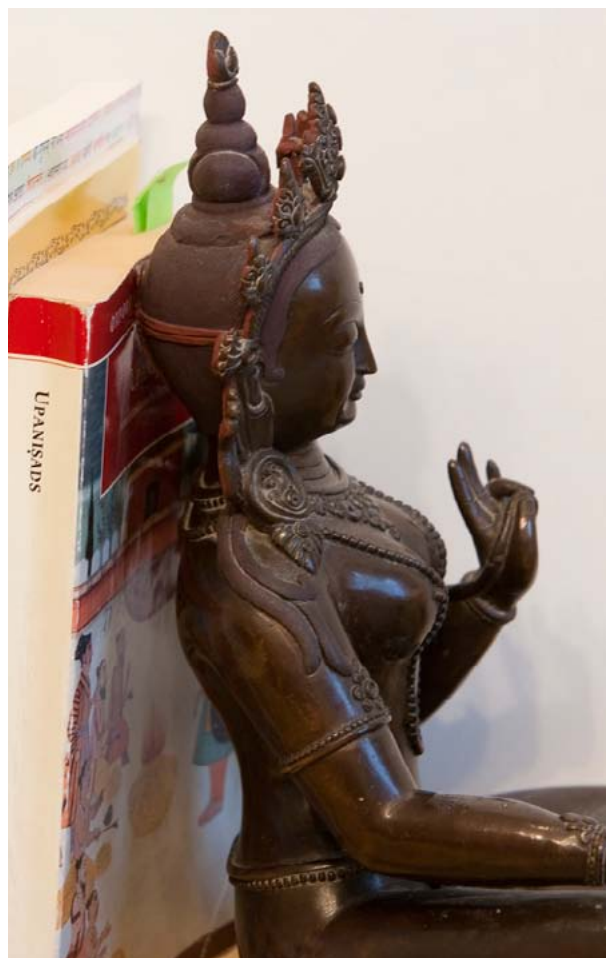
While the safe practice and teaching of asana is a key component of the course, we fully recognise that yoga is much more than asana. Learn the principles of pranayama, and ways in which to make pranayama an integral part of your teaching, as well as the basics of seated meditation practice, including how to establish a comfortable seat and simple structured meditation techniques which can be introduced into your teaching.

*The pranayama and meditation modules cover 1 and a half days.*

### The History and Philosophy of Yoga:

Yoga has a long and varied history, from its roots in ancient India to the present day. Explore that history, as well as some key concepts of yoga philosophy. Learn about the range of 'yoga philosophies' through the ages, and look at how yoga is presented in texts from the Vedas and Upanishads, through the Yoga Sutras, the Bhagavad Gita, and the texts of the hatha yoga tradition, and at how yoga has grown into the practices we know in the 21st century.

*The history and philosophy of yoga modules cover 2 and a half days You will be required to take, and pass, a written history and philosophy assignment during the course.*



## Contact Teachers

Throughout the course, you learn how to develop and deepen your own practice. You have the support of a contact teacher, who may or may not be a teacher on the course and may well be a Yogacampus graduate.

Each contact teacher has responsibility for a group of no more than 5 students. The group meets at least 4 times during the course for discussion and teaching practice, and you have ongoing contact with your contact teacher throughout the course to discuss your individual progress and any concerns you may have, and to assess your teaching as you approach the end of the course. This is a unique feature of our course – one more reason why the Yogacampus course is special.

*“The commitment from all the teachers and staff is very strong and I felt very supported throughout. I learnt so much and can genuinely say it has changed me as a person. I feel I have been given a really good taste of so many aspects of the vast field which is yoga and a firm base from which to explore further. I also feel I now have the tools to feel confident teaching a class and when I look back 18 months I am pleasantly surprised at how much I have progressed in knowledge and confidence”.*

Tessa Watt



## Assessment and Graduation

Graduation is not automatic: your progress is assessed throughout the course, and, in order to receive your Yogacampus Yoga Teacher Training Diploma, you need to have:

- attended each of the weekend modules, and satisfactorily completed any preparatory work and homework
- attended an intensive
- submitted 3 student report forms to your contact teacher
- attended 4 group sessions with your contact teacher
- achieved an acceptable standard for your written paper and all written assignments
- observed at least 10 classes, and reported in writing on your observations
- taught at least 15 classes (with a minimum of 20 hours of teaching time)
- had your teaching observed by your contact teacher
- submitted a detailed class plan for your final teaching assessment
- taught part of a public class during the final course module
- maintained a regular yoga practice, both by developing your own self practice and attending taught classes
- completed (at your own expense) an approved first aid course.

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.



## Accreditation

The Yogacampus course is registered with the internationally recognised Yoga Alliance (200 hour level) and in all respects exceeds the Yoga Alliance minimum requirements. On graduation, you are entitled (at your own expense) to register with Yoga Alliance and to use the designation Registered Yoga Teacher, a designation recognised worldwide. You are also entitled to join the UK Register of Exercise Professionals, an organisation used by health clubs and gyms to verify your competence to teach.



## Course Fees

**Basic fee:** The basic course fee is £2,725, £655 of which is payable on acceptance onto the course and the balance by 18 monthly instalments of £115 each, payable by standing order.

**Intensive fees:** In addition, you will be required to pay for your intensive. Intensive prices vary, but are typically in the region of £450 to £500.

The total course fees are therefore around £3,200.

