Yoga by Nature

200 hours

Holistic Yoga Teacher Training Course

Prospectus

Be your best you

Yoga by Nature welcomes you on this transformational journey towards your best self. With our experience and expertise in diverse aspects of yoga, teaching and business, we can offer you the best launching pad for your future. Yoga teacher training is more than just a professional qualification. Whether you wish to pursue a career teaching yoga, deepen your yoga practice or build your confidence, we are here to offer you everything you need to navigate your own unique path deeper into yoga.

Our 200 hour Holistic Yoga Teacher Training Course is the first step in your teaching career and we are sure you will be inspired to continue learning for as long as you continue to practise yoga. Therefore, it's important to choose a training course which nurtures your own personal interest, sparks your passion and creates a template for your future learning and growth. As a yoga teacher, your teaching material is your own practice, so the place to start is with you.

Yoga is a journey towards self-knowledge, which will stretch you in all kinds of ways – not just your hamstrings! It will transform your experience of your body, broaden your mind and ignite your spirit. Our approach is to create a balance between technical knowledge and self-inquiry, offering you the wisdom of yoga, whilst offering you personalised guidance as you explore the material for yourself.

What sets Yoga by Nature apart

A holistic, mindful approach

Our 200 hour Holistic Yoga Teacher Training Course is an in-depth study of holistic Hatha yoga, interwoven with Mindfulness. We give you the detail of asana instruction whilst encompassing the many other facets of yoga practice.

You will learn the seminal yoga mantras, simple breath work and pranayama, meditation and about the yogic and Ayurvedic lifestyles.

In our programme, you are encouraged to 'feel into' the practices for yourself, using general instruction as a guideline for mapping out your own interior landscape. This somatic approach ensures that you will teach from your own embodied experience with authenticity and accuracy.

Our philosophy is that there are as many styles of yoga as there are beings on the planet. We offer you our knowledge to give you landmarks on your journey to developing your own unique style of yoga practice and teaching.

"Morven expertly guides you through her teaching, whilst giving you the freedom to respond to your own body, and encouraging you to explore what arises."

“Morven is a committed and compassionate educator with a wealth of knowledge and expertise which she shares with love and kindness.”

Small Training Groups

Your trainee group will be no bigger than 10 students. The limited size of the group means you will have ample access to your tutors and plenty of individual attention, so that your own unique style can develop.

Our expertise

Morven, your course leader, has been practising yoga since 1995 and teaching it since 2008. She has over 15000 hours of teaching and training experience in yoga and a background in both school and University education and running a small business. She has worked as a group facilitator for various training groups and on specialised courses. Her daily yoga and meditation practice brings new insights every day, which keep her teaching fresh.

Our associate tutors each have over a decade of experience teaching in their field and are the region's top practitioners.

We are a dedicated team of educators committed to providing you with the best start on your yoga teaching path.

Relaxed Environment

An effective learning environment is one where each participant feels welcome to express their views and where there is mutual respect and trust. The small group of no more than 10 trainees allows for a sense of commonality and engagement with every course member, creating a safe and supportive space. Morven's teaching style is down-to-earth, humorous and friendly, and as she is committed to demystifying yoga, you are encouraged to always question and stay curious.

What we offer

- Teacher training with an accredited senior yoga teacher
- Tutors who excel in their fields and have a minimum of 12 years teaching experience
- Ongoing support and guidance in your own yoga practice
- Yoga Alliance Professionals accreditation and the offer of membership on completion of the course
- Teaching practice to peer group and public group
- Preparation to launch your teaching career
- 50% reduction on Yoga by Nature classes for the duration of the course
- Detailed feedback on practical and written assessments

Course Syllabus Overview

Topics covered in the 200 hour Holistic Yoga Teacher Training Course:

