

YOGA CAMPUS

YOGA TEACHING TRAINING COURSE

London, UK | 2022

16 months | 200hr RYT
(plus bonus 100hrs of
independent & online study)

Accredited by Yoga Alliance (YA),
The British Wheel of Yoga (BWY), and
The Independent Yoga Network (IYN).
Option to join the Register of Exercise Professionals (REPs).

THE START OF YOUR YOGA TEACHING JOURNEY

If yoga has enriched your life and you want to share that joy by qualifying as a yoga teacher, then you're in exactly the right place. Over almost 20 years, the Yogacampus Yoga Teacher Training Diploma course has helped **over 1000 people like you to inspire others through yoga.**

But we didn't become one of the UK's **longest-running, most established yoga educators** with giant nameless cohorts and cookie-cutter training – our students stay active in our community for years. Embody a unique combination of scientist, artist and spiritual guide with our holistic, authentic training. Develop, tailor and grow your talents through a combination of practical, theoretical and ethical learning.

Yoga has a deeply complex history; from its evolution in ancient India to its prevalence in modern society today. Gain a greater understanding of it through our **16 month, 200-hour program** that nurtures and supports the development of your expertise, deepening your own practice and the practice of those around you.

You will be guided by **leaders pioneering the academic study of yoga** from both the UK and the USA, who have extensive knowledge of an eclectic mix of yoga traditions, making you ready and qualified to share your zest for yoga with the world.

THE START OF YOUR YOGA TEACHING JOURNEY



Upon completion of the 200-hour course, you will be **internationally recognised as a yoga professional** and accredited by **Yoga Alliance (YA)**, **The British Wheel of Yoga (BWY)**, and the **Independent Yoga Network (IYN)**. You will also be entitled to join the **Register of Exercise Professionals (REPs)**

YOUR SCHOOL, OUR YOGACAMPUS

We are one of few not-for-profit organisations who deliver yoga teacher training. Through our specific aim **to make the benefits of yoga accessible to everyone**, we provide you with flexible, high-quality yet affordable yoga courses and education.

As one of the first dedicated yoga education centres to offer in-depth Teacher Training Diplomas in Britain, **our courses are highly regarded within the industry**. Feel energised yet well prepared training with us, as we freshly equip you as a world-class yoga teacher.

YOGACAMPUS BURSARIES

We celebrate and encourage diversity in the yoga community. To do this we provide one fully-funded bursary for a person of Black, Asian or ethnic-minority heritage, as well as a part-funded (50% of the course price) bursary place every year.

If you are undergoing financial hardship and actively involved in a community that could benefit from yoga, this may be for you. Contact us to see how you could study in London, Manchester or York.

ONLINE AND IRL

Experience **greater freedom and flexibility** through our blended-learning system. The Yogacampus Online Platform is a university-style integrated learning platform designed to work alongside face-to-face classes. Intuitive, reliable and accessible, the platform allows you to stay connected with peers and teachers, refine your knowledge and consolidate your learning, no matter where you are.

Interested?

Please read on for more information. If we can help you further, contact our dedicated team at:

✉ info@yogacampus.com

☎ 0207 492 9900

WHO YOU'LL LEARN FROM

Learn, interact and engage with the Yogacampus faculty, made up of **highly-acclaimed, widely respected teachers** – sharing almost a century's worth of yoga knowledge between them!

Board members teach the foundational heart of the course, while visiting faculty teachers offer a variety of **expert perspectives as authorities in their specific fields**. Contact Teachers personally guide and support your journey.

Your board



Catriona Brokenshire



Liz Lark



Sarah Litton

Your faculty

Gain access to **dozens of world-class teachers in just one course**. Our variety of educators offer a unique blend of fresh approaches, complementary perspectives and profound insights found nowhere else.

DIFFERENT BECAUSE YOU ARE

Since our early days as one of the first schools to offer a teacher training course in Europe, yoga has evolved and reaches more people than ever before. So why train with us?

Fluid, Non-Dogmatic & Authentic Teaching

To be a successful yoga teacher takes more than just rote skill, one brilliant teacher or knowledge of a singular discipline. Being a well-rounded expert means **exploring all aspects of the yoga tradition.**

Open to anyone from any discipline; Hatha, Vinyasa, Iyengar, Ashtanga, Kundalini... our diploma is non-prescriptive. Use this opportunity to explore many traditions through intensive training, class observations and teacher assistance, in class-styles and centres of your choosing.

