

Yoga Therapy & Training Centre (YTTC)

Teacher Training Diploma Course

Level One Prospectus

An internationally recognised School of Yoga  
.....providing excellence in training

Director of Studies	Paddy Hamill
Teaching Staff	Paddy Hamill Roy Griffin Michael Mc Cann Paula Flood
Duration	30 Days
Course Location	<b>Galway</b> Other locations at: Cork, Dublin, L'Derry, Lisburn, Newry, Waterford, Spain.
Venue	An Seomra Yoga Centre, 2/3 Crane St.
Timing	One weekend per month excluding National Holidays
Cost	€2750
Next Course Commences	Autumn 2011

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', precisely because it harmonises and integrates all the levels of our multi-dimensional being, so that we 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 and fastest growing professional Yoga training body. In the short time since its establishment, demand for training courses has increased and are now available in **Cork, Dublin, Galway, L'Derry, Lisburn, Newry, Waterford and Spain.**

With international recognition, the YTTC is a Yoga Alliance registered school, and is a member of The International Yoga Federation and the British Council for Yoga Therapy. The organisation has gained a reputation for quality and excellence in teaching. The Yoga Teacher Training Diploma Course is externally accredited having been accepted and delivered at the Newry & Kilkeel Institute of Further & Higher Education at City & Guilds level. The Institute is affiliated to the University of Ulster. The Yoga Teacher Training Course meets National Occupational Training Standards.

This highly recognised Yoga qualification has to date been awarded to over 500 students enabling them to teach Yoga at a professional level. These, and other qualified Yoga teachers, are supported by Yoga Alliance Ireland, a self-regulating body responsible for the setting and maintaining of training standards and the British Council of Yoga Therapy (BCYT).

## **The Aims of the First Stage Teacher Training Diploma Course are:**

1. To provide the foundation on which trainee teachers can develop and evolve their physical, mental and spiritual well-being.
2. To build on the trainee teacher's knowledge of Yoga.
3. To provide trainee teachers with the knowledge, skills and attitude to teach Yoga safely, confidently and professionally.
4. To produce Yoga Teachers who by taking responsibility for their own physical, mental and spiritual health are true ambassadors of the ancient system of Yoga.

The course follows the Yoga Alliance syllabus and BCYT training standards and specifications utilising the most contemporary methods and practice, while keeping close to the Classical structures set down in the Yoga Sutras of Patanjali. The course comprises 250 hours, 180 of which are Tutor Contact hours; Home Assignments cover the remaining 70 hours. The course duration is 30 days within a period of 17 months. There are no special entry requirements although it is expected that students will have attended Yoga classes on a regular basis for a minimum of two years or have completed the "Introduction to Yoga" course.

Trainee Teachers are required to attend all tutorials and are expected to arrive 10 minutes before the start of each training day. Punctuality and commitment are expected throughout the course, and in keeping with the ethos of Yoga Philosophy, Trainee Teachers will be expected to show awareness both "on and off the mat".

Any training days that are missed must be made up by attendance at other suitable seminars, at the discretion of the course tutors. These training days will be at the Trainee Teacher's own expense. In the event you can be accommodated on an existing course an administrative fee will apply. Assignments are given throughout the course and are designed to equip the Trainee Teacher with the necessary skills to enable them to teach safely and with confidence.

Teaching practice will take place throughout the course and Trainee Teachers are encouraged to make arrangements with their personal Yoga teacher to assist in class in order to gain valuable extra teaching practice. Course Tutors will advise on this.

As well as providing each student with the necessary skills for teaching Yoga, the course gives an excellent opportunity for personal development and growth. Knowledge of Yoga practice will be enhanced and encouraged by the 'Yoga For You' sessions, which begin the typical training day. Evaluation sheets are provided at the beginning of the course and are available for ongoing feedback at the student's discretion.

A Hatha Yoga Teacher Training Diploma is awarded on successful completion of the course.

Finally, we want you to enjoy the Course, and the YTTC prides itself in providing a relaxed and supportive environment. Our tutors are all approachable and available at all times to give advice and support. It is hoped that you will make many new friends on the course. Feedback from former students tells us that even if you choose not to teach, the Course is a valuable and life-changing experience.

### **Course Modules**

#### **Asana**

This will include a range of loosening, limbering, strengthening, and quietening postures, culminating in the classical Yoga asanas. This module also includes

Analysis, Technique and Modification of postures

#### **Pranayama**

This will include alternate nostril breathing, cooling, heating and meditative breathing practices that exert an influence on the physical, emotional and mental structure.

#### **Relaxation/Meditation**

This will include simple methods of relaxation and the ancient Tantric art of Yoga Nidra.

An introduction to Meditation, what it is and what it is not; also classical methods of meditation for the student will be included.

#### **Philosophy**

This will include classical Yoga scriptures such as the Upanishads, the Bhagavad Gita, and the Yoga Sutras of Patanjali.

#### **Anatomy & Safety**

Anatomy helps us to understand how the body works. We can then apply this knowledge to the practices of yoga, including asana, pranayam, bandha and mudra. In theory as well as in practice, we will journey around the physical structure and explore how anatomy relates to the postures.

The practical aspect of this module will cover modifications, correct anatomical alignment in the postures (safe practice), and will assist students in identifying various anatomical landmarks on the body.

