



200 hour Hatha Diploma Course

PROSPECTUS

Course director:	Paddy Hamill
Teaching Staff:	Paddy Hamill Michael Mc Cann Hazel Morrissey Paul Rutherford Kay Scolah
Duration:	28 Days (14 weekends)
Venue:	Santosha Yoga Studio, 39b Market Square, Lisburn BT28 1AG
Time:	9.00am – 4.15pm each training day
Cost:	£2450 paid in instalments or £2350 as a one off payment

**“Learn yoga and evolve yourself; teach yoga and evolve society.”
– Swami Satyananda Saraswati**

Practicing Yoga is both natural and effective. The digital and electronic age that we now live in, while offering many benefits, can lead to a sense of `dis-connection`. Yoga is a means by which we can connect to the authentic self – a state of being in which we are naturally at ease both with ourselves and others.

The poses (asana) , breathing exercises (pranayama) and meditation deal primarily with maintaining our body and managing the mind - bringing balance into all aspects of our being. **Santosha Yoga Training`s** comprehensive 200 hour teacher training course will guide you through all of the fundamental aspects of Yoga and will provide a foundation for personal and spiritual growth as well as a solid platform for the teaching of yoga.

Through a progressive structure you will acquire the necessary skills to competently and confidently teach yoga so that you can transition from an eager novice taking your first tentative steps on what will be a life long journey of learning, discovery and personal development. The ethos of Santosha Yoga Training is to `Learn, Grow & Share` - not only as individuals but also as a group of trainees and teachers – and this course facilitates that growth.

We follow the Yoga Alliance uk syllabus and utilize the most up – to – date training methods. The course is delivered over 28 days (14 training weekends). 180 hours of the course are tutor contact hours with the remainder being made up through various home assignments.

We are confident that by the end of the course you will be a well-rounded, well-grounded and competent yoga teacher who is capable and comfortable teaching yoga. Previous students` have found the course a positive personal experience, one in which very often lifelong friendships have been made.

Highly structured, professional and quality training - our promise to You!

You will have the opportunity to develop a supplementary or alternative career choice - a choice that is informed and infused by your passion, commitment and love of Yoga!

We recognize that your practice of yoga is a life - long learning process and our highly structured range of courses is delivered in a system of learning which allows you to grow as your level of practice and understanding increases.

What you can expect to receive:

- At the beginning of each course Paddy gives a personal commitment to help and assist each and every student throughout the course - offering and providing support throughout.



- Your training will take place in a fully equipped and spacious Studio dedicated to the practice and promotion of Yoga.
- The course is delivered by a highly qualified, motivated and dedicated team of professionals who have all been

trained to internationally recognized standards (**see teacher profiles**). All of the tutors are available for yoga related advice during your training.

• **Our courses are underpinned by student safety as the cornerstone on which you learn.**

• We provide flexible payment options to help make our courses more easily accessible.

• **The cost of your trainee teaching insurance is included in the overall fee.**

• The course is accompanied by a comprehensive teaching pack. This course folder contains the various course modules which are then brought to life through the teaching of the various tutors.



• Each student receives a comprehensive asana module booklet which contains information on each asana on the syllabus including photograph, instructions, contra – indications, benefits, modifications and tips. There is also a phonetic guide included to help with the Sanskrit pronunciation of the various yoga poses.

All of this material serves to support you the student as you progress through the course and acts as an invaluable resource, learning tool and reference point during and beyond the course.

• Comprehensive lesson plans are supplied so that students can help initiate or consolidate a home practice. These also aid the student in relation to the Lesson / Course planning element of the course allowing you to understand and apply key concepts when planning a yoga class.



• **We place a tremendous amount of importance on establishing key principles in relation to both the teaching and practice of yoga. It is these fundamentals that will guide you in your own future development.**

• At the core of the course is the practical application of everything that you study.

• Supervised teaching practice forms an integral part in the learning process while various assignments, both written and

practical, act in support of the course material and help establish solid foundations which ties into building your confidence and competence.

Based on the Yoga Sutras of Patanjali the course is delivered on a Modular basis with their various contents weaved into each training weekend to give a balanced, practical and progressive experience.

The Modules will include:

Yoga Asana – Each training day commences with a yoga practice which is based around the course syllabus. The aim of this is to ensure that your practice is progressed as the course develops.

Pranayama, Relaxation & Meditation Techniques – Students` are introduced to classical pranayama practices`, yoga nidra and various meditation techniques.

