

Instruct Yoga and Yoga Training Centre Ltd present



AUTHENTIC YOGa



100 hour course to elevate your yoga teaching to a new level
2021 May – December/ 6 days in person/ 36 hours online/ home study
Jane Farrimond & Lesley Isaacson, @ Clerkenwellbeing London EC1



Is your yoga teaching in a rut? Have you lost confidence? Are you stuck in down dog or do you simply want to deepen your knowledge and expertise of teaching yoga? Your experience as a qualified teacher with a unique style is respected and valued. But why not upgrade your teaching, step out of your comfort zone and embrace a more holistic vision of yoga? Guided by two highly experienced tutors, you will be able to consolidate your skills, integrate new learning and develop into a more authentic and complete teacher.

Be prepared to be inspired and challenged!

Course Content

- Progressive practical skills in planning and delivering coherent lessons
- Asana sequencing and modifications
- Embed philosophy into every session
- Practice a range of pranayama techniques to build your confidence as a teacher
- Deepen your experience and delivery of relaxation and meditation
- Appreciate your relationship to the subtle body
- Teach authentically to meet the needs of your students

Assessment

- Mid - course video of your teaching
- Pranayama journal
- Meditation journal
- Essay
- Final class assessment

Application

This course is on offer to qualified yoga teachers from any tradition

- Complete and return the application form
- Attach copy of your teaching and insurance certificates
- Provide a link to a recorded teaching session of a minimum of 30 minutes

Dates

May 22-23 introductory weekend Saturday and Sunday 9.30am-4.30pm

June & July online (18 hrs)

Sept 4-5 weekend meeting

October & November online (18 hrs)

December 4-5 final weekend meeting

Cost

The cost of the course is £995, payable as follows:

£395 on successful acceptance onto the course (non refundable)

2 direct debit payments of £300 in July and October

The Tutors

The tutors have a wealth of experience between them and have delivered many teacher training courses, mentoring the development of each individual. You will be enriched by each senior tutor's unique perspective



Jane Farrimond is an authentic and inspiring tutor. A senior teacher trainer with BWY, and certified with the Bihar School of Yoga. To deepen her understanding of the human form, movement and the flow of life's energy, Jane also trains in the traditional somatic disciplines of Qi Gong and Tai Ji. Jane's approach is positive and creative to encourage self-development and empowerment.



Lesley Isaacson is a senior teacher trainer with the British Wheel of Yoga and is proud to have trained over 100 yogis of the future. She is passionate about yoga, both on and off the mat, and this passion is embedded in her teaching. She is particularly keen to relate yoga philosophy to everyday life, to ensure that yoga becomes a way of life, rather than exercises with Indian sounding names. She likes to keep her teaching fun and inviting, so that all students can travel the journey, regardless of their starting point.



If you have any further questions, please contact

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