YOGACAMPUS
SHARING KNOWLEDGE

YOGA TEACHER TRAINING DIPLOMA

16 Months | **200-hr RYT** with an extra 100 hrs of independent, and online study

Accredited by Yoga Alliance (YA) and the Independent Yoga Network (IYN) with option to join the Register of Exercise Professionals (REPs)

info@yogacampus.com
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WELCOME!

The Yogacampus Yoga Teacher Training Diploma course has trained over 900 yoga teachers since 2003 and continues to play a leading role in the yoga teacher community across London, Manchester and York. Our 16 month diploma course is internationally recognised as a 200 hour course, accredited by Yoga Alliance (YA) and the Independent Yoga Network (IYN). Graduates are also entitled to join the Register of Exercise Professionals (REPs). Our teachers from the UK, and visiting teachers from the USA, are leaders in their fields and have trained in an eclectic mix of yoga traditions.

Yogacampus recognises that yoga, from its earliest roots in ancient India, has grown and developed through history. We acknowledge this should be respected and explored therefore our approach is non-dogmatic and authentic. Our training provides a balance of practical and theoretical work to fulfill our belief that a great yoga teacher is a unique combination of scientist, artist and spiritual guide. Throughout the course we support and nurture our students as they advance their knowledge and skills on their path as a yoga teacher.

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A LITTLE BACKGROUND

Yogacampus is the operating name of The Life Centre Education Limited. We were established in 2003 by The Life Centre, one of the UK's top yoga centres, as a not-for-profit educational body with the specific aim of providing high quality yoga training and education to the yoga community. We are proud to celebrate 15 years of Teacher Training having been one of the first dedicated yoga education centres to offer this kind of in-depth diploma. But don't take our word for it - see what our grads and faculty have to say:

Play video

We are committed to sharing knowledge and making yoga accessible to all and as such, offer one part-funded bursary (50% of the course price) to a dedicated yoga student with a demonstrated financial need and active involvement in a community that could benefit from yoga.

We offer our students the benefit of a unique blended learning experience through a university-style integrated learning platform, together with face to face interaction. This virtual learning environment affords greater freedom and flexibility for both teacher and student. The Yogacampus Online Platform is an intuitive, reliable and accessible e-learning environment to ensure that you stay connected to peers and teachers anytime and anywhere and enables students to consolidate their learning after training weekends.

Interested? Please read on for more information. If we can answer anything further, please contact our dedicated team as follows:

INFO@YOGACAMPUS.COM | 0207 492 9900

Take a tour of the Yogacampus Online Learning Platform

THE TEACHING FACULTY

Our core faculty members are highly acclaimed and widely respected teachers. Four of these teachers act as the Board members who, between them, teach the majority of the course. We also have a number of non-core faculty teachers who are experts in their fields and bring a variety of perspectives to the course.

The Yoga Teacher Training Board meet regularly to review all aspects of the course and has the primary responsibility for assessing students' progress.

Our Board is made up of:

Graham Burns
More about Graham here

Jill Amison
More about Jill here

Jane Craggs
More about Jane here

Our teachers may have different approaches to those you have previously been exposed – but each brings a unique and complementary perspective to the course and we hope that they will challenge you to view the topics covered in a fresh light.

Our visiting teaching faculty includes:

Amanda Latchmore
Fabiano Culora
Louise Tanner
Paul Arnold

In addition, we welcome some of the world's most respected international teachers to the Yogacampus family. These teachers visit the UK with Yogacampus to teach intensive courses typically once a year.

Doug Keller
Judith Hanson Lasater
Tias Little
Shiva Rea
Rod Stryker
...and more!

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WHY CHOOSE US

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

EXPERTISE-

We have trained over 900 teachers and pride ourselves on being one of the first schools to offer a teacher training course in Europe.

Our Board members have been overseeing the course since the beginning and teach 60% of the course, providing a sense of continuity during your journey. Our host of other teachers have eclectic backgrounds and some have studied at leading universities such as SOAS, at PhD level. Our faculty, therefore, combines experience, specialised expertise, and most of all, passion for yoga.

NON-DOGMATIC TEACHINGS & AUTHENTICITY-

We encourage you to explore the yoga tradition in all its aspects and allow you to think for yourself and find your unique voice as a teacher.

Our diploma is open to anyone from any discipline; we are not prescriptive. We offer opportunities for our students to explore other yoga traditions through the Intensive trainings, class observations, and teacher assistance in styles of classes and at centres of your choosing.

SUPPORT, COMMUNITY & MULTIPLE LOCATIONS-

We work with and support our students by offering multiple points of contact including a dedicated admin team available via phone and email; a contact teacher with whom you will have regular contact and catch ups; and the Board who can offer you private classes if you feel you need the extra support.

