

*Yoga Therapy & Training Centre (YTTC)*  
*Teacher Training Diploma Course*

*Level Two Prospectus*

*An internationally recognised School of Yoga*

*.....providing excellence in training*

Director of Studies

Paddy Hamill

Teaching Staff

Paddy Hamill

Clare Desmond

Valerie McCrory

Kay Scolah

Michael McCann

Duration

Within 1 year

Course Location

YTTC Lisburn

Venue

39b Market Square South, Lisburn

Timing

One day per month excluding National  
Holidays

Cost  
payable

£895.00 (one off payment) or £950

deposit £200 + 3 further instalments of  
£250

Course Commences

**Autumn 2012**

Yoga is a system of physical, mental and spiritual development, the benefits of which are now recognised by millions worldwide. The word yoga means to unite or to join, it harmonises and integrates all levels of our multi-dimensional being, to enable us to realise our deepest potential and wholeness; health in the deepest sense of the word. Yoga is the oldest system of self-development in the world and is the birthright of each and every one of us.

**Learn Yoga and evolve yourself; teach Yoga and evolve Society**

**(Swami Satyananda Saraswati)**

The **Yoga Therapy & Training Centre (YTTC)** was established in 1996 to meet the increasing demand for professional yoga training, and is now Ireland's largest yoga organisation offering all levels of training in a user friendly and professional manner. In the short time since its establishment, demand for training courses has increased and are now available in **many** major cities throughout Ireland.

The YTTC is a Yoga Alliance Registered School and a member of both the International Yoga Federation and the British Council for Yoga Therapy. The Level Two Diploma Course 'dovetails' into the ending of the Level One Course and expands topics already introduced. It is for already qualified teachers who want to further explore the ancient art of yoga and in particular asana, pranayama, mudra and bandhas

#### **THE AIM OF THE LEVEL TWO DIPLOMA COURSE IS:**

- Providing the basis for deepening and understanding the ancient art of yoga

#### **OBJECTIVES**

- To deepen the understanding of the principal paths of yoga
- To develop a sense of creativity, mindfulness and exploration in asana practice
- To deepen the understanding of the chakra system, bandhas and mudras
- To develop an understanding of a variety of yogic meditations, including mantra
- To deepen the knowledge of anatomy and physiology

## **QUALIFICATION**

The Level Two Diploma will be open to those who have at least 3 years' experience of practising yoga and who have a valid Teacher's Diploma.

## **DURATION**

The course will be delivered on a part-time basis, 1 day per month (5 hours per day) within one year.

## **FEE**

The cost of the Diploma Course is **£950.00**

Payable: £200 deposit on booking, followed by 3 instalments of £250 each over the duration of the course. A discount of £55 will apply if the course is paid in full on the first training day.

## **SYLLABUS**

### **ASANA:**

**Reversed Triangle**  
**Ardha Chandrasana**  
**Reversed Ardha Chandrasana**  
**Pariporna Navasana**  
**Warrior 3**  
**Parsvottanasana**  
**Parsvackonasana**  
**Marichasana 1 & 3**  
**Eka Paddha Paschimottanasana**  
**Triang Mukkakapeda Paschimottanasana**  
**Paschimottanasana**  
**Supta Virasana**  
**Matsyasana**  
**Chakrasana**  
**Sarvangasana**  
**Halasana**  
**Elbow balance**  
**Hand stand**  
**Headstand**

Asana technique and modification

Step by step: working from base of asana

Dealing with asana related injuries

## **PRANAYAMA**

Nadi shodana- variations

Nadi shodana- ida/pingal and sympathetic & parasympathetic nervous system

Anuloma viloma

Pranayama mudras

Bastricka

Kapalabhti

## **SUBTLE ANATOMY**

An exploration of the chakras and the etheric body

Location

Function

Physical correlatives

Level of awareness

Symbolism

Yantras

Elements (tattwa)

Mudra

Bandha

## **MEDITATION**

**Meditation, Yoga Nidra, Mudra and the Brain**

Yogic methods of meditation, Ajapa Japa, Antar Mouna

Energy awareness and working with energies

## **MANTRA**

The practice of Mantra Japa. The use of a Mala. Classical mantras- OM, Pranava, Gayatri, Shanti Path, Purnamadah, Guru Stotram etc.

## **REFINED TEACHING SKILLS**

Understanding limitation in asana practice

Correct adjustment of a student

Dealing with delicate matters

## **YOGA NIDRA AND DEEP RELAXATION**

Yoga Nidra

Progressive relaxation

Relaxation in daily life; Wu-wei the art of letting go

## **THE SHAT KARMAS**

Cleansing practices of yoga- including Trataka, Neti, Kapalabhati.

## **PHILOSOPHY OF YOGA**

The principal paths of yoga

Schools of yoga

Streams of Eastern philosophy- Vedanta, Samkhya and Tantra.

## **ANATOMY AND PHYSIOLOGY**

Shoulder/rotator cuff

S-1 Joint

Knee joints

The nervous system and the nadies

Endocrine-Chakra system

Asana related injuries

Marma Points

Yoga & Rehabilitation

## **Advertising and promotion**

## **Producing a workshop flyer**

## **Costing a workshop/course**

The course will be wide-ranging and experiential, and will include a variety of asanas, pranayama, mudras, bandhas and other practices which provide a rich source of knowledge for yoga teachers.

