

SALLY PARKES YOGA



200 HOUR YOGA TEACHER TRAINING

Empowering women to empower women



INVESTMENT ONLY £2770 (PAID IN INSTALMENTS)

Course Dates: 2020

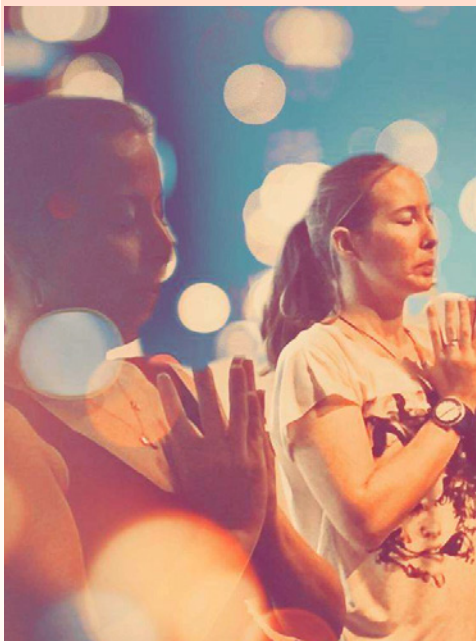
11th & 12th January
29th Feb & 1st March
25th & 26th April
30th & 31st May
20th & 21st June
11th & 12th July
18th & 19th September
11th & 12th October

To secure your place a £500 deposit (non-refundable) is required. The balance is then to be paid in 8 interest free monthly instalments of £283.75 starting 1st September 2019 and then the 1st of the month thereafter.

Investment: £2770

You will receive expert tuition and undivided attention from Sally and her highly experienced team in Sally's private home studio.

You will also receive 3 teacher training manuals, a tote bag, certificate on successful completion of the course, logo to use on your promotional material and ongoing support via a private Facebook group.



A non-refundable £500 deposit must be paid to secure your place.

There are only 10 places available on this course and your place on the course is only secure once your deposit has been paid.

Focusing primarily on a practice of Flowing Hatha Yoga, we aim to give you the student, the tools to not only teach yoga, but also gain the practical knowledge on how to turn your passion of yoga in to a successful new career path.

This course is a recognised qualification in which you will gain a 200-hour Yoga Alliance Professionals certificate (RYT-200), which enables you to teach internationally.

Modules covered within the course include:

- Yoga Asana
- Anatomy and Physiology
- Subtle Anatomy
- Yoga Philosophy
- Teaching methods and ethics
- The business of Yoga
- Back care Yoga
- Restorative Yoga
- Yoga for Women's Health
- Home study and self-practice

You will also be required to complete some coursework before the training begins, and throughout the training.

Each training day will run from 9.30am - 5.30pm

Address: 12 Cypress Avenue, Worthing, West Sussex, BN13 3PS

We will eat together at lunch, and you are invited to bring food to share "picnic" style. We shall eat outside in the garden when the weather permits.

All equipment will be provided during training days.

Reading List: Hatha Yoga Pradapika. (Swami Muktibodhananda); The Yoga Sutras of Patanjali. (Translation by Swami Satchidananda); Light on Yoga. (B.K.S Iyengar); The Science of Breath: A Practical Guide. (Swami Rama, Rudolph Ballentine, Alan Hymes); The Bagavad Gita, Oxfords World Classics (Translated by W.J. Johnson); The Students Manual of Yoga Anatomy (This is available directly from Sally); The Concise Human Body Book, Dorling Kindersley. (Steve Parker)