

# **Yoga Therapy & Training Centre ( YTTC )**

## **Yoga for Sports**

### **PROSPECTUS**

**Course director:** Paddy Hamill

**Duration :** 4 days

**Times :** 9.30am – 4.45pm – Days 1 & 2

9.30am – 4.15pm - Day 3

9.30am – 4.15pm – Day 4

**Cost :** £495 ( Deposit £195 + 2 x payments £150 ) or £445

€650 ( Deposit €250 + 2 x ... € 200) or €595

**Location :** YTTC Lisburn

**Dates :** January 7 / 8th & 14 / 15<sup>th</sup> 2012

#### **Rationale:**

Yoga is one of the oldest systems of self – development in the world. It is now being used widely by a large number of sporting people / groups throughout the world, both recreationally and professionally, as an aid to maximizing performance and as a complement to a persons / groups chosen sport. There is now a widespread recognition within many sporting codes that yoga offers sports people not only improved flexibility and joint mobility but has a very distinct role to play in helping to condition the physical body. This **NEW** YTTC course is aimed at those students who would like to learn more about the role that yoga can play in complementing sports. The value of stretching properly is a significant contributing factor in reducing the incidence of many common `sports injuries`. This course will equip students with an in – depth knowledge of many common sports injuries - how and why they happen, how to re – habilitate after injury and how to minimize injury through adequate and proper stretching. Students will develop an understanding of how to plan yoga classes for sports people with specific targets in mind so that classes are tailored to meet the athletes requirements. As well as exploring the nature of sports injuries and the mechanics of

planning yoga classes for athletes students will also look at and examine the role and importance of proper nutrition in relation to joint health and sports injury and recovery.

## **Aims & objectives:**

- To provide students with an understanding of many common sports injuries – their causes and how to re – habilitate them to full recovery in a structured manner.
- To provide students with adequate knowledge so that they can confidently and competently deliver tailored yoga classes – whether for an individual on a one to one basis or as part of a bigger group / team.
- To ensure that students are aware of the importance of diet in relation to sports performance.
- To provide an open forum in which issues / scenarios can be discussed which may present themselves in a class setting.
- To provide students with an understanding of the basic principles which should underpin the planning and structure of planning yoga classes for the sports person based on their needs and requirements .

## **Assessment:**

Assessment will be in the form of various exercises undertaken during the course, both written and practical, to ensure that students establish and sustain `best practice` in their teaching.

You **MUST** attend the full four days of the course so that you can fully participate in all Modules. A YTTC Yoga for Sports certificate will be awarded to those students who successfully complete and attend the **FULL** four days.

## **Entry requirements:**

The course is open to qualified Yoga teachers . You should also have current YTTC membership. Membership is currently £40 / €55.

## **Course content:**

### **Days 1 & 2:**

- Introduction and outline of the course
- Common sports injuries – an in – depth analysis
- Anatomy of the Injury – Rehabilitation of the Injury – Prevention of the Injury

### **Day 3:**

- The Anatomy of Stretching
- The Psoas muscle - location, role , function and problems associated with it`s imbalance
- Muscles of the Pelvis & Groin and how they affect the sports person

### **Day 4:**

- Lesson / course planning for Sports – theory & practice
- The role of Yoga Nidra to help stimulate and enhance sporting performance
- Presentation of certificates

## **Course tutors:**

All of the course tutors have extensive experience in their relevant field and collectively bring a wealth of experience for the benefit of the students.

### **Paddy Hamill.**

Paddy is the director of YTTC Lisburn and has been practicing yoga for over 16years. He is an Iyengar trained and qualified yoga teacher since 1998.

He has been a teacher trainer for over 10 years and has played an integral role in the growth and development of the YTTC throughout Ireland having contributed to its many Level 1 & 2 training courses. He has been taking yoga classes for sports people / groups for many years, across a range of disciplines, and has from personal experience gained an understanding and appreciation of the value of yoga in the pursuit of sporting excellence. He has, for the last 2 years, been teaching yoga to members of the Armagh senior Gaelic football team, structuring classes so that they complement the needs and requirements of this group of athletes.

### **Clare Desmond**

Clare is a graduate of the Acupuncture Foundation which is affiliated to the Nanjing University of Traditional Medicine in China. Clare is a registered Chinese Acupuncturist. She is a member of NIATCM (Northern Ireland Association of Traditional Chinese Medicine), BAaC (British Acupuncture Council) and AFPA (Acupuncture Foundation Professional Association). These courses have provided a solid foundation in both western medical sciences, anatomy, physiology, diseases and traditional Chinese medicine. Clare is a YTTC qualified yoga teacher. She is currently the A & P tutor responsible for delivering this element of the training on both the Level 1 & 2 courses as well as contributing to the YTTC Yoga Therapy training programme.

### **Noel Rice**

Noel initially studied at the University of Brighton and took up a post at the R.V.H in Belfast in 2002. While there he worked in a range of clinical areas although the majority of his time was spent in orthopaedics. Noel also worked with Banbridge Rugby Football Team for two seasons and was also the physio for the Honduras Special Olympics Team at the World Games in 2003. Since then he has continued working across a range of sporting disciplines including Gaelic football, hurling, soccer and squash in the Greater Belfast and South Down areas. He has been involved across all sports with Queens University and team physio to the Down GAA senior football team. He joined the staff of Belfast physio and injuries clinic in July 2004 and became its owner in 2007.

## **Patricia Smith**

Patricia holds a BSc in Nutritional Medicine and is one of only a very few fully qualified and registered Nutritional Therapists in Northern Ireland. She is a full member of the British Association for Applied Nutrition and Nutritional Therapy ( BANT ), the professional body for Nutritional Therapists. She is also a Nutritional Therapy Council Registered Practitioner as well as a CNHC registered practitioner, a professional body recognized by the Department of Health. In addition to personal consultations Patricia runs a wide range of training courses and workshops to businesses, Clubs, Societies, Training providers and schools. Topics covered include Sports Nutrition, Healthy Weight Loss, Healthy Eating for Kids & Teenagers and Dealing with the Effects of Stress through Food.

**Please proceed to next page for an application form.**

## Yoga Therapy & Training Centre ( YTTC )

### Application form – Yoga for Sports

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

**Adress:** \_\_\_\_\_

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#### Contact details:

**Home:** \_\_\_\_\_

**Mobile:** \_\_\_\_\_

**E mail:** \_\_\_\_\_

#### How did you hear about us?

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Each applicant should be a member of the YTTC. If you are not currently a member please also enclose a separate cheque of £40/ €55 for your membership.

If you would like to secure a place on this course please complete this application form , attach a photocopy of your teaching certificate and return it with a Deposit of £195 / €250 ( non – refundable ) made payable to YTTC . 39b Market Sq. Sth. Lisburn BT28 1AG.

Visit – [www.yogaireland.com](http://www.yogaireland.com)

Tel. (0044) – (0)28 92 63 44 64    E mail – [paddy@yogaireland.com](mailto:paddy@yogaireland.com)

**ALL INFORMATION SUPPLIED ON THIS FORM IS CONFIDENTIAL**

