

Registrations of yoga teacher training school for the yoga register.



SUN POWER YOGA UK

CONTACT HOURS MODULES, AIMS, ETHICS, MODULES AND FURTHER TRAINING.

THREE MONTH INTENSIVE.

ONE YEAR'S FURTHER TRAINING AND MENTORING .

MINIMUM 200 HOURS LEVEL ONE. LEVEL TWO, 200 HOURS.

12 WEEK. ONE DAY WORKSHOP A WEEK FOR 8 1/2 HOURS.

CONTACT HOURS 102 (ADD WEEKEND WORKSHOPS HOURS TO THIS TOTAL 166)

THREE WEEKEND WORKSHOPS DURING THE FOLLOWING YEAR 1&2

CONTACT HOURS 36 .ONE ON MANTRA AND MEDITATION, SUN POWER YOGA/ASTANGA AND ONE ON ANATOMY AND PHYSIOLOGY OF THE YOGA BODY.

CLASSES DURING THE WEEK WITH A QUALIFIED YOGA TEACHER EITHER SUN POWER, IYENGAR, SIVANANDA, ADVANCED BRITISH WHEEL OR ANNEMARIE NEWLAND. THESE MUST TOTAL A MINIMUM OF 3HRS WEEK.

CONTACT HOURS 36 APPROX.

TOTAL CONTACT HOURS DURING COURSE, 166 WITH PRIMARY TEACHER ANNEMARIE NEWLAND AND ASSISTED BY CHRISTOPHER HEPPLER, CHRISTINE POWELL AS STUDENT LIAISON AND KAREN LOGAN, ANATOMY. INCLUDES PHILOSOPHY, ALIGNMENT, HANDS ON, HEALTH AND SAFETY, TEACHING AS A VOCATION, TEACHER DISCIPLINE, ADJUSTMENTS, ADAPTIONS, AND BIOMECHANICAL CORRECTIONS HOMEWORK, READING, STUDY TIME.

A MINIMUM OF 2 ESSAYS WEEKLY ON EACH MODULE AND PHILOSOPHY COVERED DURING THAT DAY. HOMEWORK IS MARKED AND RETURNED WITH PRAISE AND OR

SUGGESTIONS FOR MORE DEPTH OR THOUGHT. ALL ESSAYS ARE THEN COMPILED BY THE STUDENT INTO A COMPREHENSIVE CATALOGUE OF WORK COVERED DURING THE COURSE.

IN EFFECT THIS WORK IS A REFERENCE LIBRARY TO BE USED AS ADDITIONAL INFORMATION OR MANUAL. EACH DAYS MODULE HAS 110 QUESTIONS IN THE SUN POWER YOGA TEACHING MANUAL, THESE ARE THE EXAM QUESTIONS AND ARE COVERED BY DISCUSSION AND PRACTICAL WORK. WHEN REVISING THE STUDENT IS ABLE TO EASILY ACCESS THE INFORMATION NEEDED. APPROXIMATE HOURS 3.

CLASS PLANS ARE CONTINUALLY WORKED ON DURING THE COURSE 1 HOUR MINIMUM.

TOTAL HRS APPROX. 48.

PERSONAL PRACTICE, TO INCLUDE MEDITATION, MANTRA, ASANA AND SPIRITUAL DIARY, PHILOSOPHY

MINIMUM ONE HOUR DAILY 5 TIMES A WEEK.

TOTAL HRS. APPROX. 60.

ANATOMY AND PHYSIOLOGY.

2 DAYS 16 HOURS

WEEKEND WORKSHOP 12 HOURS. TOTAL HOURS 28

ASSESSMENTS.

ASSESSMENTS ARE BASED ON TEACHER PRACTICE WITH VOLUNTEER STUDENTS WITH VARYING STANDARDS AND ABILITIES. EACH STUDENT DURING THE COURSE IS ASKED TO LEAD AT LEAST 2 DIFFERENT PARTS OF A CLASS. THIS WILL BE PRANAYAMA BREATHING FROM SIMPLE TO MORE COMPLEXES LIKE KAPALBHATI AND ANULOMA VILOMA AND SURYA NAMASKAR (SALUTE TO THE SUN.)

Each student will then cover another aspect of a classical class to beginner to intermediate standard only.

