

# Is Inner Fire Yoga Teacher Training the right one for you?



## **I have been practising Yoga for 2 years or more.**

Great! You have the foundation to start your Yoga teaching journey

## **I work full or part-time and only have weekends free?**

As long as you can arrive by 4pm on Friday our course is perfect for you. The core training runs over 7 weekends + an assessment day (to be arranged as convenient or included in residential). Weekends run from 4-7pm on Friday, 8am-6pm on Saturday and 8am-5pm on Sunday. You must also complete a 5 day residential or module of your choice.

Weekend 1: 12<sup>th</sup>-14<sup>th</sup> April

Weekend 2: 10<sup>th</sup>-12<sup>th</sup> May

Weekend 3: 7<sup>th</sup>-9<sup>th</sup> June

Weekend 4: 12<sup>th</sup>-14<sup>th</sup> July

Weekend 5: 9<sup>th</sup>-11<sup>th</sup> August

Weekend 6: 13<sup>th</sup>-15<sup>th</sup> September

Weekend 7: 11<sup>th</sup>-13<sup>th</sup> October

Contact hours with lead trainer (Deyna): 140

Module Hours with trainer of your choice: 40

Home study: minimum 20hours

## **I want to do more than 200hours?**

You can do a 500 hour certificate by doing 5 modules with Inner Fire (4 core modules + 1 optional) and 2 further modules with associated trainers.

Inner Fire in association with the Multiversity of Yoga network offers certification up to 2000 hours! Although only the taught part of this can be accredited through Yoga Alliance Professionals if you want to deepen your study this may be the path for you – please ask.

## **I can't do one of the weekends?**

Contact Deyna to see if training is still possible

## **What style of Yoga is it?**

We will visit different styles of Yin and Yang Hatha Yoga including: Dru, Transformational, Sivananda, Iyengar, Slow Flow, Partner and supported Yoga. You will be encouraged to develop your own style according to your inclination and experience.

## **What does the course cover?**

We look at many aspects of Yoga and invite you to let the knowledge percolate and expand as you put it into practice ....

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

**How much homework is there?**

You will be asked to keep a reflective journal to record your progress and experience by answering study questions each month and complete lesson plans as needed. You can spend as little as 3 hours per month or explore as much as your time allows.

**How will I be assessed?**

Assessments will be through reflective study and homework, revision quizzes, feedback sessions, observation, , ongoing dialogue between us and each other, teaching practices + a final full length lesson.

**What support will I receive throughout the course?**

You will be encouraged to network with each other through email, phone or Facebook and the trainer will also be available for personal support as required. You will have one-to-one check-in sessions over the duration of the course as needed.

**How many people will be on the course?**

I work with a maximum of 12 people, often less to ensure a quality, individualised experience.

**Where is it?**

The core weekends of our course take place at the tranquil Fellside Centre in Kendal, Gateway to the Lake District in Cumbria, 3 miles from Junction 36 of the M6 and accessible by the west coast train line to Oxenholme. There is a vast range of accommodation in Kendal including a budget hostel, Air BNB options or more expensive hotels.

**Where is the residential element?**

You will have the option of several modules both in the UK and abroad, either with Inner Fire or an associate of Inner Fire.

**Can I do more than one residential?**

Yes, you can do as many as you like and you will gain certification according to the hours you complete.

**What accreditation does the course have?**

You will gain certification through Inner Fire and enjoy free registration with Yoga Alliance Professionals as a student. Inner Fire will also pay your student insurance of £15 so you can teach 2 classes per week, prior to qualification. After completion you can register with Yoga Alliance Professionals or Yoga Alliance International

**Who is the trainer?**

Your main trainer will be Deyna Hirst (Devi Deyna): Hatha Yoga Master with Yoga Alliance International, Yoga Elder with 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 in different styles of Hatha Yoga, Yoga Therapy, Nada Yoga and Meditation.

**How much does it cost?****Compulsory Costs:**

Weekend training: 7 weekends + an assessment day: £2400 (includes instruction, manual, supporting text book, teas and coffee).

Plus

Residential: 5 days, 4 nights – cost will vary according to where you decide to specialise but range from £300

**Optional costs:**

Further residentials according to location, accommodation and trainer

**How do I find out more, ask any questions or apply?**

Visit <http://innerfire.org.uk/home#04.experiential-teacher-training> to download an application form, message me through Facebook, email [deyna@innerfire.org.uk](mailto:deyna@innerfire.org.uk) or ring me (Deyna) on 01539592614