

# Flexible, Experiential Yoga Teacher Training in beautiful places....



Expand your world with our 200/250 hour accredited teacher training courses in the Lake District over either 8 long weekends or 8 shorter weekends + a 5 day residential either in our Yurt studio near Coniston, Lake District (17th-21st September) or in Southern India (7-11th November). For 250 hours do long weekends + residential. The course will cover eclectic styles of Hatha Yoga allowing you to develop and evolve in your own way and will include:

- \*Classical Yoga Asana (postures)
- \*Pranayama (breathing techniques)
- \*Anatomy and Physiology
- \*Meditation
- \*Mantra and Mudra
- \*Yoga Traditions and Texts
- \*Eight limbs
- \*Shatkarma and Bandha
- \*Koshas and Pranas
- \*Chakras
- \*Paths of Yoga
- \*Teaching methodology
- \*Adjusting and Alignment
- \*Yoga teaching as a business
- \*Purusha, Prakriti and Gunas
- \*Science and Spirituality
- \*Ayurvedic Principles
- \*Yoga Nidra

Our focus will be on Yoga as an evolutionary journey towards union of individual and universal consciousness; a journey rooted in ancient knowledge that is being increasingly verified by scientific discovery about our world and the nature of being human.

Assessments will be through homework assignments, revision quizzes, feedback sessions, observation, written or pictorial diary, ongoing dialogue between us and each other + random activities throughout the course. Our ethos is that we learn and retain information better by enjoying, exploring and internalising knowledge through direct participation and practice.

You will gain certification through Inner Fire and enjoy free registration with Yoga Alliance Professionals as a student. You can also take advantage of their student insurance for £15 if you want to teach prior to qualification.

Our teacher training weekends run from 8am-6.30pm on Saturday and 8am-5pm on Sunday at beautifully renovated community halls in North or South Lake District. You have the option to attend either:

**Helsington and Brigsteer Village Hall**, Brigsteer, South Lakeland, Cumbria:

<https://sites.google.com/site/brigsteervh/>

**Mungrisedale Village Hall**, Mungrisedale, North Lakeland, Cumbria:

<http://www.mungrisedale.com/village-hall>

## Weekend 1

**Brigsteer:** 3<sup>rd</sup> – 4<sup>th</sup> March (This will be a chance for everyone to meet from North and South Lakes courses so you can move fluidly between the two groups on future weekends should you wish to do so). You can also make a decision to upgrade to the 250hour course if you wish to do so.

**Weekend 2: Brigsteer:** 30<sup>th</sup> March-1<sup>st</sup> April

**Mungrisedale:** 6<sup>th</sup>-8<sup>th</sup> April

**Weekend 3: Brigsteer:** 4-6<sup>th</sup> May

**Mungrisedale:** 11<sup>th</sup>-13<sup>th</sup> May

**Weekend 4: Brigsteer:** 1<sup>st</sup>-3<sup>rd</sup> June

**Mungrisedale:** 8<sup>th</sup>-10<sup>th</sup> June

**Weekend 5: Brigsteer:** 6<sup>th</sup>-8<sup>th</sup> July

**Mungrisedale:** 13<sup>th</sup>-15<sup>th</sup> July

**Weekend 6: Brigsteer:** 3<sup>rd</sup>-5<sup>th</sup> August

**Mungrisedale:** 10<sup>th</sup>-12<sup>th</sup> August

**Weekend 7: Brigsteer:** 31<sup>st</sup> August-2<sup>nd</sup> September

**Mungrisedale:** 7<sup>th</sup>-9<sup>th</sup> September

**Weekend 8: Brigsteer:** 5<sup>th</sup>-7<sup>th</sup> October

**Mungrisedale:** 12<sup>th</sup>-14<sup>th</sup> October

You can also attend on Friday from 3-7pm to deeper explore the structural anatomy of Asanas and extend your qualification to an advanced training of 250hours.

Your main trainer will be Deyna Hirst: Hatha Yoga Master with Yoga Alliance International, Yoga Elder with the Independent Yoga Network and Senior Yoga teacher with Yoga Alliance Professionals. She has 20+ years of Yoga experience and has studied extensively in the UK and India.

Cost: £1600 + @£400 for residential. There is an option to pay in instalments too. Pictures are from this years TTC which we are enjoying at Brigsteer Hall :). For further information or a booking form, please leave a message or email [deyna@innerfire.org.uk](mailto:deyna@innerfire.org.uk)

### **5 day residential or advanced anatomy**

In addition to the 8 weekends you are obliged to either do our Fridays in Advanced Anatomy of Asana course or attend one (optionally both) 5 day residential to consolidate your learning. You can attend to specialise in either:

**Transformative Yoga** (Yin-style) that integrates Pranayama, Koshas, Chakras and Bandhas to facilitate the holding of postures, deep meditation and an accelerated journey to Samadhi experiences. This residential will be held in Southern India from 7-11<sup>th</sup> November (location to be confirmed) and you will receive your certificate (subject to fulfilling certification requirements) in India. All meals will be provided + shared accommodation, although private rooms will be available at a reasonable extra cost. We will study and practice from 6.30am – 1pm and 4-6.30pm (with breaks) including some individual or group learning with full instructor support.

**Flowing Yoga** that integrates classical Yoga postures into sequences and dances to activate cellular energy and encourage the free flow of Prana around the physical body. We will use music and chanting to enhance our practice. This residential will be held at Hoathwaite, Coniston, Lake District from 17<sup>th</sup> – 21<sup>st</sup> September 2018. You will stay in shared Yurts and we will have a large Yurt for our practice. You will receive your certificate (subject to fulfilling certification requirements) on the October assessment weekend in the UK. Instruction will begin at 10am on Monday 17<sup>th</sup> September and end at 4pm on 21<sup>st</sup> September (4 nights accommodation). Other days we will study and practice from 8am- 7pm (with breaks), including some individual or group learning time with full instructor support. Lunch and dinner will be provided from Monday to Friday lunchtime and there will be kitchen facilities in the accommodation Yurts for you to make breakfast, according to individual requirements.

If you wish to do both residentials, one can count towards your professional advancement commitments subsequent to qualifying (see Yoga Alliance Professionals website for details)

**250 hours course:** In addition to the 8 weekends + residential, you can also opt to do the 250 hours training which will involve additional attendance on the Friday of each weekend from 3-7pm. This is for those wanting additional teaching practice and deeper knowledge of the anatomy and physiological effects of each posture.

### **Pricing**

#### **Compulsory costs**

**Weekend training:** 8 weekends: £1600 (includes instruction, manual, supporting text book, teas and coffee). Possible option to camp in hall at small additional cost.

**Residential 1:** 5 days, 4 nights in Yurt accommodation at Hoathwaite, Coniston, UK (includes lunch and dinner, shared accommodation and instruction in our Yurt studio): max £400 (I will endeavour to reduce this cost if I can)

or

**Residential 2:** 5 days, 6 nights in guest house accommodation in Southern India, venue to be confirmed (includes all meals, shared accommodation with ensuite and instruction in our open roof-top studio) : max £350 (there will also be an option to stay longer than the 5 day residential in India at additional cost). Travel and transit costs, visas, vaccinations, insurance will all be extra and the responsibility of the individual

Or

**Advanced Anatomy of Asana training:** £400

#### **Optional costs:**

Both residentials: max £700 (for both)

250 hour advanced teacher training (8 weekends + Fridays + residential): £2400 (max)