



## Real Yoga Certificate in Yoga Teaching

The Real Yoga training course covers all aspects of Yoga in a style that makes it as fresh and relevant today as it was thousands of years ago. We give a particular emphasis to the therapeutic aspects of Yoga practice within our teaching style, and train teachers to become intuitive and creative in their own practice and in their approach to teaching others.

### Opportunities in Yoga

The opportunities for making a career in Yoga are full of creativity and much scope.

Teaching in adult education used to be the only way to experience yoga. Nowadays, privately run groups are more the norm. But there is also scope for one to one work, work in hospitals, residential homes, with children and in schools. These are just some of the varied possibilities. Relaxation classes and meditation groups provide support for positive health outcomes, and ways in which we can share the benefits of Yoga with more and more people. Real Yoga also offers a post graduate training to become a Yoga Therapist after the teacher training course is completed.

**About Real Yoga** – The training allows for the potential for personal change that the practice of yoga can bring. The Real Yoga course is designed to bring yoga practice fully into the context of modern lifestyle, from the physical asana practice, to the metaphysical spiritual philosophy. Whatever your religious beliefs the study and practice of Yoga can enhance your life. This training gives far more than the basics, offering a full picture and understanding of the foundations of yoga, with the modern knowledge of care of the body and the awareness of energy flow, taught in a friendly and open way.

**To join the course you will need to have at least 2 years experience of yoga practice, preferably with a qualified teacher.**

This experience will be considered before you join the course.

The course will run for 12 weekends over 2 years on a bi-monthly basis.

### Assessment and Requirements

The course has ongoing assessment, written assignments and project work, over the 2 years.

A practical assessment by an external assessor is required before the qualification is awarded.

You are required to keep a practice journal, and be attending a regular class in your own area.

In addition we require that you select yoga workshops in your own area, 2 each year to broaden your knowledge and experience other approaches.

You are insured to teach from the second year.

You will need an up to date First Aid certificate.

### Registering as a yoga teacher

The course has been evaluated by the Independent Yoga Network as a 500 hour training. Successful students will be able to register with the IYN

Real Yoga works within an equal opportunities policy.



## Yoga Teacher Diploma Training Syllabus

### Philosophy

**The student will show a knowledge of the origins of philosophy which underpins yoga practice.**

The Paths of Yoga: Understanding the differences between, and the roots of Hatha, Raja, Karma, Bhakti, Kriya, Gnana, Tantra Yoga etc.

Study of The Bhagavad Gita, and Upanishads

Patanjalis Sutras.

### Practical Yoga

**The students will be able to teach and demonstrate a range of yoga practices including asana, pranayama, relaxation techniques and meditation practices.**

**The student will be able to plan a class and work safely in the spirit of Ahimsa**

Asana: Benefits of asana practice, correct alignment and the growth of awareness. Modifications and adaptations, including cautions, and contra indications to enable safe practice in the spirit of Ahimsa.  
Vinyasa

Pranayama: Looking specifically at its application in maintaining health, and its importance to the stability of the subtle energy system.

Relaxation: Teaching techniques and progression. Pratyahara, Yoga Nidra.

Cleansing practices, Nutrition and Lifestyle. Safe approach to cleansing practices, with reference to The Hatha Yoga Pradipika.

### Anatomy and Physiology

**The student will show a working knowledge of Anatomy and Physiology in regard to yoga practice**

This approach to anatomy looks specifically at Yoga practice and its effect on the workings of the body. All the systems of the body are studied, over the course. The Heart and Circulation, Musculo-skeletal System, Nervous System, Endocrine System, Urinary System, Digestive System, Reproductive System, Function of the Liver, The Skin, Immune System.

### Subtle Energy Systems

**The student will show an understanding of subtle anatomy and how it would apply to yoga practice.**

5 Koshas and their importance in understanding holistic principals of health.

The Aura, Yogic/ Pranic Healing, - developing sensitivity.

The Chakras, the Granths, Kundalini. How this knowledge can help us understand ourselves and its uses in yoga.

