

TEACHER TRAINING PROSPECTUS



yogahaven

WHY choose yogahaven?

Since 2003, yogahaven has been training exceptional yoga teachers with its unique brand of versatile tutoring. Literally 1000's of yogis have perfected the art of showing the world

how to chaturanga, under the watchful eye of Allie Hill and her team, and we're proud to have set the standards for yoga teacher training worldwide.

We are so proud of our alumni that years on, some of them are now yogahaven tutors themselves. Their kind, nurturing and non-(downward)dogmatic approach is what sets yogahaven Teacher Training apart, and wherever they go in the world, they leave a group of big-hearted yogis just about ready to burst with their newfound knowledge and inspiration.

Allie and the YHTT school are such a powerful and established influence that many graduates have gone on to start their own yoga Teacher Training courses, you'll find YHTT grads teaching and co-ordinating many of the leading courses.

Wherever you choose to roam once you've completed the yogahaven 200-hour course, you'll be qualified to teach yoga, with your internationally recognised certification - just make sure you send us lots of pics and make us jealous!

More than that, we can pretty much guarantee you'll have made life-long friends on the way, and you won't want it to end. Our last savasana together is always a bittersweet and tearful one.

WHAT will you teach after graduating?

As well as teaching you set sequences on the course, we'll teach you HOW to sequence on your own, and we'll also teach you how to correctly and safely assist your students. In the competitive world of teaching yoga, imagination and versatility are key, so that's what we want you to take away.

On completion of your yogahaven training you can be a dynamic Vinyasa Flow teacher, or you can teach a gentle Hatha. You'll pick up some skills that will help you in all aspects of your life - confidence, observation, journaling. Even if you decide never to teach a yoga class, you will bound off the training and back into your life with a glistening, rosy outlook and a shiny-new, updated CV.

Our graduates have opened their own studios, become brand ambassadors, direct their own yoga teacher training companies and have disappeared off in various directions around the world to spread their wings.

Here is some more about the 200-hour CURRICULUM:

Breaking it down into 6 areas, you can expect the following...

TECHNIQUES, TRAINING AND PRACTICE

- Asana - Learning to modify and understand Poses
- Pranayama - Breathing techniques
- Bandhas - Body locks
- Kriyas - Yogic cleansing practices
- Sanskrit - Practical learning of Sanskrit terms
- Mantras and Chanting
- Meditation and Yoga Nidra

TEACHING METHODOLOGY / TEACHING TECHNIQUES

- Principles of Demonstration
- How to give hands-on Assists
- Ethics of Teaching
- Qualities of an inspirational yoga teacher
- The Art of Sequencing
- Sequencing for a Gentle Hatha Yoga Class
- Sequencing for a Vinyasa Flow Class

ANATOMY AND PHYSIOLOGY

- Functional Anatomy and Physiology
- Functional Movement and Movement Patterns
- Benefits of postures
- Contraindications of postures for injuries and • Modifications of postures for different body types.
- The Subtle Body, including the Koshas, Chakras, Nadis and Prana Vayus

YOGA PHILOSOPHY, LIFESTYLE AND ETHICS FOR YOGA TEACHERS

- The History of Yoga
- Study and Review the classical texts - The Yoga Sutras of Patanjali, Bhagavad Gita
- Learning the then ancient language of Sanskrit • Modern applications of a yogic lifestyle • Ethics for a yoga teacher.
- Understanding teacher/student relationships
- Ayurveda lifestyle and principles
- Life planning and journaling (creating the life you want through yoga)

TEACHING PRACTICE

- Teaching skills and practice
- Voice-work
- Performance coaching
- Learning through observation
- Assisting

THE BUSINESS OF YOGA

- Marketing and promoting yourself as a new yoga teacher
- What to charge for different classes
- How to set up your own classes

Study Time

- 35 non-contact hours to immerse yourself in self-study and assignments
- Led study-sessions with discussion groups and Satsang
- Dedicated time to practise, and to give each other kind and encouraging feedback
- Comprehensive course manual, plus suggested and essential reading

A note about your homework - it won't be a 5000 word essay, it's fun, practical and easy to fit into your already busy life!

LETTERS after your name?

You'll be an RYT (Registered Yoga Teacher) on successful completion of the 200-hour course with yogahaven, and be accredited as an international 200 hour yoga teacher - an impressive and fancy accolade, and one that you can be extremely proud of. Our School is registered with the Independent Yoga Network and Yoga Alliance so you can go ahead and register with them should you wish to (ask us if you want to know more about them).

You can benefit from discounted teaching insurance (which you will need, if you want to teach) through yogahaven, and we can even arrange trainee yoga teacher insurance for you.

On that note - practice. Strike while the iron is hot, and get into teaching in any way possible ASAP once you're qualified. Teach anyone that will sit still long enough for you to assist them - friends, siblings, colleagues, your cat. Ask Allie about Karma Yoga classes too; these run at some of her studios and they're a great way both to give back to the community, and to get in front of a group of strangers for the first time.

MENTORING

Once the formal training ends, you're not on your own. The yogahaven community is a giant, cosy, dysfunctional family - welcome. You might find that mentoring sessions are a good way to get your yoga teaching career off the ground.

Everyone is different, so for some people, these sessions are about gaining confidence in the classroom; some benefit from practicing assists in their mentor's classes, and some might need some general guidance on the practicalities and nuances of carving their career as a yoga teacher. Our mentoring program is 12 weeks long, and with a senior teacher of your choice.

Yogi ROOTS

yogahaven strives to stay close to yogic principles and to practice yoga off the mat as well as on it. We love our planet, we love our community, we love our oceans, and we love and respect all the living beings that we share the earth with.

During the training, we'll watch some documentaries together to get our activist juices flowing, and we'll discuss ethical and environmental issues. We'll only serve vegan and vegetarian food on our courses, and we believe that the path to being a yoga teacher is also a journey to inspiring change amongst those we meet along the way. We can all do our best.

WHERE will you train?

There are lots of options for location when you choose to train with yogahaven. Our intensive training adventures take place in beautiful Morocco and heavenly Greece, with London modules attached.

Our modular weekend trainings take place in a town near you! Birmingham, Brighton and London.

WHO will be your tutors?

Any combo of the below lovely people:

Allie Hill

Amy McDonald

Krystal Nash

Molly Coffman

Tess Mabbitt

Elodie Frati

What do our graduates THINK?

"...I made such amazing connections with everyone, the teachers, everyone there, sharing a journey together. And I really feel like I've made friends for life..." Olivia

"...the two weeks in Greece absolutely exceeded my expectations, I left feeling so full of joy..." Sophie

"...there was just this energy of love created in the Shala, within the group...it was electric, it was so alive, this energy that we created together everyday..." Jacqueline

Want to know MORE?

Pop into any of our studios and have a chat...speak to our teachers, who have all trained and graduated with YHTT - come and pick their brains!

If you'd like to get in touch to ask us something specific (or maybe you'd just like to know what we're currently binge watching on Netflix) please send an email to allie@teachingyoga.co.uk.



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