OUR ASSESSMENTS ARE CARRIED OUT BY ANNEMARIE NEWLAND, CHRISTINE POWELL AND CHRIS HEPPLER. WE LOOK FOR VOICE INTONATION AND HOW THE VOICE IS USED. A LOT OF TIME IS SPENT ENCOURAGING AND DEVELOPING CONFIDENCE AND POSTURE TO ALLOW A VOICE TO CARRY AND HOLD AUTHORITY WITHOUT A TONE OF ORDERING OR COERCION. WE LOOK FOR OBSERVATIONAL SKILLS AND HANDSON ADJUSTMENTS WHEN APPROPRIATE. WE

EXPECT OUR TEACHERS TO WALK AROUND A CLASS LOOKING AT POSTURES FROM ALL ANGLES AND TO TAKE PARTICULAR CARE OF THOSE WITH PHYSICAL PROBLEMS THAT THEN MAY NEED SPECIAL POSTURE ADAPTATIONS AND ATTENTION.

OUR STUDENTS MUST CATER FOR ALL NEEDS AND NEVER TO BEHAVE IN AN ELITIST WAY TOWARDS OTHER STUDENTS ABILITIES OR DISABILITIES. MUSIC. MUSIC IS OPTIONAL AND NEW TEACHERS ARE URGED TO USE IT ONLY AFTER THEY ARE WELL VERSED IN THE CLASS THEY CHOOSE TO TEACH.

THE MUSIC MUST REFLECT THE TONE OF THE CLASS AND AS YOGA USES DEEP UJJAYI BREATH, IT MUST NOT DROWN OR OVERWHELM THE STUDENTS BUT BE THERE AS INSPIRATION. WE SUGGEST THE MUSIC IS OF A YOGIC NATURE USING SOUNDS RELATING TO YOGA AND YOGA CHANTS.

EXAM

2/3 ASSESSMENTS DURING COURSE PLUS ONE ON EXAM DAY. STUDENTS MUST PASS 2 OUT OF 3.

EXAM 3 HOUR WRITTEN EXAM PASS MARK 85%

1/12 3 HOUR PRACTICAL. TOTAL COURSE HOURS 304 APPROX.

WRITTEN APPRAISALS ARE GIVEN TO EACH STUDENT WITH SUGGESTIONS AND POSITIVE, CONSTRUCTIVE CRITICS.

THE STRUCTURE OF THE PRACTICAL EXAM IS AS FOLLOWS. STUDENTS ARE PUT INTO THREE OR FOUR GROUPS DEPENDING ON NUMBERS. THEY WORK AS A UNIT. THEY ARE ASKED TO DEMONSTRATE TEACHING SKILLS AS IF IN A LIVE SITUATION. EACH STUDENT IS REQUESTED TO COMPLETE A GIVEN TASK, SUCH AS: PLEASE STATE HEALTH AND SAFETY ISSUES IN RELATION TO THE SHOULDER STAND. PLEASE NOW TEACH THIS FOR A PERSON NEW TO THE POSE. WHAT ADJUSTMENTS OR AIDS WOULD YOU GIVE AND HOW WOULD YOU FOLLOW HEALTH AND SAFETY? THE EXAMINING BOARD TARGET 12 BASIC POSTURES WORKING WITH THE SIVANANDA PHILOSOPHY OF THE 12 BASIC ASANAS.

WE AS AN EXAM BOARD LOOK FOR KNOWLEDGE OF ASANA, KNOWLEDGE AND INTRODUCTION OF YOGA PHILOSOPHY, USE OF BREATH, PRANAYAMA SKILLS AND BENEFITS AND CONTRAINDICATIONS IN ALL POSES. THE STUDENT MUST MEET THE STANDARDS SET BY THE EXAMINERS AND SATISFY THEM THAT THE

STUDENT IS WELL VERSED IN ALL AREAS OF TEACHING WITH A GOOD BACKGROUND IN BASIC USE OF SANSKRIT TERMS AND UNDERSTANDING OF THE BANDHAS AND ADAPTATIONS FOR ALL LEVELS OF ABILITY. STUDENTS ARE GIVEN A CHANCE TO ADD TO OTHER STUDENTS COMMENTS IF WE FEEL THAT THE STUDENT HAS MISSED SOME VITAL POINTS.

