
HEART SPACE

TEACHER TRAINING 2020

200 HOUR YOGA ALLIANCE TEACHER TRAINING



Join Finlay for a life-changing teacher training experience over the course of 6 months, split between two weeklong immersions and two-weekend sessions to become a Yoga Alliance Certified instructor. Also, unique to this training is the time in the lab with Dr. Helen Meadows, Yoga teacher and Forensic Anatomy/ Anthropologist.

Designed for aspiring yoga students, no matter their level, with a passion to help, and become leaders in helping, others change their quality of life.

OVERVIEW OF THE COURSE

This training uses sequences found in Forrest Yoga, Vinyasa Flow, and Restorative Yoga, and is constructed so that various class lengths and levels can be developed. Time will be taken to explain the why and how of sequencing, and how to intelligently create classes that will promote the development of participants in a safe and accessible way.

Over 20 days of a 6-month period you will spend time daily working through all the elements that will lead you to become a qualified Yoga teacher. The course syllabus is as follows:

- Asana Practice
- Alignment and Adjustment
- Working with injuries
- Meditation, Journaling, and Personal Development
- Physical & Energy Anatomy
- Personal & Professional Ethics
- Teaching Skills
- Asana/Pranayama Methods
- Sequencing for Forrest, Vinyasa, and Restorative
- History and Development & Business Course



Course Structure and Dates

September 7th - 14th 2020

November 6th - 8th 2020

January 25th - 31st 2021

March 5th - 7th 2021

DISCOVER THE HUMAN BODY

This course will have a deeper learning through unique experiences in the forensic anatomy dissection lab, led by Dr Helen Meadows at the University of Dundee, giving you access to the latest information and anatomical instruction, using real-life dissection to enhance your learning. This is an incredible opportunity to learn the body and anatomy in a way that will change the way that you perceive the body, its potential, and the way that you move your own body. Trainees will learn how to quickly to assess posture in these fun and highly informative sessions once the foundation of anatomical knowledge has been set. As yoga teachers, we are in a unique position to streamline the healing process by learning to perceive each aspect that affects the body. This course will facilitate the development of how to see emotional blockage expressed as postural deviation, how bodies are put together, how they heal and adapt, and how to maximise the environment for healing.

THE TEACHERS



Finlay Wilson

Senior Yoga Alliance Professional instructor and Forrest Yoga Teacher. Finlay has studied and taught Yoga all over the world in practices of Ashtanga, Vinyasa, AcroYoga and Forrest Yoga. With a background in therapeutic massage and Thai massage and his own healing journey after surgery, he has developed keen skills in injury resourcefulness and working with disability.



Dr Helen Meadows

Forrest Yoga Teacher and Forensic Anatomist / Anthropologist. Helen has worked in Life Sciences for over 10 years and with a PhD in Anatomy and Forensic Human Identification. Her combined knowledge will guide you through the links between yoga and anatomy at an incredibly high standard.

Certified Yoga Alliance Training Course

Our Teacher Training course has met the stringent requirements set by Yoga Alliance Professionals. Our graduates are trained to the highest standard and are eligible to register with Yoga Alliance Professionals. The course has a set 180 hours contact time and the core teacher is a registered Senior Yoga teacher with Yoga Alliance.

As a requirement, **two years of yoga practice is essential to attend this course**, if you are unsure about this requirement, please contact us directly at info@heartspacedundee.co.uk We will ask for proof of attendance or a reference from your teacher.



Course Fees

**£2,350 / £1950 Super Early Bird Before 31st Dec 2019 /
£2150 Early Bird before June 1st 2020**

Payment Plan £1000 deposit, remaining balance by August 3rd 2020

Upon enrolment, a welcome pack will be sent to you with the course dates, additional information and a reading list to complete before attending in September. Should you need help sourcing accommodation, please get in touch.

Please contact us for **scholarship information** (One place is given at 50% rate for pressing financial circumstances or exemplary reasons and will be decided by management and the trust of Heart Space)