- The yoga body – applied anatomy and physiology. Hatha yoga techniques including detailed application of asana
- Practising and teaching Mindfulness and mindful yoga
- Teaching from your own experience with a grounding in key precepts of yoga. Develop your own voice as a teacher
- Evolving your own yoga practice
- Sequencing beginner, intermediate, restorative, gentle and mindful yoga classes
- Methodology for becoming an effective teacher
- Understanding the philosophy and history of yoga, its sister traditions, such as Tantra, and their relevance to modern life. You will study Patanjali's Yoga Sutras, The Bhagavad Gita and the Hatha Yoga Pradipika
- Understanding the four paths of yoga (Bhakti, Jnana, Karma, Raja)
- The subtle anatomy (the chakras and subtle energy)
- Comparison of yoga nutrition and lifestyle compared with its sister science of Ayurveda
- Yoga business – kick-start your career by learning how to set up and market your classes in the community and online
- Ethics for yoga practitioners, yoga teachers and yoga business.

Pre-requisites

You must have at least 2 years of consistent yoga practice behind you in order to be accepted onto the course and be able to provide a reference from a yoga teacher. If this is not possible you can arrange to have an assessment with Morven instead. Students in Morven's classes are not required to provide references.

Application process

When it comes to committing to a programme of study, it's important to make the right choice. If you would like to chat further with Morven before applying, please book in your Skype or phone call, or face-to-face meeting. There will be an open day coming up, which you can attend to get a feel for the space and meet your course tutor – check out the website or contact Yoga by Nature to find out when the next open day takes place.

If you would like to learn more about the 200 hour Holistic Yoga Teacher Training Course or about the yogic life, take a look at the Yoga by Nature blog, which you can view on the main website.

"Amazing training with Morven Hamilton last year and can't recommend it and her enough."

When you are ready to apply, fill out the application form, which you can find on the main web page. Upon acceptance to the course, you will be required to pay either the full amount or your deposit by bank transfer.

Before the course begins

Once you have been accepted onto the course, it's a good idea to start preparing. You will get so much more out of the course if you have done the groundwork. Once the course begins, you can come to any Yoga by Nature classes at a 50% reduced rate, to complement your coursework. It's also a good idea to start practising Morven's podcasts at home, and make sure you go to class as often as you can. The podcasts can be found on all major platforms such as iTunes and Spotify under Yoga by Nature Podcast.

Your tutors are there to support you from the moment you enrol, so feel free to come to us with any questions or issues you may have.

Daily schedule

This is a guideline to show a typical day on the teacher training course. We will start the day with a yoga practice led by Morven. The morning class will vary according to where we are in the course material and may be a class for beginners, intermediate practitioners, pregnancy or other. After the morning class there will be time for questions and a general check-in with the group.

Much of the morning is usually devoted to techniques, where we deconstruct the poses and basic pranayamas and have a go at peer to peer teaching. Other sessions will be delivered as a blend of presentation, group and self-study and group discussion. During the course of the day we regularly take time for self-reflection, movement and meditation.

8am Morning practice with Morven

9.15am – 9.30 am Check-in

9.30am – 11.30 am Yoga techniques / Mindfulness

11.30am - 12.30pm Philosophy/ Anatomy and Physiology

12.30pm - 1.30pm Lunch

1.30pm – 3.30pm Methodology, Lifestyle and Ethics

3.30pm - 5pm Technique and practicum. Closing meditation.

More about the course content

We know that yoga is a huge subject, and that there is only so much you can fit into a foundational training like this one. It's likely you will be inspired to go on to do more study and training, so it's important for us to offer you a first-hand experience of all that yoga has to offer. As well as detailed application of asana and adjustments and the anatomy and physiology of yoga, including the subtle anatomy, we focus on the following in order to deliver a fully comprehensive course..

Mindfulness

Mindfulness is an attitude to life, meditation is the training we do to cultivate this attitude. Taken from the Buddhist worldview, Mindfulness has guided people over millennia to create a peaceful and meaningful life for themselves. The philosophies of yoga and mindfulness are historically intertwined, and an understanding of the Mindfulness model can help to enrich your yoga and your teaching. For many, Mindfulness with its uniquely non-judgemental yet compassionate view of reality, is the key to taking yoga 'off the mat' and into the world. You will learn the concepts that underpin the theory and how to practice Mindfulness for yourself. We also explore what it means to be a mindful yoga teacher and how to weave the language of mindfulness into your teaching, to create a safe and compassionate space for your students.