We are going the extra mile: our course is a 200-hour RYT with an extra 100 hours of independent and online study (non contact hours).

Our students start to teach regularly within the first 6-9 months of the course. Teaching throughout the course allows students to develop their unique voice and confidence with the support of course teachers, contact teacher and peers.

As we expand, our students reap the benefits: students receive discounted classes and retail at our centres, not only in both London studios (The Life Centre, Islington and Notting Hill) but also our centre in Manchester (The Life Centre North). Our graduate community is also growing and to commemorate this, we hold annual gatherings and special events for grads. Some of our graduates also now teach on the course or act as contact teachers as we look to provide employment where possible.

Explore the Ethos of Yogacampus

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WHY CHOOSE US

NOT-FOR-PROFIT STATUS-

We balance course fees to make our diploma as accessible as possible We are a not-for-profit organisation: typically, our teachers teach out of passion and will dedicate a lot of time to the diploma. We offer one 50% bursary place per teacher training as we are committed to sharing knowledge and making yoga accessible to all.

In addition, we are proud to offer the following:

- Opportunity for ongoing learning with annual CPD courses
- Opportunity for employment following the course
- Discounted classes at The Life Centre

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COURSE STRUCTURE

Over the 16 months of the course we will help you to deepen your knowledge of the science of yoga – anatomy, physiology, teaching techniques, philosophy – as we teach you how to use your artistic creativity in class planning and sequencing. Learn to teach asana, pranayama and meditation in your own individual way, from the heart, with awareness, compassion, sensitivity and clarity.

The modules of the course cover the following areas in manageable portions designed to develop your knowledge and teaching skills progressively and systematically:

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

Throughout the course, you also learn how to develop and deepen your own practice, and have the support of a contact teacher who oversees responsibility of a small group. 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 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.

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GRADUATION REQUIREMENTS

In order to graduate from the course and to receive your Yogacampus Teacher Training Diploma, you will need to have:

- Attended each of the 11 weekend modules, and satisfactorily completed any preparatory work and homework
- Attended 4 group sessions with your contact teacher
- Maintained a regular yoga practice, both by developing your own self practice and attending taught classes
- Kept a diary of your self-practice
- Documented attendance at a minimum of 90 hours of taught classes and/or yoga workshops
- 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 3 student report forms to your contact teacher
- Achieved a pass mark/grade for all written work that is formally marked
- Submitted a detailed class plan for your final teaching assessment
- Taught part of a public class during the final course module
- Completed (at your own expense) an approved first aid course
- Ensured that all course fees have been paid

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COURSE FEES

Consistent with our not-for-profit status, we keep tuition fees as low as possible and offer bursary options to those with a demonstrated financial need as we are committed to sharing knowledge and making yoga accessible to all.

Please see the website for the full course fee. A deposit of the basic course fee is payable on acceptance to secure your place, followed by 16 monthly instalments payable by standing order. See website for details.

In addition, you will also need to budget for:

- A First Aid course (if you do not already have an Appointed Person First Aid certificate)
- A teaching appraisal ahead of your final assessment (currently £65)
- Your liability insurance for when you begin teaching (Yogacampus has an agreement with Balens on discounted insurance)

Yogacampus part-funded Bursary

We are offering one part-funded bursary (50% of the course price) to a dedicated yoga student with a demonstrated financial need and active involvement in a community that could benefit from yoga.

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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, gender, or from any particular yoga tradition, nor from any educational, racial or religious background.

We ask for a minimum of 3 years regular and consistent yoga practice, preferably through class attendance. You will also require a regular yoga teacher who can provide a reference to support your application as well as a referee who knows you personally as a yoga student (a friend, sibling, partner or parent all welcomed!). In addition, some element of self-practice is viewed very favourably.

Candidates must be computer literate and have daily access to the internet for electronic submission of written work and assessments on the Yogacampus Online Platform as well as have good written and oral English language skills.

But most importantly, we ask that this 16 month to lifetime long journey you are considering be taken with complete dedication and serious commitment – this not only includes ensuring all modules are attended but, a meaningful amount of time is spent on preparatory work, homework, and assignments, and a regular practice is committed to, to ensure you live your yoga off the mat and be an authentic representative of the Yogacampus community.

Approach this with an open mind, a good sense of humour, and an open-hearted enthusiasm to dedicate yourself as a true yoga student. A good teacher after all, is only measured by their ability to always be a good student.

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TESTIMONIALS

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. But here are a few words from some of our graduates:

“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

“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

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QUESTIONS?

While we hope that we have answered your questions about the Yogacampus Yoga Teacher Training Diploma, please do get in touch by sending us an email to **info@yogacampus.com**
or by phone on **020 7042 9900**