**Additional costs:** These include first aid training (around £60- £70), professional indemnity insurance before you start teaching (around £120 per year), a small number of books required for the course, and your own regular attendance at yoga classes. Towards the end of the course, you need to pay your contact teacher, or another teacher approved by us, £65 to observe you teach a class. You should also be aware that we charge administration fees to cover the additional work incurred in the event of you missing a module, having to re-take a module, submitting work late or deferring to a later intake of students.

Teacher training students may attend any drop-in yoga class at The Life Centre (Islington or Notting Hill) 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.

## About You

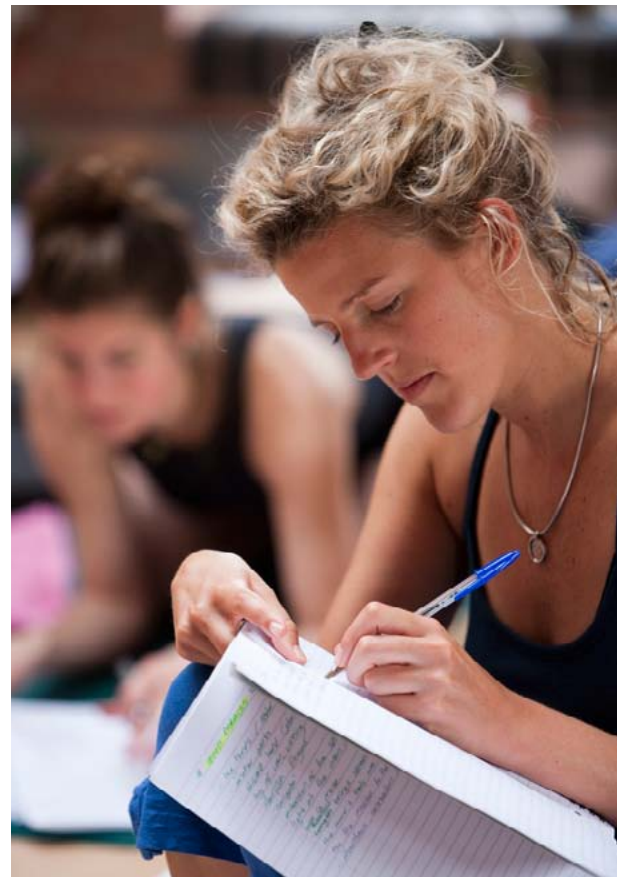
Just like yoga teachers, our students come from all walks of life and all cultures and we actively encourage this diversity. We neither favour nor discriminate against students of any age or from any particular yoga tradition, nor from any educational, racial or religious background. We take 24 students per intake, and have one intake per year, usually starting in January.

In order to be considered for the course, you 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 main yoga teachers and the other from someone who knows you as a yoga student, for example a friend with whom you practise. Applications must be submitted on the Yogacampus application form, downloadable from [www.yogacampus.com](http://www.yogacampus.com) You may be asked to attend a short interview with members of our teacher training board at the Calderdale Yoga Centre.

Training as a yoga teacher is a serious commitment, and, if accepted onto the course, we ask that, in fairness to the course teachers and your fellow students, you treat it as such. You need to commit to attending all weekend modules of the course, as well as to take one intensive. You are also required to spend time on your preparatory work, homework, reading, and written assignments, as well as to commit to a regular yoga practice of your own. We reserve the right to ask any student whose commitment is not of an appropriate level to leave the course.

Otherwise, all that we ask of you is

- an enthusiasm to learn more about yoga in all of its many aspects
- a sense of humour
- an ability to speak and write good English
- a degree of computer literacy, and, above all,
- an open mind and an openhearted love of yoga.



## About Our Course Teachers

A key feature of the course is that we draw on a range of teachers, from a variety of backgrounds, rather than relying heavily on one or two teachers. This has the great advantage of giving students a variety of perspectives - and encouraging you to think for yourself!

Our teacher training board meets regularly to review all aspects of the course and has the primary responsibility for assessing students' progress. All board members have been teaching yoga for more than 10 years.

The teacher training board for the Yorkshire Diploma course is currently made up of:

- Amanda Latchmore
- Jane Craggs
- Graham Burns

You can learn more about them on the Teachers section of [www.yogacampus.com](http://www.yogacampus.com)

While the board members teach much of the course, we believe that it is important 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, each with a particular expertise in the areas which they teach. You can also discover more about them on the Teachers section of [www.yogacampus.com](http://www.yogacampus.com)

In some modules, our teachers are assisted by other qualified teachers (often Yogacampus graduates) as teaching assistants.



## Our Visiting Teacher Faculty

One of the unique features of our course is that we require you to take at least one 5 or 6 day training intensive with a member of our Visiting Teacher Faculty.

Our visiting teachers are some of the most illustrious names in the yoga world, and we are honoured and privileged that they have agreed to teach as part of our course. Their teachings range across the yoga tradition, from Astanga Vinyasa to Iyengar influenced, from restorative yoga to dynamic vinyasa, giving you the chance to enjoy specialist training reflecting your particular yoga interests.

Our visiting teacher faculty includes:

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

and we generally offer 6 or 7 intensives each calendar year, open not just to current students but also to graduates and other teachers. The fact that so many of our graduates return to these intensives year after year is, we believe, evidence that the chance to study with such a wide range of leading international teachers is just one more reason why our course is special!

You can learn more about our Visiting Teacher Faculty on the Teachers section of [www.yogacampus.com](http://www.yogacampus.com)

## Questions?

While we hope that we have answered your questions about teacher training with Yogacampus, please do feel free to ask for any further information either by email to [teachertraining@yogacampus.com](mailto:teachertraining@yogacampus.com) or by phone on 020 7042 9900.

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We wish to thank our lovely yogi photographer Mimi Kuo-Deemer.