

SALLY PARKES YOGA

# 200 HOUR YOGA TEACHER TRAINING



## INVESTMENT ONLY £2820 (PAID IN INSTALMENTS)

Course Dates:

9th & 10th January  
13th & 14th February  
27th & 28th March  
24th & 25th April  
22nd & 23rd May  
19th & 20th June  
17th & 18th July  
18th & 19th September  
16th & 17th 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 £290 starting 1st September 2020 and then the 1st of the month thereafter.**

## **Investment: £2820**

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.

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Bank: Santander  
Name: Sally Parkes Yoga  
Sort code: 09-01-29  
Account number: 33421223

You will be required to set up a monthly standing order for £290 with first payment to be received by Sally Parkes Yoga on 1st September 2020.

### **Payment plan:**

1st September 2020 - £290  
1st October 2020 - £290  
1st November 2020 - £290  
1st December 2020 - £290  
1st January 2021 - £290  
1st February 2021 - £290  
1st March 2021 - £290  
1st April 2021 - £290



**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 weekend will run:**

**Saturday 9.30am - 6.00pm & Sunday 9.00am - 5.30pm**

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

We will eat together at lunch and we shall eat outside in the garden when the weather permits.

**All equipment will be provided during training days.**

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**Reading List:** Hatha Yoga Pradipika. (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)