The Level Two Course is not assessment-orientated. While it will provide a valuable contribution to on-going training, it is ultimately for the student's self-development.

## **COURSE TEXTS (optional)**

Meditations from the Tantras

Asana, Pranayama, Mudra, Bandha

Anatomy and Asana

Yoga Sutras of Patanjali

The Upanishads

The Bhagavad Gita

Awareness (Osho)

## **COURSE TUTORS**

### **Paddy Hamill**

Currently director of YTTC Lisburn Paddy began his yoga training in 1994 and following several years of practice he embarked on an Iyengar teacher training programme which he successfully completed in 1998. His teaching is characterized by an awareness of correct anatomical alignment - ensuring the student moves safely both into and out of asana while cultivating an appreciation of individual / personal limitations. In 2002 he trained as a YTTC tutor. He has played an integral part in the growth and development of the YTTC throughout Ireland, having contributed to both the Level One and Two courses the length and breadth of the country. As course director he is responsible for the effective delivery of the course and in that capacity he will contribute significantly too many of the modules.

### **Kay Scolah**

Graduated from the University of London in 1976 with an honours degree in Biochemistry and then spent a year in the Max Planck Institut for Biophysik in Frankfurt before making the not so obvious move into advertising. After a number of highly successful years spent in advertising in 1988/89 she went to L.A where she studied acting at the Beverly Hills Playhouse. Having attended her first yoga class in 1968 she has experienced classes and workshops with a variety of excellent teachers from different yoga traditions. Kay has continued to train in yoga, dance and physical theatre, having received her yoga diploma from Yoga Therapy Ireland. She brings a wealth of experience to the course and with a combination of creativity, focused awareness and concentration will help students realise their full potential.

### **Valerie McCrory**

Valerie is a YTTC trained Yoga Teacher/ Therapist who has worked alongside Marie Quail since the establishment of the YTTC in 1996. She has special interest in Pranayama and is a graduate of the Philip Xerri Pranayama Course.

### **Michael McCann**

Michael's interest in Yoga extends back to 1970 when as a youth he met Swami Satyananda Saraswati. His teachers have been Swami Atmananda Saraswati, Swami Satyamurti Satyananda, Norma Duffield of the Yoga Centre of Ireland, Swami Nishchalananda Saraswati of Manadala Yoga Ashram and Marie Quail. He is a YTTC trained yoga teacher and is a senior Philosophy tutor who has a deep interest in Comparative Religions and the

body of teaching known as Perennial Wisdom. He has written several articles on all aspects of Yoga.

### **Clare Desmond**

A graduate from the Acupuncture Foundation affiliated to the Nanjing University of Traditional Chinese Medicine China, Clare is also a registered licensed Chinese Acupuncturist practising in L'Derry. She is a member of the Northern Ireland Association of Traditional Chinese Medicine. This course provided a strong foundation in both Western Medical Sciences, Anatomy, Physiology, Diseases and Traditional Chinese Medicine. Clare has been practising yoga for several years and holds a YTTC teaching certificate. She delivers both the Anatomy and Physiology Modules on the L'Derry teacher training course.

A Level Two Diploma is awarded on successful completion of the course.

The YTTC prides itself in providing a relaxed and supportive environment, our tutors are approachable and available at all times to give advice and support. We hope you will make many new friends on the course as feedback from former students tells us that it has been a valuable and life-changing experience.

### **Applications**

All applicants must be members of the YTTC so please complete the membership section on the application form. Members will receive regular issues of 'Yoga for You', the members' newsletter. Each issue is packed with up to date information about courses and events at the centre, details of our ever-popular weekend workshops and news stories of graduates who extend their training by visits to the Ashrams or simply share experiences of how they have progressed since graduation. '

In order to reserve a place on this course, please complete the application form on the next page and return it with your deposit of £200 + £40 membership to YTTC, 39b Market Square South, Lisburn BT28 1AG All payments can be by way of cash or cheque payable to YTTC.

# Yoga Therapy & Training Centre (YTTC)

## Application Form - Level Two Diploma Course

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Contact Details

Daytime: \_\_\_\_\_ Evening: \_\_\_\_\_

Email \_\_\_\_\_

Please tell us about your teaching qualification (s)

\_\_\_\_\_

\_\_\_\_\_

TrainingBody \_\_\_\_\_

Finally, please tell us how you heard about us?

\_\_\_\_\_

\_\_\_\_\_

**Applicants should be a member of the YTTC. If you are not currently a member, please enclose £40 for your membership.**

Please return completed application form with deposit of £200 (+ £40 if applicable) to:

Yoga Therapy & Training Centre (YTTC), Level Two Diploma Course, 39b  
Market Square South, Lisburn BT28 1AG Tel: 028 9263 4464

[www.yogaireland.com](http://www.yogaireland.com) e-mail [paddy@yogaireland.com](mailto:paddy@yogaireland.com)

**All information provided on this form is treated as confidential.**