THE EXAM IS SEEN AS ANOTHER INTENSE DAYS WORK WHERE EACH STUDENT IS GIVEN A CHANCE TO STRETCH THEIR KNOWLEDGE AND OBSERVATIONAL SKILLS AND USE OF ANATOMY AND ITS TERMS.

WE WILL ASK BASIC ANATOMY QUESTIONS RELATING TO THE SPINE AND ITS PROBLEMS AND HOW TO ADAPT POSES FOR VARIOUS SPINAL PROBLEMS. EACH STUDENT IS EXPECTED TO KNOW THE MUSCLE GROUPS OF THE POSE IN QUESTION AND THE BENEFITS AND CONTRAINDICATIONS OF THAT POSE. EACH STUDENT IS MARKED FROM 110.

FAILURE TO MEET 6 WILL ALERT EXAMINERS TO THE STUDENTS NEEDS TO RETAKE OR CERTAINLY TO GIVE MORE QUESTIONS TO THAT STUDENT TO ASCERTAIN IF NERVES ARE AFFECTING THAT STUDENTS ANSWERS.

THAT STUDENT WILL BE GIVEN MORE TIME TO ANSWER AND WE WILL GUIDE THAT STUDENT TO TRUST THEIR JUDGMENT AND KNOWLEDGE. WE ARE NOT ALL GOOD IN EXAM ENVIRONMENTS AND WE AIM TO HELP THAT STUDENT REACH THEIR POTENTIAL.

TEACHING PRACTICE. STUDENTS ARE EXPECTED TO DO 30 HOURS HANDS ON TEACHING PRACTICE STARTING DURING THE COURSE WITH FRIENDS AND FAMILY, OR TO DO THIS WITHIN THE ONE YEARS MENTORING PERIOD. TOTAL 334 HOURS. STUDENTS HAVE TWO YEARS TO GAIN TEACHING EXPERIENCE BEFORE TAKING LEVEL 2. OUR SCHOOL ENCOURAGES TEACHES TO DO AS MANY WORKSHOPS AND CLASSES WITH OTHER QUALIFIED YOGA TEACHERS AS POSSIBLE.

WE ALSO ACCEPT CONTACT HOURS TO BE WITH APPROVED SUN POWER YOGA OR ASTANGA, IYENGAR, BRITISH WHEEL TEACHERS AFTER THE INITIAL LEVEL ONE COURSE. AS A SCHOOL WE KEEP IN TOUCH WITH OUR STUDENTS EVEN IF THEY ARE ABROAD WHEN POSSIBLE. WE HOLD 2 OR 3 WORKSHOP WEEKENDS TO KEEP ABREAST OF NEW IDEAS AND CONTINUED DEVELOPMENT FOR OUR TEACHERS.

CODE OF ETHICS OF THE UK CENTRE FOR SUN POWER YOGA.

SUN POWER YOGA TEACHERS WILL TEACH WITHOUT PREJUDICE TOWARDS OTHERS FROM BACKGROUNDS RELIGIOUS OR CULTURAL THAT MAY DIFFER TO THEIRS, INCLUDING GENDER, SEXUAL PREFERENCE OR FINANCIAL STATUS. OUR TEACHERS WILL CONDUCT THEIR TEACHING WITH PROFESSIONALISM, KNOWLEDGE AND SENSIBILITY. THEY WILL WELCOME ALL LEVELS AND ABILITIES OR DISABILITIES WORKING WITH AND FOR THE INDIVIDUAL AT ALL TIMES.

HEALTH AND SAFETY ISSUES MUST BE ADHERED TO, THIS INCLUDES BLOOD PRESSURE, NECK OR SPINAL INJURY, EPILEPSY, PREGNANCY, MENTAL HEALTH, POST SURGERY. MAKE SURE YOUR STUDENTS INFORM YOU OF ANY OF THE ABOVE OR ANY OTHER MEDICAL PROBLEM. ADVISE THEY GET AN ALL CLEAR FROM THEIR DOCTOR BEFORE EMBARKING ON A COURSE IF IN DOUBT.

