



ACADEMY
FOR YOGA TRAINING

INTEGRITY • STRENGTH • FOCUS

Hatha Yoga 200-Hour Prospectus

Hatha Yoga 200-Hour Teacher Training Course

Join us online or in person from the heart of the beautiful city of Bath. Specifically aimed at yoga students looking to train as yoga teachers, but also suitable for those wishing to deepen their own yoga practice, this intensive course will challenge, inspire and strengthen you as you take the next steps on your yoga journey.

Be part of a small group - either 15 students via an interactive learning online platform or 11 students in person at Bath Yoga Studio - to study the principles of Hatha Yoga in depth.

This unique course is a blend of learning styles. If learning solely online via our Zoom and Facebook Live sessions, we blend this with interactive multimedia lessons, and recorded videos that you can watch again and again to deepen your learning. For those training in person, you benefit from the blended learning as well as live face to face sessions. Either way, each course offers excellent teaching standards and adheres to the Academy's ethos for integrity, strength and focus.

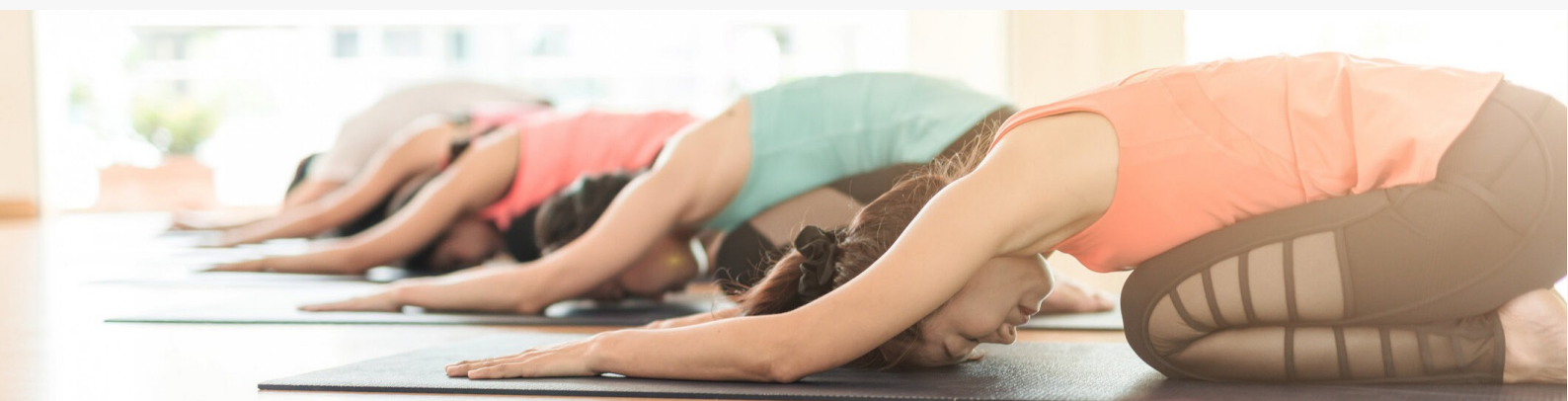
Accompanied by a fully comprehensive manual, guidance and teaching from an array of excellent course teachers, with decades of knowledge and experience, you will explore the history and philosophy of yoga, as well as the physiology and anatomy of the asanas, thereby learning how to teach confidently and safely, and ultimately finding confidence to competently teach in your unique yoga style.



Why study with us?

Any yoga teacher training course represents a significant investment of your time and money. We recognise the importance of finding a training school that will enable you to learn safely and teach effectively.

Academy for Yoga Training has met the stringent standards set by Yoga Alliance Professionals so you can feel confident that you will be taught by highly experienced, qualified teachers. What's more, on successful completion of the 200-Hour course you will be entitled to join Yoga Alliance Professionals and use the Registered Yoga Teacher (RYT) accreditation yourself.



What we ask of our students

At Academy for Yoga Training we take a traditional, holistic approach to the ancient discipline of yoga. We ask of ourselves and our students, that we commit to the principles of yoga on and off the mat, living our lives with courage, truth and integrity. The elements of self-reflection and journal-writing that support this approach will be an important part of your learning.

This Hatha Yoga 200-Hour course is designed for all students wishing to immerse themselves in a disciplined programme of self-study with commitment and responsibility.

We ask that all students ideally move towards a vegetarian lifestyle during the period of training.

All students applying for the 200-Hour course should have been studying yoga for a minimum of two years.

Pricing

The online course fee is £1,995 with a non-refundable deposit of £395 payable within 7 days of acceptance on to the course, followed by five payments of £320. Alternative payment plans are also available on request.

The in-person course is £2,895 with a non-refundable deposit of £395 payable within 7 days of acceptance on to the course, followed by five payments of £500 by the end of the course. Alternative payment plans are also available on request.

The fee includes:

- All training
- 1:1 practical sessions and mentoring
- Full course learning platform
- Final course assessment

Not included: additional books and materials from the reading list; re-assessments; student insurance via YAP; physical copy of the course manual (for online students); class passes with our sister company Bath Yoga Studio; other expenses associated with accessing our virtual course.

Key Aspects of Study

- The history, philosophy, anatomy, and physiology of Hatha Yoga.
- The Hatha Yoga asanas and how to teach them safely and confidently.
- The energy connections of each asana, through immersion into a spiritual practice.
- Learning each Pranayama and Meditation technique.
- Teaching methodology and sequencing.
- Setting the intent and guidance of each class or practice.
- The importance of self-care, self-discipline, and removal of self-harm and harm to others.
- Living a yogic lifestyle, through the guidance of the eight limbs.
- Removing ego, resentment, frustration, fear, and anger from your psyche.



