**200 Hour Vinyasa Yoga Teacher Training 2018**

With Kathy Ran SYT & Black Lotus Yoga

[www.yoga-university.com](http://www.yoga-university.com)

07715595976

This in-depth Teacher Training Certification (TTC) is perfect for students who are looking to deepen their practice or who are looking to embark on a life-long journey of teaching yoga.. This journey will guide each student into self-exploration, contemplation and practice that will transform your life and the life of your future students…

 Yoga University is proud to present our complete Vinyasa Flow Teacher Training course with yoga teacher certification. In this 200 hour yoga certification program you will learn a non-dogmatic synthesis of classical and contemporary techniques drawn from the best major systems today.

Certification (TTC) is perfect for people who are looking to deepen their practice or who are looking to embark on a life-long journey of teaching yoga.

 **It is fully registered with Yoga Alliance UK.**

**Over the course of our study we will spend:**

**20+** hours dedicated to learning the basics of Anatomy, Kinesiology &

Physiology, Reading Posture and Correcting for Alignment
**40+** hours on Teaching Styles, Methodology and the Process of Learning Itself
**40+** hours on Yoga Philosophy, Lifestyle, Qualities and Ethics of a Teacher, Making Your business work
**100+** hours on Asana: Techniques, Training and Practice

You will be introduced to gentle, beginner’s, power, flow,

restorative, hot yoga module, and Dynamic Vinyasa Flow and Sequencing. The training will provide a full-spectrum foundation approach to your practice and teaching with contributions coming from contemporary and traditional practitioners of yoga, philosophy, mind-body psychology, and anatomy.

Experience a quantum leap in your Yoga practice and understanding. You will also learn how to instruct and set up classes, the purpose of each asana and hands-on corrections.

The course is presented by the renowned yoga instructor –Kathy Ran who holds a registered yoga school from Yoga Allianceand is a Senior yoga Teacher with Yoga Alliance and a Yoga Elder with Independent Yoga network.

**Eligibility and Certification**Anyone sincerely interested in Yoga is most welcome to enrol in the course in order to expand their own practice and knowledge with or without the desire for certification. Yoga University and Kathy Ran recognizes its responsibility for maintaining its excellent reputation for high standards. Teaching certification is awarded on the basis of successful comprehension and mastery of the principles and practice of Yoga and the ability to communicate them to others. Those diligently applying themselves should find no difficulty in achieving success.

**REQUIREMENTS**

\*36 hrs Asana classes (included in TTC cost)

\*2 Asana self practices a week

\*Daily self-practice of meditation, pranayama and mantra

\*Daily self-study of notes, Yoga Sutras, Light on Yoga, and Anatomy

\*Reading of Bhavad Gita & essay on Gita

\*Journal once a day

\*Assisting 1 classes

\*Observing 2 classes

\*Teaching 1 Karma class

\*Practicum

\*Exam

\*\*\*Students have the responsibility to attend class and must inform Kathy about all scheduling conflicts prior to commencement of the course.

**COURSE SCHEDULE**

*February 2018 – July 2018*

Fridays 6.00-9.00pm (some)

Saturdays 10.30-6:30pm (Includes class)

Sundays 12.00-6.00pm

**BOOKS PROVIDED**

**Teacher Training Manual**

\*Light on Yoga – Iyengar

\*The Yoga Sutras of Patanajali – Sri Swami Satchidana

\*Bagavad Gita

\*(Other books may be added)

**TUITION**

The tuition is £2,750 for the 200-Hour Teacher Training Certification. Pre-Registration is required as space is limited. A non-refundable deposit of £500 is required along with your application. The deposit will be applied to your tuition. The remaining is payable by **the first of the month,** Or pay in full one month prior to start and receive £250 off. \*Payment plans are available.

Refunds are available up to 1 week prior to the beginning of training, except for the non-refundable deposit of £500. Once training has begun no refunds can be given. Certification is not guaranteed, but many opportunities will be given.

 **Module Schedule and Structure**: Each module will include asana and pranayama practice, meditation, 8-limb philosophy, lecture, homework/reading assignments, self-care techniques and yoga nidra/rest practice.

**Fridays: 6:00 - 9:00pm I Saturdays: 10:30 - 6:30pm I Sun. 10 :30– 6:00**

**9 modules over 5 months**

**Module 1**

Kick off Weekend! I Foundation, Form & Function | Introduction to the eight limbs of yoga | Understanding why you should NOT believe everything you think | Audio, Visual and Kinaesthetic Learning | Yoga 101 I Manifest Board I Intro To Anatomy

**Module 2**

Schools of Yoga I Styles of Teaching I 8 Limbs of Yoga I Philosophy and Personal Practice I History of Yoga In Our Culture I Intro to Pranayama and Meditation

 **Module 3**

Sun Salutation A & B I Primary Series of Ashtanga I Rocket Yoga and Intro to Sequencing

**HOLIDAYS**

**Module 4**

Vinyasa Yoga Weekwnd I Fusion of Dialogue I Adjustments I Benefits I Precautions I Rocket

**Module 5**

Special Populations I Dealing with Injuries I Modifications I Restorative Yoga and Yin I Yoga Sutras I Yogic Lifestyle I Qualities of a Teacher I Bhagavad Gita I P I Fractice form and function I Asana Breakdown I Find your voice

**Module 6**

Anusara I Principals of alignment I Yoga for the Ageing I Nidra Instruction I Chakras I Mantras I Mudras I Intention I Adjustments I Partner I Modifications I Teach and Practice Asana Adjustments I Science of Yoga I Business of Yoga

**Module 7**

Hot Yoga Teacher Training I Dialogue I Adjustments I Benefits I Precautions I Levels I 108 Asanas– Advanced Hot Series I Chakras Mudras and Mantras

**Module 8**

10 min. Practice I Feedback I Work in Groups I Find your Wings I Ethics I Sport Injuries I Find your Core I Prep for Practicum I Practice I Creating your Unique Style I Music I Creating Atmosphere I TEST

**Module 9**

Assignments Due I Practicum weekend I Graduation