



200 hour Hatha Diploma Course

PROSPECTUS

Course director:

Paddy Hamill

Teaching Staff:

Paddy Hamill
Paul Rutherford
Suzanne Greenwood
Kay Scolah

Duration:

27 Days (13 weekends + completion day)

Venue:

Santosha Yoga Studio, 39b Market Square,
Lisburn BT28 1AD.

Time:

9.00am – 4.30pm each training day

Cost:

£2650 paid in instalments or £2550
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 27 days (13 weekends plus one completion day). 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 below**). 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 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 with over 24 years yoga teacher training experience. He has been at the forefront of providing high quality courses for students throughout Ireland. 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 characterized by an easy going and down to earth approach.

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



Paul Rutherford

As a qualified yoga instructor and with a degree in Health, Physical Activity / 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.

Suzanne Greenwood

Suzanne will be responsible for delivering the philosophy module of the course. Her interest in yoga began in her early twenties when, while working as a teacher in Spain, she came across her first `proper` teacher (Montse) who demonstrated that yoga knows no barriers – linguistic or otherwise!



On her return back home she was encouraged by her local teacher, Valerie McCrory, to continue with her studies, which she did by completing her 200 Hour course with the Yttc. It was here that she discovered the yoga wisdom tradition with renowned teachers Michael McCann (*Spandan*) and Colleen McCullough, which ultimately proved to be a turning point in her life and she has walked the path of *jnana yoga* since then with Michael (Spandan) as her teacher ever since, immersing herself in the

study and practical application of the ancient and modern yoga texts.

Suzanne looks forward to uncovering the ancient philosophical systems underpinning the sacred and ancient art of yoga, putting the outward-facing aspects of yoga into their more esoteric context to deepen further your understanding of this beautiful practice. She is also a qualified yoga meditation teacher.

When Suzanne is not on her yoga mat, you'll find her playing double-bass with the Studio Symphony Orchestra, reading or walking Rusty VII in the woods. She believes that as a teacher it's important to have `beginner's mind`, so earlier this year she started to learn the harmonium!



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.

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.

All applicants should complete and return an application form and make a deposit payment as soon as possible to secure your place on the course. Payment of course fees does not mean that you will automatically receive your teaching certificate – successful completion of all home / on-course assignments (written and practical), and reaching the required standard of teaching will ensure that you receive your teaching certificate.

A Hatha Yoga Teaching Certificate is awarded to all students who successfully complete all of the above enabling you 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.

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.

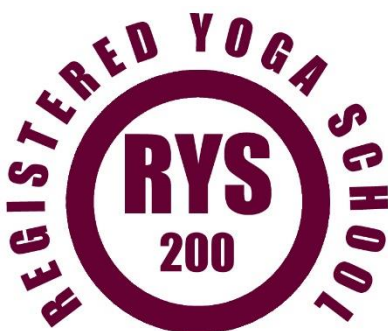
The fee for the Course is £2650.

A **non – refundable deposit** of **£500** 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 is therefore **£2550** OR
2. **Deposit payment + 5 x payments of £430** – the first of these **£430** payments will be paid on the first training weekend and is normally paid over approx. 8 or 9 months depending on the exact dates of the course OR
3. **Deposit payment +** the outstanding balance divided equally over **12 x monthly payments**. The first payment will be made on the **1st day of the month** after your course starts to make **12 consecutive** payments in total.

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



Santosha Yoga Training

200 Hour Diploma Course

39b Market Square

Lisburn Co. Antrim BT28 1AD.

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 `Santosha Yoga Training`.