Key Outcomes

Students attending the Hatha Yoga 200-Hour teacher training course will:

- become knowledgeable about the roots and philosophy of yoga.
- understand the methodology of yoga and the specific style of Hatha Yoga, as well as understanding key components from other styles of yoga.
- learn the art of observation and safe adjustment in asanas.
- learn sufficient Sanskrit to run a yoga class.
- learn to teach classes based on Hatha Yoga and Vinyasa Yoga sequencing, leading to apex poses.
- teach led Meditation and Pranayama techniques.
- learn basic skills in business and marketing management.
- have the opportunity to teach themed classes or workshops.



Course Structure

Chapter 1

- History and philosophy
- Yoga survival guide
- Code of conduct
- Yoga diet
- The Three Gunas
- Anatomy and Physiology
- Spiritual development

Chapter 2

- Benefits of yoga
- Yamas and Niyamas
- Introduction to Pranayama
- Yoga philosophy
- Eight limbs
- Spiritual development
- Ayurveda

Chapter 3

- Obstacles to Sadhana
- Conflict resolution
- Ethical guidelines
- Pose clinics
- Teaching methodology
- Conflict and stress

Chapter 4

- Bandhas
- Yoga Sutras
- Path to spirituality
- Pranayama
- Class structuring
- Anatomy and Physiology

Chapter 5

- Pose clinics
- Meditation
- Pranayama
- Bandhas

Chapter 6

- Chakras
- Doshas and Koshas
- Mudras
- Mantras
- Power of OM

Chapter 7

- Yoga as a career
- Mock & Final assessments

Please note that the structure and content of each training group can vary based on the skills and experience of the students attending and therefore the appropriate pace for the group as a whole. Facebook Live and Zoom sessions with the teacher are organised on weekday evenings and some weekend dates. All sessions are recordable.

Evaluation Procedure

Students are evaluated on an ongoing basis via regular homework, group discussion based around the required reading list, and a teaching assessment.

For the final assessment, each student is expected to have structured a safe, fluid, 30-minute class, with a clearly set intent, at a level and style of their choosing. Their approach to teaching must take into consideration any hypothetical injuries and contraindications identified in those attending their class.

Each student will also be expected to design a 6-8-week yoga course, also at the level and style of their choosing. This will indicate competence, progression, and a clear understanding of the required content as learned throughout their training. Students will need to show full competency and safety during teaching, with a minimum attainment mark of 75% needed to qualify.

In addition, a minimum of x3 yoga practices per week, and, where possible, set up 1:1s and group classes which should also be documented and signed off by the class host and shown to the Student Liaison Officer.

The Course Director may not take any 1:1 classes with any of the students whilst they are on the training course, and will not be the main point of contact during the course for interim support.

Accreditation

Academy for Yoga Training has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that our course teaching and content is of the highest standard. As a result of this, our graduates may use the Registered Yoga Teacher (RYT) logo as a sign of quality, when they register themselves with Yoga Alliance Professionals.

Any student whose conduct during the course is deemed inappropriate or incompatible with the principles of yoga and the approach of Academy for Yoga Training, as outlined in this prospectus and in our [Code of Conduct](#), will not be able to take the final assessment, and will not receive a graduation certificate.

Required course reading

- **Heart of Yoga** TKV Desikachar
- **The Diet of Enlightenment Yoga & Vegetarianism** Sharon Gannon


And a choice of (pick one):

- **Yoga Anatomy** Lesley Kaminoff & Amy Matthews
- **The Key Muscles of Yoga** Ray Long
- **Functional Anatomy of Yoga** David Keil
- **Anatomy for Yoga** Paul Grilley
- **The Muscle Book** Paul Blakey

Additional suggested reading

- **The Yoga Bible** Christina Brown
- **Science of Yoga** William J Broad
- **Myths of the Asanas, The Stories at the heart of Yoga** Alanna Kaivalya & Arjuna Van Der Kooij
- **Teaching Yoga** Donna Farhi
- **The Universe has your back** Gabrielle Bernstein
- **Anatomy for Yoga** with Paul Grilley (DVD)





To apply for a place on our next Hatha Yoga 200-Hour teacher training course, please visit our website where you will find the latest online and in-person course dates and a link to the application form.

If you have any questions or would like to discuss your application, please feel free to contact Course Director, Diane Lee. Alternatively, why not visit us and see for yourself what Academy for Yoga Training has to offer? You will find details of our next taster day on our website.

Contact Us

Email us at: dianeacademyforyogatraining@gmail.com Or call us on: 07946 663464.

Other Information

There is a maximum of 11-15 students on the course.

Yoga Alliance Professionals-registered Senior Yoga Teacher, Diane Lee, will teach a minimum of 70% of the course contact hours.

We are proud to offer a quality training experience in a small group environment, and we aim to be flexible in meeting our students' needs and schedule. If you require additional support, please advise us when making your application, or contact us separately to discuss your needs prior to making an application.

Each student joins Yoga Alliance Professionals at the beginning of the course with student insurance, enabling them to teach throughout the learning process.

In accepting a place on an Academy for Yoga Training course, you agree to comply with our Code of Conduct and Terms & Conditions.

Academy for Yoga Training

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