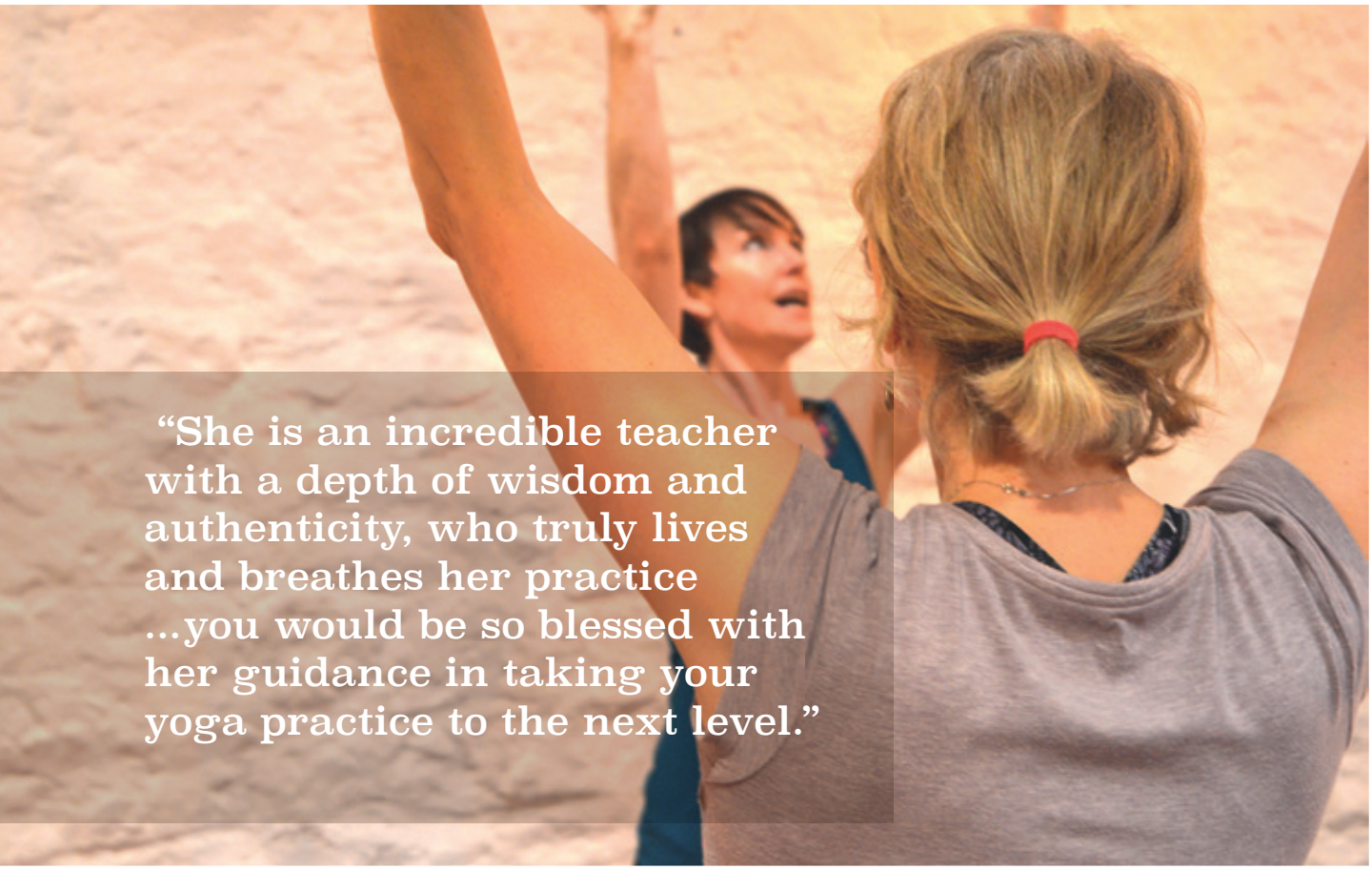
“(Morven is) a highly recommended, accessible, knowledgeable and passionate practitioner.”

