

# 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.

## 2018/19 Dates:

15th-16th September in London  
28th Sept– 5th October in Spain  
3rd-4th November in London  
24th-25th November in London  
8th-9th December in London  
12th-13th January in London

## 2019 Dates:

16th-17th February in London  
16th-17th March in London  
20th-21st April in London  
17th-24th May in Spain  
15th-16th June in London  
6th-7th 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

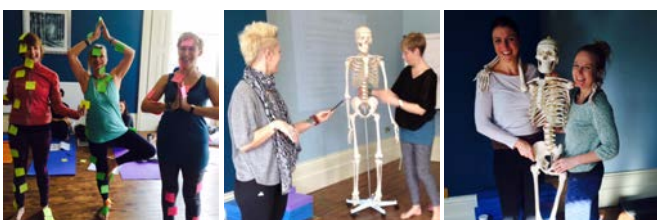
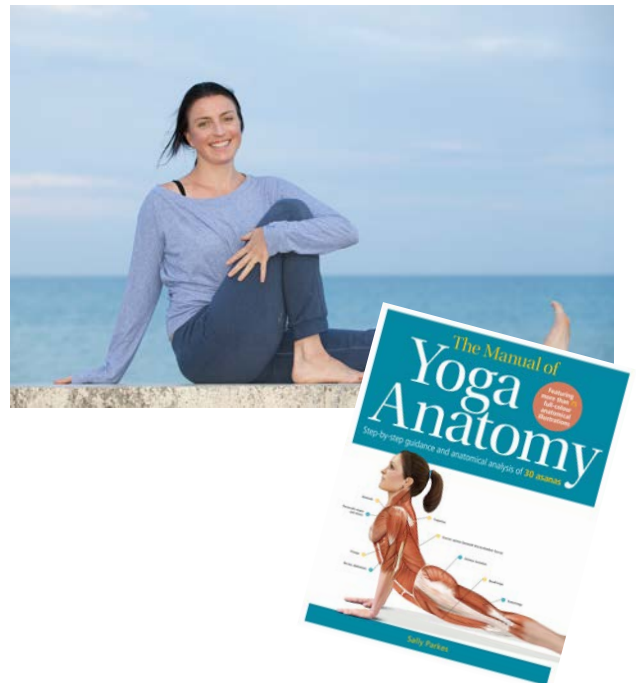
Yoga is much more than a range of yoga postures and there should be many layers to ones yoga practice. Subtle anatomy describes what happened to the body on a subtle energetic level when we practice asana, pranayama, bandhas, mudra and chanting. Through our training you will learn a broad range of techniques 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.



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

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