Yoga Philosophy – Trainees will receive an overview of the history of yoga, referencing various classical yoga texts including the Yoga Sutras, The Bhagavad Gita and the Upanishads. This overview allows you to see the ancient wisdom of yoga gives you a context in which to see this ancient wisdom in a modern world.



Subtle Anatomy - a study of the `subtle` body moving from the gross to the subtle, from the external to the internal. You will look at the various energy centres in your body – chakras – and the `highways and by – ways` through which that energy is distributed – the Nadis.

The Anatomy of Yoga Asana – A module which will equip students with the knowledge of how the various asanas impact on the physical structure of the body. You will look at the anatomy of yoga asana and how it feels in your body. The process of self - enquiry (swadhyaya)allows you to feel, explore and understand within your own body so that you are better equipped to impart this to your students.

Teaching and Being a Yoga Teacher – The course is experiential in nature – every training weekend contains the practical application of everything that is studied and this is built upon month on month. Supervised teaching practice allows students` to develop key teaching skills, receive positive feedback and build confidence. Presentation skills – the message we give out, how we speak, developing listening, speaking and listening skills and the importance of observation are also discussed.

Lesson / Course Planning – Students are introduced to important concepts about how to plan a yoga lesson or series of lessons. Asana preparation, integration and development are delivered through a systematic approach so that students have a comprehensive understanding of how to plan and further develop a group of students based on their needs. Supervised small group exercises are undertaken so that students receive a practical experience.

Business Module - Although many students do the course simply to enhance their own personal understanding and practice of yoga many of our students also want to develop an alternative `career`. This Module will give students insights into the practicalities of setting yourself up in business, things you need to do, where you can get help and support, your responsibilities in relation to taxation and important things you need to consider.

Advertising, Promotion and Marketing – This Module will give you practical tips and ideas about how to let the world know about your classes.

All course Modules are supplemented with extensive handouts . The various tutors will further expand each subject drawing on their many years of collective experience.

Tutors profiles:



Paddy Hamill

Paddy is a highly experienced yoga teacher training provider and with over 17 years experience in delivering courses he has been at the forefront of providing high quality courses for students locally. Practicing yoga for over 22 years he is a passionate advocate of its many benefits and believes it to be a positive and transformative discipline which ultimately connects us to our authentic selves.

As Course Director and lead tutor he is responsible for the effective management and delivery of the course and will contribute significantly to many of the course Modules to ensure the delivery of a highly structured and professional course.

His teaching is guided by an appreciation of the importance of correct alignment, good technique and precision - ensuring that students move safely in to and out of asana. His teaching is also characterized by an easy going and down to earth approach.

He has completed his Yoga Tutors course, courses in Anatomy & Physiology, Pranayama, a Yoga Assessors Course and continues to practice and study all aspects of yoga and is a Yoga Alliance UK registered Senior Yoga Teacher (SYT) – all of which reflect of his personal commitment to achieving and maintaining an exceptional standard of teaching.



Michael Mc Cann

Michael is one of the most experienced and highly respected teachers of yoga wisdom / philosophy in Ireland. He has spent many years of study and reflection on these subjects and offers the student an immense reservoir from which to draw and his knowledge will be shared freely with students. He has studied extensively under Swami Nishchalananda

Saraswati of Mandala Yoga Ashram, taught Yoga wisdom / philosophy, subtle anatomy and meditation in all of the leading Yoga schools throughout Ireland and he will deliver the Yoga Philosophy module on Santosha`s 200 hour course. As a senior tutor with many years of teaching experience Michael will help illuminate and guide students` through this fascinating subject. He teaches with immense wisdom, compassion and humour.



Kay Scolah

Kay graduated from the University of London in 1976 with an honours degree in Biochemistry. Having spent a year in the Max Planck Institut for Biophysik in Frankfurt she made the not so obvious move into advertising. After a number of highly successful years spent in advertising in 1988/89 she went to L.A where she studied acting at the Beverly Hills Playhouse. Having attended her first yoga class in 1968 she has experienced classes and workshops with a variety of many excellent yoga teachers from different traditions. Kay has continued to train in yoga, dance and physical theatre, having received her yoga diploma from Yoga Therapy Ireland. She brings a wealth of experience to the course and with a combination of creativity, focused awareness and concentration will help students realise their full potential.



Paul Rutherford

As a qualified yoga instructor and with a degree in Health, Physical Activity and Sport and a Master`s in Education Paul will bring enormous experience into understanding the human form related to yoga asana through his delivery of the Anatomy for Yoga module on the course.

