

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



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

Our course runs over 7 weekends (+ an extra day) from 8am-6.30pm on Saturday and 8am-5pm on Sunday + a 5 day residential. You can also opt to do a Friday afternoon course 'Anatomy of Asana' from 3.30-7pm instead of a residential.

Weekend 1: 6th-8th April

Weekend 2: 11th-13th May

Weekend 3: 8th-10th June

Weekend 4: 13th-15th July

One day: Sunday 5<sup>th</sup> August

Weekend 6: 10th-12th August

Weekend 7: 7th-9th September

Weekend 8: 12th-14th October

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

Contact me to see if training is still possible

## **Where is it?**

Our course runs at a beautifully renovated hall in Mungrisedale Village, North Lakes - 12 miles from junction 41 of the M6. You can arrive by train to Penrith station and usually we can pick you up from there. You will be able to camp overnight at the hall (£10 per night), stay in the local pub (Mill Inn opposite the hall) or one of a variety of places locally.

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

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

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

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| *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                       |

## **How much homework is there?**

You will be asked to keep a reflective journal to record your progress and experience, answer study questions each month and complete lesson plans as needed. You can spend as little as 2 hours a week or explore as much as your time allows.

## **How will I be assessed?**

Assessments will be through homework assignments, revision quizzes, feedback sessions, observation, written or pictorial reflective diary, 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 2/3 one-to-one check-in sessions over the duration of the course.

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

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

### **What is the residential element?**

You can do either:

Transformative Yoga (Yin-style) in Southern India from 7-11th November, 2018

Or

Flowing Yoga at Hoathwaite, Coniston, Lake District from 17th – 21st September 2018.

More information on both these can be found on the website or ask for details

### **Can I do both residentials?**

Yes, at a reduced cost of £700 for both

### **What accreditation does the course have?**

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. After completion you can register with Yoga Alliance Professionals or Yoga Alliance International

### **Who is the trainer?**

Your main trainer will be Deyna Hirst: 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.

### **How much does it cost?**

#### **Compulsory costs:**

Weekend training: 8 weekends: £1600 (includes instruction, manual, supporting text book, teas and coffee).

Camp in the hall at Mungrisedale for £10 per night if required.

Plus

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): £400

Or

Residential 2: 5 days, 6 nights in guest house accommodation in Varkala, Southern India, (includes all meals, shared accommodation with ensuite and instruction in our open roof-top studio): £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

**Total: £2000 or £1950 if you opt for India residential**

#### **Optional costs:**

Both residentials: £700 (for both)

250 hour advanced teacher training (8 weekends + Fridays + one residential): £2400 (£2350 if you opt for India residential)

### **How do I find out more or 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

### **Can't commit for this year but interested for next year?**

Register to receive further information, Mailchimp newsletters and early bird discounts by emailing [deyna@innerfire.org.uk](mailto:deyna@innerfire.org.uk) with TTC2019 as the subject.