Methodology

You will learn to hold space safely and respectfully for your yoga class students and infuse your teaching with the key concepts of yoga philosophy. You will become familiar with the building blocks of a complete yoga class, and competently sequence classes for all types of students. You will become skilled in adjusting students verbally and physically as well as judging the appropriate manner of adjustment/assist required. We believe it's important to make the learning environment a student-centred space, where the learner is empowered with choice and feels safe.

Ethics

Ethics is an important part of teaching, and we give ample time to discussing possible scenarios and delving into what it means to teach yoga and practice business respectfully and with integrity whilst maintaining healthy boundaries. You will be given a thorough grounding in best practice to equip you to take your teaching into the world. We bring a focus to de-mythologising yoga, yoga practitioners and yoga business, giving you a balanced view of the world of teaching and the community that surrounds it.



Yoga lifestyle and nutrition

Your yoga practice begins in your kitchen! Yoga is a life path and includes many practices for physical and mental health 'off the mat'. We will explore what it means to life a yogic life, including yoga nutrition.
You will have an introduction to Ayurvedic health, and find out how to adjust your lifestyle according to your own individual constitution.

Philosophy

It is often said that yoga is a practice, not a philosophy. While we emphasise the importance of your own practice and experience, we understand that it is vitally important to understand the broad context of yoga and its roots. Hatha yoga is based on a 5000 year old belief system which upholds and gives meaning to what we practice today. When you understand yoga's concepts and history, the world takes on a new light which shines into your personal practice and your teaching.

Teaching practice

We begin teaching practice in the very first weekend. You will first teach a partner, then go on to teach a pose or other practice to the group, building your confidence bit by bit. As part of your final assessment for accreditation, you will co-teach an entire class to a public group. This final practicum will involve 20 mins teaching time which will be pre-planned with the rest of your teaching group.

Business

Every industry has its do's and dont's, its hubs, its networks and its protocols. Our tutors have all been working in the wellness industry for a decade or more and can give you valuable knowledge about how it works. You will create a rudimentary business plan, either for teaching yoga or incorporating yoga into your work. We also go into making an impact online and how to use social media for business.

Home study

If you are wondering how much this training could impact your life, that's understandable. Course study and reading can be expected to take up 2-3 hours of your time per week. You will be expected to maintain your home practice at a minimum of four times per week outside of contact time. You will also be required to keep a practice diary for three months of the course.

Ongoing guidance

Practising yoga is the only way to become proficient, and you can only be an effective teacher if you are teaching from an embodied understanding. On this course you will be able to progress and refine your practice, honing your alignment and developing your own 'map' of the teachings. You will be given extensive help with your own personal alignment in asana, as a teacher must reflect what she or he is teaching.

Next steps

We are plugged into a vibrant network of teachers and studio owners in the Bristol area and beyond, and can link you up with businesses looking for regular and cover yoga teachers. Whether you want to freelance at studios or workplaces or similar, or start up with your own space, we have walked the path ourselves and can give you the contacts and information you need to take you in the right direction and at the right pace. We believe in nurturing our symbiotic relationship with the wider yoga community and our graduates can benefit from our good reputation and goodwill.

We offer you this 200 hour Holistic Yoga Teacher Training Course as your gateway into the world of yoga practice and teaching. Each 200 hour yoga teacher training course offers something a little different, so it's important to find the one that resonates with you. If you are looking for an embodied, mindful, comprehensive approach to yoga, we are here to support you on the life-changing journey you are about to embark on.

Talk to us any time to voice your questions about the course, or just to chat further about any aspect of the training. Morven is available for a Skype consultation or face to face meeting to help you make your decision.

Be your best you

Yoga by Nature

Yoga by Nature Training
33A Swiss Rd
Weston-super-Mare
BS23 3AX

Call us on **07938 889028**

Email **info@yogabynature.org**