Topics Include:

Structural Alignment

The Spine

Pelvic Girdle

Pectoral Girdle

Lower Limb, Feet

Upper Limb, Hands

Abdomen

Neck

Respiratory System

Modifications for common medical conditions in the general class, including back, blood pressure and heart problems.

### **Subtle Anatomy**

An introduction to Prana; what it is, what it is not; the Nadis and the Chakra System.

### **Teaching**

The student will learn the systematic and structured approach to teaching Yoga that will provide a foundation for their teaching career. This will include a structured and progressive approach to teaching the asanas, planning a class and safe practice, in a safe and sharing environment, the student will be encouraged to build on his/her confidence in teaching a yoga class.

Presentation skills compliment the teaching practice throughout the course and include observation, speaking and listening skills.

### **Small Business Practice**

Yoga teaches us to be practical, and how to live in the world responsibly, and with awareness. This pragmatic module is a User's Guide to setting up a business, self-employment, and the often baffling, income tax regulations. Students are advised of sensible practice and of potential pitfalls.

### **Advertising, PR, Getting Started and Promotional Support**

Another practical module- students are informed of various methods of letting the world know who, and where you are, and what you are offering! When possible, at the graduation ceremony PR photographs are taken and issued to your local press, if you wish, to start raising awareness of your yoga classes. The YTTC has developed a Corporate Qualified Accreditation for graduates, together with starter posters where the practitioner only has to drop in their details.

A full, detailed syllabus, outlining the content of each module will be issued on the first day of the Training Course.

For every module, course supplements will be given to each student in support of the material taught during the training days. We will also recommend a list of relevant reading material.

### **Course Tutors**

All of the Course Tutors are university level with between 7 and 15 years of teaching experience each. The Course Tutors are:

#### **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 to many of the modules.

#### **Roy Griffin**

As the director of YTTC Roy is responsible for the day to day running of the organisation, his role involves overseeing the growth and development of the training programs and maintaining the highest standards of yoga training. Through vision and understanding he and his team have developed a series of progressive training programs that express the teachings of the Eight Limbs of Yoga.

As a young boy yoga came naturally to him, where he developed a strong practice in pranayama and meditation. He began his formal training in 1992 and went on to spend time in Sivananda Vedanta International Ashrams in Canada and the Bahamas where he successfully completed his teacher training in 1998. He founded the Irish School of Yoga in 2000 and in 2007 he became the director of the YTTC. Roy believes passionately about spreading the word of yoga and understands it is through team work that we can affect the most people with positive light. Roy's teaching style follows the classical principles of Hatha Yoga, combining asana, pranayama, meditation & yoga nidra with safety and awareness. Each posture tells a story and along the way the student finds their natural state of integrity through proper alignment, right thinking and natural breathing. Roy takes his commitment to yoga very seriously but his innate sense of humour is his constant companion.

**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.

**Paula Flood**

Paula holds both Level One and Two Teacher Training certificates from the YTTC and a Foundation Course certificate in Viniyoga from the Association of Yoga Studies, Bristol. A graduate of Trinity College Dublin, she has also studied with Acharya Upendra Roy in Sydney and at the Vivekananda ashram in Bangalore. Paula studied Anatomy with Ruth Gilmore (former Anatomy Professor at Queens University, Belfast) and more recently with Susi Hately, author 'Anatomy and Asana : Preventing Yoga Injuries'. She is a YTTC tutor since 2001 and has contributed to many aspects of the course teaching, including Asana, Pranayam, Anatomy and Philosophy. In 2006, Paula co-founded Lotus Yoga in Dublin's city centre where she teaches prenatal yoga.

Guest tutors will contribute as appropriate.

## Applications

All applicants must be members of the YTTC so please complete the membership section on the application form. Members are entitled to discounts on selected events and will receive regular issues of our Newsletter 'Yoga for You.'

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.

### **Course Fees**

The fee for the First Stage Teacher Training Diploma Course is **€2750**. An application form can be found at the back of this document, which must be returned with your deposit. The remaining fees are paid by standing order over 15 months (€143 per month)

### **Bank details**

National Irish Bank: Sort Code: 951520, Account Number: 52776502, Reference: First Name.

**All payments can be by way of cheque, cash or credit card, bank transfer, payable to YTTC. Please go to next page for your application form.**

## Application Form – Level One Teaching Diploma

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Contact Details: daytime: \_\_\_\_\_ evening: \_\_\_\_\_

E Mail: \_\_\_\_\_

Details of yoga experience/teachers to date \_\_\_\_\_

\_\_\_\_\_

Why are you interested in training to teach yoga? \_\_\_\_\_

\_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Please indicate below, if you suffer from any medical condition.

\_\_\_\_\_

*Each applicant should be a member of the YTTC. If you are not currently a member please also enclose €55 for your membership.*

In order to reserve a place on this course, please complete this application form and return it with a deposit (non refundable) of €600 (+ €55 if applicable - cheques made payable to YTTC) to:

Yoga Therapy & Training Centre (Level One Teaching Diploma)  
39b Market Square, Lisburn BT28 1AG Tel: +44 (0) 28 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. The YTTC reserves the right to withhold this course should insufficient numbers enrol.*