As a kinaesthetic student, he is a firm believer in active learning and that many concepts are not completely understood until the written theory is put into physical practice - so this is an experiential module with a strong emphasis on the breath-movement connection and on the importance of the integrity and mindfulness of movement. At a personal level he believes in the power of the mind and that there is true freedom from personal suffering when we connect the ease and grace of the breath with our movement on the mat. Paul has been teaching and coaching over the past twenty years and is a passionate student of yoga and is continually developing through, personal practice, courses and workshops; he is currently completing his Doctorate in Health Studies, his thesis will focus on Primary School children and the benefits of yoga to their physical and socio-emotional health and development.



Hazel Morrissey

Hazel has been practicing yoga for over 20 years. She completed her initial training with the yoga fellowship in 1987. She has studied yoga in New Zealand, an intensive Iyengar practice in Auckland and was first introduced to Ashtanga yoga at the Yoga Academy Auckland. She completed her ashtanga training with Brian Cooper in September 2006 and gained her 200 hour teachers certificate in Ashtanga with Union Yoga Edinburgh. Hazel is accredited by Yoga Alliance and the British Wheel of Yoga to teach introductory ashtanga yoga in both Europe and the U.S. Hazel continues to teach in and around Belfast, she places a strong emphasis on working with accuracy.

Guest tutors may contribute where appropriate.

Applications

Numbers are limited on each training course to ensure the effective and efficient management of the course material, to facilitate small group work throughout and to ensure a quality experience for each student.

Although there are no special entry requirements students should have at least two years experience of yoga.

It is expected that you will demonstrate the necessary commitment throughout the course, both on and off your yoga mat, and adhere to the yogic principles and practices of Yama and Niyama as a basis for your engagement with course tutors. Material and assignments.

All applicants should complete and return an application form and deposit as soon as possible to secure a place on the course.

A Hatha Yoga Teaching Certificate is awarded to all students who successfully complete the course enabling them to teach yoga locally and internationally.

While on the course you will receive discount on workshops by visiting tutors to Santosha Yoga Studio – these form the core of our Continual Professional Development programme (C.P.D) as well as discount on classes to help you with your personal practice. You will also receive our regular updates about what`s happening in the Studio.

Course Fees

These include all tutoring, course material, handouts, assessments fees, trainee teacher insurance while you are on the course and there are no hidden additional payments once the course has started other than those stated.

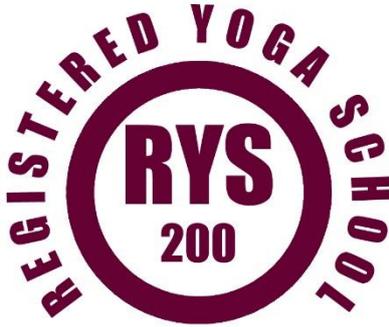
The fee for the Course is £2450.

A **non – refundable deposit** of **£350** should be paid first and this will secure your place on the course.

You can then pay the outstanding balance in one of three ways:

1. Pay the outstanding amount on or before the first training weekend and receive **£100 discount** – total cost of the course **£2350** OR
2. **5 x payments of £400** – the first of these **£420** payments will be paid on the first training weekend of your training course and then either bi or tri-monthly **£400** payments until all five payments have been made– normally paid over approx. 7 or 8 months depending on the exact dates of the course OR
3. The outstanding balance divided equally and spread out over **13 x monthly payments**. The first payment will be made on the **1st day of the month** after your course starts with a further **13 consecutive** payments thereafter.

Please complete and return your application together with your non - refundable deposit to secure a place on the next course to:



Santosh Yoga Training

200 Hour Diploma Course

39b Market Square

Lisburn Co. Antrim BT28 1AG.

Refund / Cancellation Policy - So that we can best manage our training courses it is important that we have a transparent booking and cancellation policy.

To book this course you should complete and return the 200 Hour Application Form by post to the address below or e mail and make your deposit payment through the website or request our banking details if you have on – line banking. Your place on the course will be secured once we receive these two things.

Should a course have to be re – scheduled or cancelled for whatever reason then students will be offered a **Full Refund**.

Once a course has commenced the deposit, and all subsequent payments, are made on a non – refundable basis.

If you have any other queries or would like to discuss any aspect of the course please contact us on **92 63 44 64** or **078 35 11 32 86** or e mail info@santoshayogatraining.com

If you are able to internet bank or need details to set up a bank transfer contact us on 028 92 63 44 64.

Payments can also be made by way of cheque or cash – cheques made payable to `Santosh Yoga Training`.