Join a national community

You're never alone once you've enrolled. Depend upon: a dedicated admin team available via phone and email; a Contact Teacher for periodic check-ins, catch-ups (and coffees); and the Board who can provide private classes for extra support.

Not only will you receive discounted classes and retail at The Life Centre's London and Manchester studios. We recently partnered with Evolve Wellness Centre and Way of Nature UK, so even further connections ensue!

As our graduate community grows, you are invited to annual gatherings and special events to continue connecting throughout the year.



Met my expectations and exceeded them! Most importantly I feel very well prepared and confident in going out and teaching now. This is in huge contrast to people I know who have done a 3-week/ 3-month course. We have very strong foundations and an enormous knowledge base from which to draw on and explore further. I have done degree courses and professional postgraduate training and not felt like this before!

Becky Firth

Find Comfort in Challenging Topics

The world of yoga is ever-changing, so fortify your comfort zone as we equip you to navigate difficult conversations, as determined by current issues.

With live, online forums and discussion boards – across locations and intakes – reach interregional support groups from your fingertips, gaining the multifaceted viewpoints needed for healthy, productive debates.

Experience exceptional expertise

Over 20,000 yogis across studios; 1000 successful teacher graduates; nearly 20 years providing yogic education; and one of the first to do it... We don't try to make bold claims, but our figures do it for us!

Learn from teachers with PHDs from SOAS, and decades experience using yoga and meditation practises to alleviate mental health, disability and illness distress for private and group clients; our faculty draw from solid foundations in their own yogic paths, to cultivate a knowledgeable, growth-led future for you, as well as the industry and practice we all dedicate our lives to.

Plus a bonus – our course comfortably provides 200-hour RYT but you also get an extra 100 hours of expertise from non-contact, independent & online study. This course doesn't simply meet minimum requirements; as yoga teachers, we want you to exceed them.



Giving back

Our not-for-profit status allows us to balance course fees to make our diploma as accessible as possible for you. Typically, our teachers teach from passion, dedicating a lot of time to the diploma.

We offer two bursary spaces: one full, 100% bursary for a person of Black, Asian or ethnic-minority heritage each year; and a part-funded 50% 'community' bursary every course, to continue our commitment to sharing knowledge and making yoga accessible for all.

Start teaching, continue learning

Throughout your 16-months on the course you'll be teaching and developing your confidence and unique voice. Many of our graduates now teach or act as contact teachers on this very course.

As a Yogacampus graduate, you are prioritised whenever employment opportunities are possible with us or our partnership organisations.



COURSE STRUCTURE

Deepen your knowledge of the science of yoga over **16 months** studying **15 modules**.

Through a mix of **face-to-face and live online seminars**, your modules are delivered in manageable portions, designed to progressively develop your knowledge and skills in:

- ✦ Asana Principles and Creative Asana Teaching
- ✦ Practical Anatomy and Physiology
- ✦ Creative Class Sequencing
- ✦ Teaching Skills and Techniques
- ✦ The History and Philosophies of Yoga
- ✦ Pranayama and Meditation
- ✦ Subtle and Energetic Anatomy
- ✦ Sanskrit Pronunciation

With your own **dedicated Contact Teacher** for each small group, you'll learn how to develop and deepen your own practice with a personal guide for support.

The group meets **at least 4 times during the course for discussion and teaching practice**, and ongoing contact is available throughout to discuss your individual progress, then assess your teaching as the end of the course nears.

We believe this is a unique feature – and just one of the reasons why the Yogacampus Yoga Teacher Training Diploma remains highly regarded.

