

# 200hr Teacher Training RYS-200



## What are our Core Subject Areas?

Our courses adhere to the strict standards and guidelines set by Yoga Alliance UK, it is also certified by the Independent Yoga Network. We include a practical and theory based approach throughout the course and encourage questions and discussions throughout our time together.

- Yoga Asana
- Anatomy and Physiology
- Subtle Anatomy
- Yoga Philosophy
- The basics of Ayurveda
- Teaching methods and ethics
- The business of Yoga
- Home study and self-practice

“Thank you so much for the course, I really enjoyed it. I started very nervous and not at all sure of myself and I came away from it with confidence and feeling so much stronger”

P. Irving  
200 Hour Laxmi Yoga Graduate 2016

## Styles of Yoga Asana

There are many styles of yoga asana practice and there are many benefits to all of them. On this course we will study primarily Vinyasa Yoga and more gentle Hatha Yoga. We will also study the various pranayama techniques within these practices. Other styles we include are:

- Vinyasa Flow Yoga
- Gentle Hatha Yoga
- Restorative Yoga
- Back Care Yoga
- Pre and Post-natal yoga



## Training Locations

London, United Kingdom  
and Andalucia, Spain.

## 2017 Dates:

Course 2

8th-9th July in London

5th-6th August in London

26th-27th August in London

29th September-6th October in Spain

4th-5th November in London

9th-10th December in London

## 2018 Dates:

Course 1

3rd-4th February in London

10th- 11th March in London

21st-22nd April in London

18th-25th May in Spain

9th-10th June in London

30th June- 1st July in London



### Anatomy and Physiology

We believe that to become an effective yoga teacher you need have a working knowledge of anatomy and physiology, and we therefore spend three days of the course solely on this subject. Our approach to this is rooted in Sports Science and Exercise Physiology so as well as covering the basics such as the skeletal system, endocrine system, the organs of the body and the skeletal muscular system, we also study what happens to the body during the practice of yoga asana and pranayama. We also look at healthy range of movement of the joints and why different asana are required for different postural types. We also discuss progressive overload and how to write a six week progressive yoga asana sequence.

- The muscular system
- The endocrine and nervous system
- Anatomical movement of the skeleton and its many joints.
- Range of Movement and how to use yoga asana to encourage a healthy level of mobility
- What happens to the body and nervous system during a physical yoga practice.
- How to write a progressive yoga asana sequence.

### Subtle Anatomy

Yoga is much more than a range of yoga postures and there should be many layers to one's yoga practice. Subtle anatomy describes what happens to the body on a subtle energetic level when we practice asana, pranayama, bandhas, mudra and chanting. Through our training you will learn a broad range of techniques and how to integrate these into your daily practice and into your teaching.

- Energetics – Prana, the Chakras and Koshas
- Bandhas – Body locks that create an energy seal
- Kriyas – Yogic cleansing practices
- Mantras, Mudras & Chanting
- Meditation & Yoga Nidra



### About your teacher: Sally Parkes, BSc, EYT, SYT.

Sally has been teaching health and fitness since 1998 and as well as gaining a degree in Exercise Science, has studied extensively with Uma Dinsmore-Tuli, a leader in the field of women's well-being. Sally has penned many articles for major publications and is also the author of *The Students Guide to Yoga Anatomy*. Sally specialises in delivering solid and thorough yoga teacher training's in the UK and internationally.



### Course Fees:

Full Price: £2870\*

\*Based on two sharing a twin room. Single rooms are occasionally available at extra cost.

\*\*\* **Early Bird Offer** \*\*\*

If you book the course three months before the course start date, you will receive £200 off the full price.

For more information please visit the website:  
[www.sallyparkesyoga.com](http://www.sallyparkesyoga.com)

Alternatively email Sally:  
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