AT NO TIME MUST A STUDENT FEEL INSECURE, PUSHED OR COERCED INTO PRACTISING SOMETHING THEY FEEL WOULD BE DETRIMENTAL MENTALLY OF PHYSICALLY. ALWAYS MAKE SURE THE ENVIRONMENT IN WHICH YOU ARE WORKING IS SUITABLE FOR YOGA, I.E. WARM, CLEAN, AND FREE OF FURNITURE OR PROPS THAT MAY CAUSE A FIRE HAZARD OR BE A DANGER TO YOURSELF OR STUDENTS.

A FIRST AID BASIC COURSE IS STRONGLY ADVISED TO GIVE THE TEACHER A KNOWLEDGE OF PRIMARY CARE SHOULD AN INCIDENT ARISE DURING A CLASS. FIRST AID CAN SAVE LIVES.

NOTE: LEVEL 2 WILL REQUIRE THIS AS PART OF THE COURSE.

THE HEADSTAND CAN ONLY BE TAUGHT WITH THESE SAFETY MEASURES IN PLACE. IF A TEACHER FAILS THE HEADSTAND SECTION OF THE FINAL EXAM THEY MAY NOT TEACH THIS UNTIL THEY PASS A SECOND ASSESSMENT. ANY TEACHERS FOUND TO BE IGNORING THIS PROVISIO WILL LOOSE THEIR CERTIFICATE IMMEDIATELY.

SUN POWER YOGA TEACHERS WILL ACTIVELY ENCOURAGE YOGA IN THE COMMUNITY BY OFFERING CLASSES, TALKS AND FREE TIME AS KARMA YOGA WHEN APPROPRIATE.

OUR WORK IN SCHOOLS IS GROWING THROUGH OUR SPONSORSHIP OF

EDUCATION INFORMAT A WEB SITE FOR TEACHERS IN SCHOOLS COLLEGES AND UNIVERSITIES.

WORK UNDERTAKEN IN SCHOOLS IS BY ENCOURAGING YOGA IN PE AND QUITE TIME.

SUN POWER YOGA TEACHERS WILL NOT BE DOGMATIC IN THEIR INTERPRETATION OF THE YOGA SCRIPTURES BUT BE WILLING TO CONVERSE AND DISCUSS. MOST YOGA ASANA, S HAVE ADAPTATIONS TO ACCOMMODATE THE NEEDS OF THE INDIVIDUAL. THE TEACHER MUST BE WELL TAUGHT IN THOSE ADAPTATIONS AND **CONTRA INDICATIONS.**

WE EXPECT SUN POWER YOGA TEACHERS TO EMBRACE ALL FAITHS AND IDEALS WITHOUT DOGMA. THEY MUST RESPECT AND LEARN ABOUT OTHER STYLES OF YOGA AND TEACHING AND TO NEVER ASSUME THERE IS NOT ANOTHER WAY. 'THE PATHS ARE MANY BUT THE TRUTH IS ONE' SAY THE WORDS OF SWAMI SIVANANDA

TEACHER TRAINING MODULES

WEEKLY 930AM6PM

APPROX. 8 ½ HOURS.

MINIMUM 2 HOURS TECHNIQUE CLASS

WEEKS BROKEN DOWN AS BELOW

1. ESTABLISHING PRANAYAMA, MEDITATION, THEORY THROUGH BAGAVAD GITA, AHIMSA, AND THE YOGA DIET, WHAT IS KARMA YOGA? HOMEWORK, BANDHAS, USE OF SANSKRIT NAMES, PRANA, UJJAYI BREATH, ANULOMA VILOMA, KAPALBHATI. USE OF MUDRAS. HOW TO TEACH THE ABOVE, TO ADAPT AND MODERATE. WHAT BENEFITS CONTRAINDICATIONS ARE THERE?

READING AND WRITING ASSIGNMENTS. LOOKING AT THE YOGA SUTRAS OF PATANJALI, TRANSLATED BY SWAMI SATCHIDANANDA

2. SURYA NAMASKAR. HOW TO TEACH IT AND WHEN. HOW TO TEACH, ADJUST AND MODERATE. WORKSHOP INCLUDES 12 POSTURES, TADASANA, UTTANASANA, and ASHTANGA NAMASKARA (EIGHT POINT POSE), LUNGE, ADHO MUKHA SVANASANA, BHUJANGASANA, PLANK. WHY THIS IS NOT AN ASANA. AWARENESS OF CONTRAINDICATIONS.

