

YA 500 Hrs Qualification Course summary

- This is a 15 module course, one weekend per month, over 15 week-ends (30 days) intensive training. Students can join the training school anytime during the year. Course is designed on a rolling enrolment basis. There is a continuous self-assessment and structured reflections programme.
- Minimum requirement to join the course is YA200Hrs, or its equivalent, from any recognised teacher training school. Certificates of attendance must be presented with application form for enrolment and approval.
- All new trainees will be provided with a Teacher Training Manual, and study books. Every month, a pre-course pack is provided, detailing the week-end programme, the subjects and presenters/visiting teachers profiles with a brief note on what they will cover.
- Course to be completed within 2-3 years.

So what does a typical weekend consist of;

- A typical weekend starts with personal practice of an hour, led either by a visiting teacher or principal teacher. Followed by Q&A session and homework review.
- A Nutritious buffet Breakfast.
- An hour of Philosophy & History session.
- Teaching practice where each student starts to teach selected postures to their peers.
- Approx 2 hrs of Anatomy & Physiology session, identifying areas of the body, understanding common ailments in that region, choosing yoga postures from the manual to help these conditions. Teaching chosen postures and learning to modify postures to suit students in regular classes. Addressing the needs of new and less experienced students, and addressing some of the challenges you will see in classes (weight, stiffness, medical interventions etc..)
- Lunch and a short break.
- Methodology session for all aspects of running a yoga business. Practical advise, discussions and actions to take to learn how to promote your self.
- Teaching practice where students teach selected postures to their peers.
- Afternoon tea...a short break. Class planning for the day's visiting students.
- Main **personal teaching** session where ALL trainee teachers participate in taking charge of students and guiding them in to the class, practicing asking questions on any conditions etc.. Each session has a class plan and EVERY student teaches at least one posture. We normally accommodate 20-25 visiting students and all teachers get the experience of teaching, adjusting and verbalising a normal large class, from day one !
- In good weather these sessions are held outside on the lawn. Number of visiting students may be higher. Teachers learn how to "throw" their voice.
- The day finishes at 6pm with a brief review of the day. Q&A, Any house-keeping issues and comments and then a good bye.
- NOTE: categories will be switched around to accommodate specific visiting teacher's subject and timing.

Module 1 through to 15. 2 days per module. Sat & Sun.

Arrive at the school venue at 7am on both days.

- Establish and encourage a daily practice. Sat is with a visiting teacher. Practice, study and observe the various teaching styles. Followed by a q & a session.
- Discuss and review home work and agree to a programme of study of the recommended books.
- Throughout the weekend, take opportunity to complete self-assessment and structured reflections document.

Attend and participate in all 6 categories, as laid out in the week-end programme for each training day. Each training day starts at 7am, finishes around 6pm. Categories are set by Yoga Alliance.

1) PERSONAL PRACTICE. Every morning starts with a visiting or principal teacher teaching a yoga session.

Objective: To encourage teachers to learn and experience different styles of teaching.

2) PHILOSOPHY & HISTORY, Several support teachers will cover this category over the 15 modules.

Objective: To cover the required reading and discussions .

3) TEACHING PRACTICE of selected postures, Manual will provide 30 postures that trainees will add to their portfolio over the course.

Objective: To encourage every trainee to develop their own style of teaching. Allow yourself to express yourself and refining how to verbalise instructions, especially for mixed classes.

4) ANATOMY AND PHYSIOLOGY, Advanced use of software to teach visual Anatomy and Physiology with understanding common ailments and how to use yoga postures to help your students. This is where yoga meets A&P in a practical way. There will be professional practitioners also teaching specific A&P sessions over the course.

Objective: This category is the main focus of the training school. Understanding, experiencing and linking common ailments and beneficial yoga postures. Modifying postures to suit different levels of students.

5) METHODOLOGY (business), Learning the business of Yoga.

Objective: To encourage and develop sales and marketing strategy. Understanding how to use multi-media to promote yourself and your classes.

6) CLASS TEACHING PRACTICE (adjustments) An hour & half of yoga session where trainee teachers teach and get to do all the support and adjustment work.

Objective: To develop your ability to teach large classes, learning to speak so that everyone can hear. Continuing with teaching practice.

7) AN EXTRA SPECIAL CATEGORY of Teaching Men in classes. This is taught by principal teacher.

Objective: Giving ALL teachers the opportunity to verbalise and explain outcomes of postures, especially to men AND to women who want to encourage their partners to do yoga.

- Discussion and understanding of Code of conduct, both of the school and the students. Understanding the role of an independent adjudicator at the school.
- Home study assignments.

- Teaching 2 postures & 1 Pranayama during daily teaching practice session over the weekend. Intermediate and Advanced postures, learning “how to..” help and support students to build their practice.
- Participate in group PLANNING, TEACHING and in ADJUSTMENTS on students during the afternoon class of visiting mixed-abilities students from the local community.
- Each class plan will be part of resources in your manual. 30 class plans by end of 15 modules.

15 modules equal to 30 days of training, over 15 weekends. Programme is organised and managed over 1 weekend per month. When a student comes up to their 15th module, they are given a 2 page document to prepare for their final assessment. On successful completion of the assessment the student is awarded a YA500Hrs certificate, One year Yoga Alliance membership and One year insurance cover certificate.

In the event that a student has not been able to demonstrate that they are ready for assessment, a written programme will be agreed between principal teacher and the student to ensure that the student is aware and able to do all that is required so that they can pass their final assessment.

* NOTE: Each 500hrs trainee will also be encouraged to spend 1 week assisting Sam at one of his retreats. This will be offered to the trainee once they have completed their 10th module. This one week will earn the trainee 36hrs.