



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 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 Yogaloff YTTC Module 1 2019-2020 are:

MODULE 1
SPRING 2019 – 2020

April 26th
May 10th
June 7th
June 21st
July 5th
July 19th
September 6th
September 20th
October 4th
November 1st
November 15th
November 29th
December 13th
January 10th
January 24th
February 7th
February 28th
March 13th

Application Process:

[Download application form here >](#)

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

1. Complete the attached application form and email to info@yogalofflondon.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 2019 (excl. retreat)

All applications and questions to:
Studio: info@yogalofflondon.com