GRADUATION REQUIREMENTS

To successfully complete and qualify for your Yogacampus Teacher Training Diploma, you will have:

- ✦ Attended **each of the 15 weekend modules**, satisfactorily completing any preparatory homework.
- ✦ Attended **4 group sessions** with your contact teacher
- ✦ Maintained a **regular yoga practice**, both by developing your own self-practice and attending led classes
- ✦ Kept a **diary of your self-practice**
- ✦ Documented attendance of at least **90 hours of taught classes** and/or yoga workshops
- ✦ Observed and reported on (in writing) at least **6 classes**
- ✦ Taught a minimum of **12 classes** (with at least **15 hours** of teaching time)
- ✦ Had your teaching **observed by your contact teacher**
- ✦ Submitted **2 student report forms** to your contact teacher
- ✦ Achieved a **'pass' grade for all written work** formally marked
- ✦ Submitted a **detailed class plan** for your final teaching assessment
- ✦ Taught part of a **public class** during the final course module
- ✦ Completed an **approved first aid course** (not included)
- ✦ Settled up and paid **all course fees**

DIPLOMA COURSE FEES & COSTS

Consistent with our not-for-profit status, we keep tuition fees as low as possible, offering bursary options that keep our commitment of making yoga accessible for all.

You can either pay in full £3,700 before the start of the course or £3,885 with our payment plan. Once accepted on the course, pay a deposit of the basic course fee of £885 to secure your place. Then 12 monthly instalments of £250 are payable by standing order.

In addition, you will also need to budget for:

- ✦ BWY Student Membership- As the course is accredited by BWY, you will also be required to join BWY as a student teacher at a cost of £94 per annum (this includes your teaching insurance)
- ✦ A teaching appraisal ahead of your final assessment (currently £70)
- ✦ A First Aid course (if you do not already have an Appointed Person First Aid certificate)

Yogacampus Bursaries

We offer one fully-funded 100% bursary a year to a student of Black, Asian or ethnic-minority heritage, plus one part-funded 'community' bursary each intake (50% of the course price) for a dedicated yoga student with a demonstrated financial need and active involvement in a community that could benefit from yoga.

WHAT YOU'LL NEED

You are welcome from all walks of life; Yogacampus students come from a variety of cultures, heritages and backgrounds and we **celebrate this diversity**. There are no preferences or limits based on age, gender/sexual identity or yoga tradition, nor educational, physical, spiritual or religious history.

A minimum of **3 years of regular, consistent yoga practice** – preferably from attending led classes – is a prerequisite of starting this course. You'll also need 2 references to support your application: from a regular yoga teacher, and a referee personally familiar with your yoga practise (family and friends are most welcome). Having some element of self-practice is viewed very favourably, too.



The course has been everything I'd hoped for and more! I'm especially thankful to my fellow trainees – a wonderful group of people from all walks of life – who have been so supportive, encouraging and inspiring. They have made the experience so enriching, rewarding, fun and unforgettable! I'll miss them and the course but it's time to put all the learning into practice. Thank you Yogacampus!

Diane Jones

Because of digital elements, as a candidate you must be **computer literate with daily access to the internet** to submit written assessments on the Yogacampus Online Platform.

Access to a device (laptop/PC/tablet/phone) with a **camera and microphone is necessary** for Live Online modules. Equally, you are expected to have good written and oral English skills.

Most importantly, you'll embark on this 16-month to lifetime-long journey with a curious, open mind, complete dedication and serious commitment, demonstrated by attending all modules, spending meaningful time on preparatory work, homework and assignments and cultivating your self-practice.

Yoga is part of the lived experience,
not just what we practice on the mat.
We hope this course inspires further
learning: a good teacher continues to
be a student.

HOW TO APPLY: YOUR APPLICATION TIMELINE

- 1 Complete and submit your online application form
- 2 After confirming receipt of your application, we'll contact and invite you to a short video interview
- 3 Either on the call (or shortly after via email) we'll notify you of the decision outcome
- 4 Good news! Read and sign your digital Terms & Conditions via email
- 5 After receiving your T&C's an invoice will be sent to you to pay your course deposit
- 6 If paying in instalments, monthly payments for the remaining balance are spread in 12 equal payments, starting the same month as the course begins
- 7 Receive your welcome letter, online platform login, and pre-course preparations close to your course commencement date.

ANYTHING ELSE?

Hopefully you're as excited as we are about sharing the joy of yoga with Yogacampus. We invite you to ask questions – however little they may seem – great things start off small, and we love to facilitate growth.

Get in touch

✉ info@yogacampus.com

☎ 0207 492 9900

We would love to hear from you!

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