ASTANGA VINYASA AND SIVANANDA STYLES OBSERVED AND DISCUSSED. WHAT MUSCLE GROUPS

ARE ENGAGED? ESTABLISHING SUN POWER YOGA SERIES AS A MELANGE OF MORE THAN ONE FORM. STARTING TO THINK ABOUT A CLASS PLAN.

READING AND WRITING ASSIGNMENTS.

3. VIRABHADRASANA/WARRIOR ONE AND TWO. TRIKONASANA, CHATARANGA. HOW TO TEACH, ADJUST, AND ALIGN. HOW TO MODERATE AND GIVE BENEFITS AND CONTRAINDICATIONS.

WHAT MUSCLES ARE ENGAGED AND WHY? HOME WORK. USE OF THE MALA BEADS. WHY 108 BEADS? HOW TO ESTABLISH MANTRA MEDITATION. USING A SPIRITUAL DIARY. READING AND WRITING ASSIGNMENTS.

4. HEADSTAND AND SHOULDER STAND, SALAMBA SIRASANA. HEALTH RISKS! WHEN TO AND WHEN NOT TO! MEDICAL NO NO, SI! OTHER OPTIONS FOR INVERSIONS. KNOWLEDGE OF THE BENEFITS AND CONTRAINDICATIONS. HOW TO SUPPORT THESE POSES AND HOW TO ADJUST SAFELY. WHEN NOT TO ALLOW A MAVERICK STUDENT THE CHANCE TO HURT THEMSELVES OR OTHERS. SIGNING A DISCLAIMER AND WHY. FINDING OUT ALTERNATIVES TO THESE INVERSIONS. HOMEWORK, WHAT MUSCLES ARE ENGAGED, WHICH MUSCLES NEED TO SUPPORT AND WHAT EXERCISES TO USE TO BUILD THESE UP. DISCUSSING THE ENDOCRINE SYSTEM. 10 QUESTIONS ON HEALTH AND SAFETY. EXPLORING THE HALF INVERSIONS SUCH AS KAKASANA THE CROW AS ALTERNATIVES MEDITATION IN POSTURES. HOMEWORK, WHAT IS MAYA, WHAT IS ITS SANSKRIT MEANING. EXPLAIN THE CONCEPT OF MAYA. GIVE A PERSONAL ACCOUNT OF HOW IT REVEALS ITS SELF. READING AND WRITING ASSIGNMENTS.

5. ANATOMY AND PHYSIOLOGY, CONDUCTED BY AN ORTHOPAEDIC NURSE. INCLUDES A NEW MANUAL THE YOGA BODY THE ANATOMY AND PHYSIOLOGY OF THE SAFE PRACTICE OF YOGA, BY ANNEMARIE NEWLAND.

USE OF THE ALEXANDER TECHNIQUE PRINCIPLES FOR POSTURE AND ALIGNMENT. MAJOR ORGANS, LYMPHATIC SYSTEM, ENDOCRINE SYSTEM. SKELETAL BALANCE. MUSCLES GROUPS MOST USED IN DOG POSE, TRIANGLE, AND FORWARD HEAD TO KNEE, COBRA, SPINAL TWIST, PLANK AND CORE STABILITY EXERCISES. MEN'S HEALTH ISSUES, STIMULATION OF

THE PROSTATE GLAND. WHY BREATHE?

6. ADHO MUKHA SVANASANA/DOG POSES. LEARNING TO SEQUENCE FROM THE DOG POSE. HOW TO TEACH, HOW TO ADJUST, MODIFICATIONS, ALTERNATIVES FOR PREGNANCY, BAD HIPS AND INJURED KNEES AND BACK. PHILOSOPHY, THE THREE GUNAS, THE ROYAL RD OF YOGA. PRAKRITI, THE 7 CHAKRAS, THE ASTRAL BODY, SHAKTI, KUNDALINI. STUDY OF THE 4 PATHS OF YOGA/ HATHA YOGA PRADIPIKA.

7. THE FISH POSE/MATSYASANA. THE ANATOMY AND PHYSIOLOGY OF THE FISH, ITS RELATIONSHIP TO HEALTHY BREATHING AND ITS AID IN ASTHMA AND RELATED BREATHING PROBLEMS. LOOKING AT PANIC ATTACKS, AND THE FOUR MODES OF BREATHING. HOW TO TEACH AND ADJUST. BENEFITS AND CONTRAINDICATIONS.

