



YOGALOFT 200 HOUR YTTC

Course information

Led by studio Vinyasa and Hatha teacher, Jessica Stewart, this training emphasises depth of understanding of yoga asana, sequencing and teaching skills alongside applied anatomy, philosophy and energetics of the yoga tradition.

Spread over 2 years, this course offers the time, space, depth and personal tuition in a training group of maximum 16 students to foster in you the depth of understanding and practice and skill in teaching required to be a confident, knowledgeable and articulate teacher on completion of training.

The training is hosted at Yogaloft, owned by Susannah Tomkins, and Jessica is supported by Christian Di Giorgio, osteopath and anatomist, who will be teaching anatomy.

The course takes place on 36 Friday afternoon sessions, during term time, between 2-6pm at Yogaloft, Queens Park. In addition there is one weekend retreat in Module 1 in Sussex from Friday afternoon to Sunday afternoon.

Every Friday afternoon on non-session days, Yogaloft YTTC students have exclusive use of the Yogaloft studio to practice teaching with their fellow trainees. For the duration of the course YTTC trainees receive a discount on their membership to support students maintaining a strong practice whilst they are training.

The course is verified by Yoga Alliance; on graduation you will be eligible for insurance and teaching auditions in the UK and internationally.

[FAQs >](#)

Course leader: Jessica Stewart

Structure:

36 sessions in term-time Fridays 2-6pm over 2 years, split into 2 modules & 1 weekend retreat.

The dates for the Yogaloft YTTC Module 1 2018-17 are:

MODULE 1
SPRING 2018 – 2019

March 16th

April 20th

May 4th

May 18th

June 8th

June 22nd

July 6th

September 7th

September 21st

October 5th

October 19th

November 9th

November 23rd

December 7th

January 11th

January 25th

February 8th

March 1st

March 15th

March 29th

Application Process:

[Download application form here >](#)

To make a complete application for the Yogaloft YTTC we ask you to complete the following 3:

1. Complete the attached application form and email to info@yogaloftlondon.com
2. Practice Observation: Attend a class with Jessica. Please email in advance to arrange this (email provided below). The purpose of this is not to look for a tick-off list of advanced poses but for us to look for signs of an authentic embodied consistent practice that works for *your* body at this point in time.
3. Application complete following telephone call or YTTC meeting with Jessica or one of the supporting tutors. The purpose of this is for you to ask any

outstanding questions and for us to make sure this is the right course for you and that we believe you will complete and excel on the course.

Upon Acceptance to the course

You will be sent an email of acceptance, inviting you to transfer your deposit. From receipt of deposit and a signed contract of your personal payment plan your place is secure.

The assessment process:

2 x written exams (1 x anatomy & physiology, 1 x Yoga theory, history, teaching methodology and Sanskrit)

1 observed sequence and taught class

7 essays

Payment & Cost:

£2800 plus the weekend retreat (costs to follow)

Deposit of £500 (non-refundable)

Payment plans are possible by arrangement

Earlybird price: £2600 if paid in full by 16 February 2018 (excl. retreat)

All applications and questions to:

Studio: info@yogaloftlondon.com