**Mudra and Bhandas.** Gestures and Asanas, to move energy.

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## **Meditation**

**the student will be able to teach basic meditation and concentration techniques**

### **Beginning Meditation.**

Different techniques in meditation. How to introduce meditation to beginners and progression.  
Clearing and setting the energy for Yoga and meditation. Preparing yourself and the room.

### **Mantra, Yantra and Mandala.**

The power of sound.

Tools for meditation and self awareness.

The use of meditation for health and well being

Deeper study, using Patanjali as a guide. Running a meditation group.

## **Teaching skills**

**the student will demonstrate the ability to plan and deliver an inclusive yoga program**

How to teach beginners. Constructing a programme. The Integrated approach, Vinyasa.

Teaching practice and making progress.

Managing and planning a class. Preparing the room, Health and Safety, Insurance and legalities

Modifying postures for those less able.

## **Therapeutic Yoga**

**The student will understand the general therapeutic uses of yoga, modifications and contra indications for common ailments.**

The Stress Response

Yoga's part in the relief of many common conditions related to stress.

Therapeutic aspects of yoga practice,

Working with the elderly, and those with special needs, including pregnancy

Treatment for Back problems and Stress.

## **Setting up your classes and running your business.**

**The student will show an understanding of the importance of record keeping and current laws regarding advertising.**

Accounting, insurance, client notes, class preparation, record keeping, Dealing with enquiries etc.

The Law and Complementary Therapy.

# Real Yoga



## Dates and Costs

Start Date 16,17th April

11,12th June

6,7th August

1st,2nd October

3rd,4th December

### Fees:

Course fees are £160 for each weekend, £1920 in total. £120 assessment fees.

The assessment fees can be paid at the end of the course.

This does not include accommodation, or food, although drinks are provided.

Days or weekends that are missed for any reason will still be charged, to cover materials and additional tutorial time. Arrangements can be made to spread the cost of the course using monthly payments over 24 months- £80 per month.

### Enrolment:

If you would like to apply to join the course, please fill in the application form and send it by email or through the post. When you are offered a place on the course we will ask for a non returnable deposit of £160, this will be set against the final weekend fees.

### The Venue:

The Inner Place, Homend Mews, Ledbury, Herefordshire.

The training is held in Ledbury, an old Herefordshire market town easily accessible by the motorway network and with a good train service within walking distance of the town. The town has many eating places, interesting shops and friendly people. The surrounding countryside has areas of outstanding beauty and is near to the Malvern Hills.

Bed and breakfast accommodation, and details on how to reach the venue supplied on request.

**About your Tutor** – Your tutors for this course are Jean Danford and Sharon Gisbourne.

**Jean Danford** has 38 years experience of teaching yoga, teaching in adult education, schools and hospitals. She has been training yoga teachers for over 20 years, firstly for FRYOG and in 2006 when the new National Occupational Standards were developed she began training others in Yoga Therapy establishing Real Yoga as a training school in its own right.

Jean is a registered Yoga therapist, a trained and qualified healer and counsellor. In 1985 she trained and qualified in deep tissue bodywork as a postural integrator, and is a senior tutor for the College of Healing and assessor for FRYOG ( Friends of Yoga)

She is an active member of The British Council for Yoga Therapy and has contributed to the development of a national training standard. Jean represents Yoga Therapy at national level as a board member of the regulator for complementary therapies, the Complementary and Natural Healthcare Council.

**Sharon Gisbourne** has been practising yoga for 15 years and teaching yoga since 2005. She did her first teacher training course with the Devon School of Yoga and has furthered her training with Real Yoga to become a CNHC registered Yoga Therapist.

As well as her one to one work as a Yoga Therapist, Sharon teaches several weekly yoga classes, a specialist class for people with MS, and has had some experience of working with other groups with specific issues. She has been assisting Jean on the current Real Yoga Post Graduate Therapist Course and taking on a mentoring role.

Sharon has also been a qualified massage therapist since 2006.