HOW TO LINK TO SHOULDER STAND, PLOUGH AND WHY. WHAT ARE THE MAJOR MUSCLES USED IN THIS POSE. THE USE OF MANTRA. HOMEWORK, WRITE AN ESSAY ON WHAT TO DO WITH A PERSON SUFFERING A PANIC ATTACK, EXPLORE THE PHYSIOLOGICAL ASPECTS OF THIS POSE. CHOOSE POSES THAT WOULD BENEFIT THOSE SUFFERING FROM BREATHING PROBLEMS. EXPLORE THE PHYSIOLOGICAL AND MENTAL STATES OF PANIC ATTACKS AND ASTHMA. EXPLORE THE FUNCTION OF THE DIAPHRAGM AND THE RESPIRATORY SYSTEM IN THESE ATTACKS.

8. SPINAL TWIST/ARDHA MATSYENDRASANA. SEQUENCING SITTING AND STANDING POSES WITH THE INCLUSION OF A TWIST. THE MAJOR ELIMINATIVE ORGANS STIMULATED IN THIS POSE AND THEIR FUNCTION. HOW TO TEACH WITH ALL THE VARIED MODIFICATIONS AND CONTRAINDICATIONS. WHAT ARE THE BENEFITS OF THIS POSE? YOGA THEORY OF THE USE OF BREATH AND HOW TO CONNECT TO BREATH THROUGH POSTURE. THE CHANTING OF OM, TEACHER PRACTICE FOR CLASS FINALE.

9. YOGA FOR PREGNANCY AND THE LESS ABLE. UNDERSTANDING THE MENTAL AND EMOTIONAL STATE OF PREGNANCY. HOW DOES A LESS ABLE STUDENT FEEL IN A NEW CLASS, HOW MUCH DO YOU NEED TO AID THEM? LOOKING AT A BASIC CLASS AND HOW TO APPLY MODIFICATIONS. INTEGRATING THOSE WHO NEED ADAPTATIONS INTO A REGULAR CLASS. WHAT ARE THE ANATOMICAL AND PHYSIOLOGICAL CHANGES IN A PREGNANT WOMAN?

WHAT DISABILITIES ARE AIDED BY THE REGULAR PRACTICE OF YOGA? I.E. MULTIPLE SCLEROSIS. HOMEWORK CONSTRUCT A BASIC YOGA CLASS WITH ALL MODIFICATIONS OUTLINED AND WHAT ARE THE BENEFITS?

10. BACKBENDS, FORWARD BENDS AND COUNTER POSE THE INCLINE PLANE. LOOKING AT BENEFITS AND CONTRAINDICATIONS OF BACK BENDS.

EXPLORING THE VARIOUS TARGETS AND MODIFICATIONS. DEALING WITH ARTHRITIS, WRIST PROBLEMS, FUSED VERTEBRAE, PREGNANCY, NECK PROBLEMS, AND LOWER BACK ISSUES. WHAT MUSCLES ARE ENGAGED AND WHAT ORGANS STIMULATED DURING THE PRACTICE? HOW TO MAKE SURE THE SACRA ILIAC JOINT IS SUPPORTED NOT STRAINED. PASCHIMOTASANA. THE LUMBER REGION WORKED THROUGH THE FORWARD HEAD TO KNEE POSE. HOW TO LENGTHEN THE SPINE KEEPING THE NECK ALIVE AND IN LINE WITH THE BACK. AWARENESS OF SHOULDER PROBLEMS AND HAMSTRING STRAIN. WHAT ORGANS ARE STIMULATED? CONTRAINDICATIONS AND BENEFITS. WHAT MUSCLES ARE ENGAGED? MODIFICATIONS FOR LARGER BODIES AND PREGNANCY. EXPLORING THE HALF INVERSION OF UTTANASANA, STANDING HEAD TO KNEE POSE. THE COUNTER POSE EXPLORED, INCLINED PLAIN. MODIFICATIONS AND BENEFITS, CONTRAINDICATIONS. ADAPTATIONS FOR ALL BODY TYPES AND FITNESS LEVELS.

HOW TO TEACH AND ADJUST ALL THE ABOVE POSTURES SAFELY.

PUT TOGETHER A FORWARD BEND SERIES WITH ALL MODIFICATIONS AND BENEFITS OUTLINED. INCLUDE A COUNTERPOSE.

