

YOGA LOFT, LONDON YTTC 200 HOURS
JESSICA STEWART YOGA TEACHER TRAINING
1 YEAR COURSE

The 1-year yoga training takes place every Friday afternoon during term time, 12:00 -17:00 at YogoLoft studio in Queens Park, West London.

There is a total of 33 x 5 hour-led sessions, plus one weekend retreat and a final full day of assessment and graduation. 80% of the course is taken by course-leader, Jessica Stewart.

The course follows the school calendar over a full year. The structure gives a full year to hone each students' physical and energetic practice and complement work and family life.

The structure aims to support the schedule of parents, those that work weekends, or those with flexible working structures/self employed.

This format of yoga training offers the most time for development in the students' own practice: both the practice of yoga and in integrating and working with the course content.

YogoLoft is a studio that offers a precise and methodical, alignment-based approach to hatha and vinyasa yoga in tranquil, beautiful and fully-equipped studios. Students will be encouraged to benefit as much as possible from the teaching community at YogoLoft.

Studying in London over a year provides a strong and empowering learning community and the connection to a supportive home studio, which remains long after the training is complete.

OUR APPROACH:

You will practice teaching from early on in the course and carried through a very successful method of teaching that honours both traditional and modern principles of yoga; concrete teaching methods; and the creative scope and

inner enquiry that will facilitate you finding your own authentic voice in your practice and teaching.

The training offers a very distinctive and thorough curriculum that neither compromises on in depth applied anatomy and alignment, whilst preserving content on the energetic and philosophical traditions that the practice is defined by.

SELF PRACTICE & TEACHING SPACE

You will be required to do and sign-off a 2-hour peer teaching practice session per month. If the studio is not in use, you are welcome to book to use YogoLoft for this or practice in your own homes.

YogoLoft offers the free use of the studio for self-practice on Monday afternoons.

MODULES:

The course is structured in modules that build in depth of content and material over the year.

Module 1: Spring term (1 week half term break)

Module 2: Summer term (6 weeks summer holiday)

Module 3: Autumn term (1 week half term break)

Module 4: Retreat (Friday 3pm – Sunday 3pm, residential, Sussex.)
(1st weekend in November)

All modules must be completed, in order to graduate.

ASSESSMENT & GRADUATION:

NB. Graduation: Final day is a full day:

You will be assessed on a 1-hour public class.

Your attendance at your colleagues' classes will also be required.

There will also be a 2-hour written paper.

The day will close with a graduation ceremony, and followed by a meal out.

PLANNING YOUR SCHEDULE

PUBLIC CLASS ATTENDANCE RECORD:

Students are required to attend and sign off 2 x 60 minute (minimum length) public classes per week during term time throughout the duration of the course. You will be required to discuss your choice of classes with Jessica and obtain her approval in advance.

A TYPICAL SESSION WILL INCLUDE:

- A theoretical component in lecture or discussion format following the curriculum
- A practical component developing students' practice and understanding the architecture of the postures and techniques
- Teaching practice

Some sessions will vary from this format as we take more time to focus on one aspect of the course.

RETREAT:

The residential retreat will be from 12pm Friday 6th November 2020 - 3pm Sunday 8th November 2020, at a dedicated retreat in Sussex.

Please note the arrival time for the retreat is 12pm on Friday the 6th.

GROUP SIZE:

Capacity on the course is kept to a carefully considered group size, where all students receive plenty of support and attention. The course is managed to ensure high-level tuition and support, and a safe, supportive environment for self-development, which distinguishes it from the very large YTTC's on offer in London.

CURRICULUM

All course content is either experiential, lecture-format supported by power-point presentations emailed post-delivery, or with hand-out sheets provided where applicable.

Every student receives a substantial training manual, with the entire course content, support and workbook to support the students' continued learning.

