



GLASGOW TEACHER TRAINING COURSE

PROSPECTUS



© Yoga Scotland 2021

www.yogascotland.org.uk
Scottish Charity Number SCO47418
Governing Body for Yoga in Scotland

sportscotland

PROSPECTUS INFORMATION

Teacher Training Course

LENGTH OF COURSE

The next Yoga Scotland Teacher Training course will be based in Glasgow and will run from September 2021 to June 2023.

The Teacher Training Course runs over 2 years and comprises 2 residential and 13 non-residential weekends.

COURSE DATES

2021	2022	2023
11-12 September	8-9 January	14-15 January
30-31 October	19-20 February	4-5 March
19-21 November (residential)	2-3 April	6-7 May
	14-15 May	17-18 June
	25-26 June	
	10-11 September	
	22-23 October	
	18-20 November (residential)	

TIMES

Course weekends run from 10.00am to 5.00pm. Residential weekends run from Friday (time TBC by course tutor) to 4.00pm on Sunday.

VENUES

The venue for the Glasgow course weekends is, In the Moment Centre for Yoga, Movement & Wellbeing, 72 Berkeley Street, Glasgow, G3 7DS.

The residential weekends are at Lendrick Lodge, Brig O' Turk, Callander, Perthshire, FK17 8HR.

COVID-19:

Yoga Scotland will continue to follow government advice on Covid-19 and prioritise the safety of students and tutors. This may mean that some course days will be held online, possibly at short notice and may require some date changes or splitting days into manageable online sessions.

We are liaising with course venues to ensure that they meet Yoga Scotland's requirements for safety measures and social distancing. This will be reviewed and updated as required. We thank students for their support in complying with safety measures. Unfortunately no refunds will be made in the event of a course being held online.

COST

- The cost of the Teacher Training Course is £3,355.00. There is a non-refundable deposit of £595.00 on acceptance of a place. The remainder of Year 1 fees of £1,380.00 may be paid in full or in 4 instalments over the year. (There will be a £25 annual administrative cost for paying by instalment.) Year 2 fees are £1,380.00 and are payable in the same way. The course fee includes the cost of the 13 course weekends, 2 residential weekends and student teacher membership of Yoga Scotland.
- Once paid, fees are non-refundable.

ABOUT YOGA SCOTLAND

Yoga Scotland is a registered Scottish Charity and the Governing Body for yoga in Scotland. Governing body status is recognised by Sport Scotland, the national agency for sport in Scotland. Yoga Scotland has a network of around 300 qualified, registered and insured teachers.

Yoga Scotland promotes the excellent and safe practice of yoga in Scotland through trained, experienced and qualified teachers and provides opportunities for the general public to find out more about yoga.

Yoga Scotland provides teacher training, on-going training for qualified teachers, other courses and seminars for *Yoga Scotland* members and general members of the public, advice, information and standards in the practice and development of yoga in Scotland. In addition to this *Yoga Scotland* works with other organisations to encourage and promote the practice and development of yoga, in particular, *Yoga Scotland* has developed a close working relationship with the British Wheel of Yoga (BWY), recognised as the Governing Body for yoga in England.

For more information please visit www.yogascotland.org.uk

THE YOGA SCOTLAND TEACHING DIPLOMA

Yoga Scotland provides training courses for prospective yoga teachers. These are part-time courses lasting for two years, and are currently run in Edinburgh and Glasgow, starting alternate years, and Stonehaven.

Trainees who successfully complete the course will be awarded the Yoga Scotland Teaching Diploma.

It is important that all teachers of Yoga are trained by an accredited organisation recognised by the Governing Body before being allowed to teach in, or be employed by, sports centres, schools or colleges or working for themselves. *Yoga Scotland* is recognised by Sport Scotland as the foremost body for training yoga teachers in Scotland.

Yoga Scotland's Public Liability Insurance covers all its trained and registered yoga teachers. Insurance is included in the course fee as part of Student Teacher membership of Yoga Scotland.

Tutors will advise students on their readiness to begin teaching.

COURSE SUMMARY

During the 2-year course, students will cover principles, knowledge, teaching and practice in each of the following areas:

1. Personal Sadhana & Reflective Diary practice
2. Anatomy & Physiology
3. Philosophy
4. Asana
5. Breathing & Pranayama
6. Mudras & Bandhas
7. Relaxation
8. Concentration/ Meditation
9. Mantras
10. Kriyas
11. Application of subtle & Western knowledge
12. Class Planning
13. Becoming a professional Yoga Teacher
14. Yoga teaching assessments

COURSE PERSONNEL

Tutors:

Hatha Tutors will be appointed subject to student numbers. Cathy Swan is lead hatha tutor for the Glasgow Teacher Training Course. A range of specialist visiting tutors will deliver sessions throughout the course. Information on course tutors will be made available on the Yoga Scotland website.

Training Co-ordinator: Elaine Samson elaine@yogascotland.org.uk
Training Administrator: Tamsin Geddes tamsin@yogascotland.org.uk

APPLICATIONS

Application forms, references from teachers, Foundation Course Tutors (where appropriate), and any medical clearance from your doctor, should be sent to the **training administrator** at the above address. Applicants will be sent an acknowledgement on receipt of the application forms and thereafter will be notified about shortlisting after the closing date (18 June 2020). Applicants reaching the next stage of the selection procedure for the Glasgow course will be requested to attend a day of yoga on either **Saturday 10 July or Sunday 11 July at In the Moment Centre for Yoga, Movement and Wellbeing**. The day will include an interview, group discussion and observed yoga practice.

Training Administrator: tamsin@yogascotland.org.uk

Closing date for applications: Friday 18th June 2020.

Yoga Scotland reserves the right to change the course tutor(s) and venue if required.