CLASS PLANS IN NOW FOR REVIEW.

11. LUNGES, HIP OPENERS AND POWER BALANCES. WE WILL EXPLORE THIS CLASS WITH THE USE OF PARTNER YOGA. HOW TO AID THE STUDENT INTO SUPPORTED AND SAFE MODES OF EXTENSION. WHY PARTNER YOGA? HOW TO ADJUST AND TEACH THESE POSES. EXPLORING THE IMPORTANCE OF GOOD ALIGNMENT IN THE WARRIORS POSES AND LUNGES TO MINIMISE THE POTENTIAL FOR LIGAMENT STRAIN IN THE GROIN, KNEES OR LOWER BACK. SUPPORTING THE HAMSTRINGS AND FINDING WAYS TO ACHIEVE THE BEST RESULTS BY GIVING ALTERNATIVES. FINDING FOCUS FOR BALANCING EITHER ON ONE LEG OR SEATED BALANCES. MASTERING THE TREE POSE, VRKSASANA. THIS IS THE TRUE MEANING OF YOGA WHERE THE MIND,

BREATH AND BODY ARE TRULY HARNESSSED TOGETHER TO ACHIEVE THE ULTIMATE EXPERIENCE OF THE MEANING OF YOGA. HOW TO LINK LUNGES AND BALANCES INTO AN EASY TO PRACTICE SERIES. ADD TO CLASS PLAN. WHAT MUSCLES ARE ENGAGED? DISCUSSING MEN'S HEALTH AND THE STIMULATION OF THE PROSTATE GLAND THROUGH LUNGES. HELPING THOSE WITH SHORT TERM CONCENTRATION, SUCH AS DYSLEXICS, CHILDREN WITH (A.D.H.D) ATTENTION DEFICIT AND HYPERACTIVITY DISORDER. ALL ESSAYS IN NOW.

12. FINAL WEEK AS REVISION. THIS WEEK IS USED TO REVISE AND QUESTION. LIST ANY PROBLEMS OR CONCERNS TO BE DISCUSSED AND REEVALUATED. GET TOGETHER DURING THE WEEK BEFORE YOUR FINAL EXAM TO USE THE TIME AS WORKING SESSIONS. ALL THE EXAMINERS ARE ON LINE OR TELEPHONE FOR YOU. REMEMBER WE ARE ON YOUR SIDE AND ARE THERE TO GET YOU THROUGH. THE WRITTEN EXAM IS 3 HOURS AND THERE ARE NO SURPRISES. GO BACK TO YOUR TEACHER MANUALS AND GO THROUGH THE EXAM QUESTIONS LISTED EACH WEEK FROM ANYTHING FROM 58 QUESTIONS, THESE ARE IN THE EXAM AND HAVE BEEN COVERED THOROUGHLY DURING YOUR COURSE. ALL ESSAYS AND CLASS PLANS MUST BE IN BY NOW.

WE HAVE A **WEEK 13** WORKING WITH MUZ MURRAY AND PRIMARY TEACHER ANNE MARIE NEWLAND, ON MANTRA MEDITATION AND THE QUEST FOR KNOWLEDGE.

1 2 DAYS. 8 HOURS A DAY.

2 16 HOURS TOWARDS FURTHER TRAINING OR CONTACT HOURS.

3 CLASS PLANS

4 A CLASS PLAN MUST CONSIST OF THE FOLLOWING:

5 SAVASANA/CORPSE POSE, YOGA NIDRA, RELAXATION.

6 PRANAYAMA BREATHING EXERCISES, ABDOMINAL YOGIC BREATHING AND BASIC UNDERSTANDING OF UJJAYI. NOMINAL USE OF BHANDAS FOR INTERMEDIATES ONLY. USE OF HAND MUDRA.