ANATOMY & PHYSIOLOGY:

- Principles of applied yoga anatomy
- Feet & Legs
- Hips & Pelvis
- Spine
- Shoulders & upper extremities
- Nervous system
- Respiratory system
- Digestive, Cardio & lymphatic system

PHYSICAL PRACTICE:

Asana (posture) templates (alignment break-down)

- Pranayama templates (practice and theory of breath-practices)
- Meditation templates (exploration and practice of selected models of meditation)
- Kriya templates (practice and theory of cleansing practices)
- Notes on public classes attended throughout

YOGA ENERGETICS:

- Prana
- Pancha Kosha
- Kundalini
- Kleshas
- Chakras
- Nadis
- Bandhas
- Yoga Mind & Kleshas
- Yoga Nidra

HISTORY & PHILOSOPHY

- Timeline on the development of yoga
- Philosophical schools and principles that shape yoga
- Modalities and influential figures of modern yoga

TEACHING SKILLS

- Teaching principles
- Sequencing level 1-2 hatha and vinyasa
- Voice-work
- Embodying confidence and authenticity
- Assists/Adjusts (anatomically up-to-date approach)
- Teaching hot yoga (none of the course is taught in a hot room)
- Business of Yoga
- Thriving as a teacher (post grad workshop)

HOUR DISTRIBUTION:

LED TUITION 185 hours

165 hours led tuition on Friday afternoons
(80%+ with course leader)

20 hours weekend retreat module
(100% with course leader)

NON-CONTACT TIME 80 hours

Un-led: 66 public classes required attendance (2/YTTC week)
(N.B. a class is taken as 1 hour even if longer)

10 hours self study during summer holidays

2 hours class observations

2 hours / month peer teaching practice: total 20 hours (over 10 months)

Reading, revision and note taking is not included. Please allow 1 hour / week for this.

Allowance for 80% attendance

(in which circumstance, students' hours would total 212.8 hours)

TOTAL HOURS ON COURSE: 265 hours

DATES 2020

17-Jan

24-Jan
31-Jan
07-Feb
14-Feb
28-Feb
06-Mar
13-Mar
20-Mar
27-Mar
24-Apr
01-May
08-May
15-May
05-Jun
12-Jun
19-Jun
26-Jun
03-Jul
10-Jul
04-Sep
11-Sep
18-Sep
25-Sep
02-Oct
09-Oct
16-Oct
30-Oct
06-Nov
13-Nov
20-Nov
27-Nov

04-Dec (full day)

TIMINGS

12:00 - 17:00 each Friday during term time.

Retreat weekend: 6-8th November 2020 at Tilton House, Sussex
(3pm arrival at venue) on Friday - 3pm departure on Sunday)

POST-GRADUATE SUPPORT

On this training, any number of students can choose to continue the training into a second year as an advanced student and revise, re-practice and lead first year students for free.

This must be arranged in advance and with total commitment to attending at least one full module of the course to ensure continuity within the student body.

FINANCIALS

The course includes:

- 33 x 5 hour sessions
- 1 weekend retreat Friday 12pm – Sunday 3pm
- (Accommodation, food, tuition included. Excluding transport and massages)
- Course manual
- Supporting power-point lectures & learning material on the online forum
- Access to self-practice at Yogaloft studio

There are 3 payment structures for the course depending on your needs.

OPTION 1: FULL ADVANCE PAYMENT

£3100 total | (early bird course price £2700 + £400 retreat cost)

OPTION 2: ADVANCE INSTALLMENT PAYMENT

£3200 total | (£2800 + £400 retreat cost):

For this option, 3 installments must be completed prior to start of course:

Suggested payment plan:

INSTALLMENT 1: April 15th 2019

INSTALLMENT 2: September 15th 2019

INSTALLMENT 3: November 15th 2019

This can be adapted in agreement with YogoLoft studio reception team.

OPTION 3: DIRECT DEBIT ONGOING PAYMENT

£3300 total | (£2900 + £400 retreat cost):

Discuss with the admin team at YogoLoft to establish a personal monthly direct debit payment plan. This must be complete before graduation on the course.