

Sun Power Yoga. Teacher Training Course.

ENTRY REQUIRMENTS

Entry to this teacher training course depends on your experience and commitment.

You will need to have been practising yoga with a qualified teacher for a minimum of 2 years.

We do not accept any one who has never taken a yoga class but has only studied from books alone at home.

In the past potential students have filled out applications that have been misleading.

As a body we must be satisfied that you are stating the realistic level of your study, as it is always very difficult to solve these problems later.

Unfortunately standards differ a great deal within each school of practice.

For those who are qualified **Fitness Professionals**, you will already possibly have other bodywork systems to your repertoire. However before coming onto a yoga teacher training course you will be expected to make every effort to find a qualified yoga teacher to work with in addition to your hours in situ.

The above also applies to **medical professionals such as osteopaths, acupuncturists, shiatsu practitioners, physiotherapists and midwives.**

Those who wish to take the **Yoga for Sport** module only, you will need to be a yoga student with 2 years experience with a qualified yoga teacher or one of the below.

A qualified personal trainer, YMCA qualified fitness instructor, P.E. teacher or to have a recognised 'Register of Exercise Professionals' qualification and minimum of 2 years experience.

Yoga for Dancers is for those with a history of dance and are involved in or have been a teacher or dancer in the past. You may be in a company or a choreographer or a dancer who is interested in introducing yoga as a stress and injury limitation technique.

Sun Aqua Yoga, as above has a required entry level.

You must be a qualified yoga teacher, aqua teacher, personal trainer **OR** have a **qualification recognised by the Register of Exercise Professionals** with at least 2 years work experience.

'A Level One Yoga Teacher Training Course' is for a minimum 200 hour standard training time.

The Sun Power Yoga Course is guided by the standards of The International Yoga Federation, which is the world governing body of yoga. Their minimum standards and certificate of endorsement can be seen on-line via www.sunpoweryoga.co.uk

The **Level One** Course is intensive and logs in at 170 hours to include contact hours, study time, self practice, philosophy, meditation, anatomy and physiology.

However to make up the 30 hours contact time you will need to participate in at least two weekend workshops with either Anne-Marie Newland or other teachers qualified in this style within 2 years.

You are mentored for the next 12 months in which you carry on your training while teaching. You are invited to come to class with any of the board members and any teachers already qualified in Sun Power Yoga who may live nearer to you.

Your three months are the first foundations of your yoga teaching life. Your learning never ends!

Those entering **Level Two** (after completing level one) will need to add a further 200 hours to their training. This will include deeper yoga practice, advanced yoga asana's, pranayama, kriyas and Vedic philosophy. Level Two is usually taken within three years of Level One.

We like our teachers to begin their 30 hours hands on teaching practice by week three of their course, when they have their insurance in place. We advise you use colleagues, family and friends to begin with as willing guinea pigs! These hours must be logged.

Your **Final Exam** is a three hour written paper and one-two hour practical. 85% is a pass on the written paper and a pass/fail on the practical. However you are assessed during the course and two passes out of three are expected. This includes the final exam.

So as you can see, although your intensive training is three months your mentored studying continues for another 12 months when we are here to help and support you with problems, ideas and inspirations!

Remember there is no hurry, take your time, you will be forever learning and studying this wonderful subject.

There are no quick fixes!