7 INTRODUCTION TO YOGA PHILOSOPHY, WHAT DOES THE WORD YOGA MEAN? THE UNION OF MIND, BODY AND BREATH.

8 SURYA NAMASKAR, SALUTE TO THE SUN, CLASSICAL AND SUN POWER FORMS. INCLUDE MODIFICATIONS FOR PREGNANCY AND LESS ABLE.

9 SALUTE TO DEVELOP INTO VIRABHADRASANA ONE AND TWO (THE WARRIOR POSES/LUNGES)

10 TRIKONASANA/ TRIANGLE POSE/SIDE STRETCH AND MODIFICATIONS.

11 TWIST/ARDHA MATSYENDRASANA/HALF SPINAL TWIST AND MODIFICATIONS

12 SITTING POSES/FORWARD BENDS, SIDE BENDS, GROIN OPENERS, HIP OPENERS, SUCH AS BHADRASANA, TAILOR POSE TO INCLUDE MODIFICATIONS

13 BACK BENDS AND MODIFICATIONS FOR THE LESS ABLE.

14 BALANCES SEATED AND STANDING. USE OF MENTAL FOCUS AND ADAPTATIONS.

15 SEMIINVERSIONS/

HALF HEADSTAND/STANDING HEAD TO KNEE POSE AND MODIFICATIONS. USE OF WALL AS AID FOR THOSE WITH NECK AND BACK PROBLEMS, HIGH BLOOD PRESSURE, EPILEPSY, GLAUCOMA AND PREGNANCY ETC.

16 FULL INVERSIONS/ HEADSTAND/ SALAMBA SIRSASANA, SHOULDERSTAND/SARVANGASANA. THE PLOUGH. TO INCLUDE ALL VARIATIONS OR ALTERNATIVES.

17 SETU BANDHASANA/BRIDGE POSE AND MODIFICATION.

18 FISH POSE/MATSYASANA AND MODIFICATIONS FOR THOSE WITH LOW BLOOD PRESSURE.

19 USE OF SANSKRIT AND ENGLISH NAMES

20 TEACHER NOTES.

STAFF

· STUDENT LIAISON OFFICER

· CHRISTINE POWELL.

· CHRISTINE'S ROLE IS TO ASSIST ANNEMARIE NEWLAND AND STUDENTS IN EACH DAYS WORKSHOP. SHE WILL DURING THE COURSE SPEAK TO EACH STUDENT IN A CONFIDENTIAL AND SUPPORTIVE ATMOSPHERE. SHE WILL ALLOW STUDENTS TO EXPRESS THEIR FEELINGS AND CONCERNS AND REASSURE THEM ACCORDINGLY. SHE IS AT HAND TO ADDRESS ISSUES THAT ARE NOT APPROPRIATE TO COVER IN A PUBLIC DOMAIN.

· COMPLAINTS OFFICER

· DIANNE FINLAY/ SIVANANDA YOGA AND BA IN HISTORY OF RELIGION.

· DIANNE'S ROLE IS OUTSIDE THAT OF THE GROUP, SHE ASSISTS WITH MARKING EXAM PAPERS. DIANNE HAS NO PERSONAL CONTACT WITH

THE STUDENTS EXCEPT ON GRADUATION. ANY COMPLAINTS MUST BE PUT IN WRITING TO DIANNE. AN ADDRESS IS AVAILABLE ON REQUESTS SHOULD ANY STUDENT NEED THIS SERVICE. WE ALWAYS SUGGEST A STUDENT TALK TO THEIR LIAISON OFFICER FIRST. SHOULD A RESOLUTION NOT BE REACHED THEN DIANNE IS SECOND IN LINE.

TEACHERS

- ANNEMARIE NEWLAND/SIVANANDA YOGA/ASTANGA/SUN POWER
- CHRISTOPHER HEPPLER/ SIVANANDA YOGA/ASTANGA VINYASA PRIMARY SERIES
- JOHN MCKEOUGH /SUN POWER YOGA
- CHRISTINE POWELL/SIVANANDA YOGA
- KAREN LOGAN/ ANATOMY AND PHYSIOLOGY/ALEXANDER TECHNIQUE PRINCIPLES/SHAW METHOD OF SWIMMING/CERTIFICATE IN EDUCATION/ORTHOPAEDIC NURSE.

CONSULTANTS

- DR CAROLINE RABBIT G.P.
- RICHARD WOOD PHYSIOTHERAPIST
- JONATHAN LLOYD PAINE OSTEOPATH
- ANNIE COMPTON SENIOR MIDWIFE

EXAMINERS

- ANNEMARIE NEWLAND
- CHRISTOPHER HEPPLER
- CHRISTINE POWELL
- KAREN LOGAN
- DIANNE FINLAY