

ONLINE 200 HOUR YOGA TEACHER TRAINING SCHEDULE

AS FEATURED IN



START DATE 17TH SEPTEMBER 2022

This training will take place over 7 weekends, once a month until March 2023



Dear Yogi's,

Thank you for taking an interest in our Online 200hr Yoga Teacher Training. We hope you find the information in this guide useful.

Our training is held completely online and is underpinned with the teachings of traditional yoga. Influenced by lead tutors Sally and Chris's extensive knowledge of both Iyengar yoga and Ashtanga yoga, our Hatha yoga style has a flowing feel, with a strong focus on technical alignment.

All yoga asana classes that Sally teaches are underpinned by her extensive knowledge in physical anatomy, all of which is supported by our pre-recorded anatomy and physiology lessons, taught by our resident Sports Scientist Dawn Morse MSc.

Drawing on his extensive studies in India, our subtle anatomy and meditation modules will be taught by our highly experienced tutor Chris Thompson. Chris will also lead some of the yoga asana classes and will share his knowledge gained over many years, in the art of the Iyengar Yoga method.

Furthermore, to give you a broad range of knowledge, we will also explore more niche styles including Yin Yoga and Restorative Yoga (taught by Nina Goldberger) and Pregnancy and Postnatal Yoga (taught by Sally), leaving you well equipped to deepen your own practice, as well as teach a huge array of yoga students if you choose to.



Live online module dates - ALL dates must be attended

17th & 18th September 2022
15th & 16th October 2022
19th & 20th November 2022
10th & 11th December 2022
7th & 8th January 2023
11th & 12th February 2023
11th & 12th March 2023

Teaching Faculty:

Lead teacher trainers: Sally Parkes, Chris Thompson and Nina Goldberger

Guest teacher trainers: Dawn Morse and Rachel Boon





Course Structure

In order to graduate from this training, as well as attending our mandatory online live weekend modules, you will also be expected to read the required reading list, complete coursework, assessments and exams and send in a video of your practical assessment.

Reading:

You are expected to read all three of our yoga training manuals, plus all of the required reading books from our reading list (below), by the end of the training.

Coursework:

Upon enrolment, you will be sent (via email) several assignments to complete, again by the end of the training.

A coursework assignment will also be sent to you after each of our seven weekends of learning as well. The purpose of this is to help you absorb the information shared during our time learning together. Each of these particular assignments are expected to be completed in time for the next online weekend of learning.

Assessments and exams:

Towards the end of this training, you will be asked to complete two theory exams. One is based upon general knowledge of the traditional yoga system, as discussed on the training. The other will be anatomy and physiology based.

You will also be required to teach a short yoga sequence to several of your fellow students online. This will be organised by your course leaders and discussed at length closer to the time.

Practical assessment:

Lastly, you will be expected to teach a 45 minute class to at least one other person, record it, and email it to Sally for assessment.

This course is fully certified by Yoga Alliance Professionals.

Required reading for this course

- 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)

Recommended reading (not required, but useful)

- Relax and Renew (Judith Hanson Lasater)
- Yin Yoga (Bernie Clark)



Live date schedule:

Timings for each day are 9am - 5pm with a lunch break at 1-2pm. These sessions will be delivered live, in real time, via Zoom.

Live online dates - Online attendance to all dates is mandatory:

17th & 18th September 2022
15th & 16th October 2022
19th & 20th November 2022
10th & 11th December 2022
7th & 8th January 2023
11th & 12th February 2023
11th & 12th March 2023

Please note that on all the live dates you will be expected do a physical yoga practice so please ensure you have appropriate space and the correct equipment and clothing.

Props required:

- Yoga Mat
- Yoga Strap/Belt
- Bricks (x 2)
- Foam Block
- Blanket
- Bolster
- Your Training Manual (these will be posted to you)
- Pen & Paper, Journal
- Laptop/larger device for Zoom Training sessions
- Webcam with working microphone





Anatomy & Physiology content:

Throughout the course you will be expected to watch and learn the Anatomy & Physiology content that will be sent to you in pre-recorded video format. This knowledge will be referred to throughout the course and you will be expected to pass a multiple choice exam which will be given on this subject near the end of the training.

If you have any questions or queries regarding the content or structure of the course, please do not hesitate to get in touch with us at info@sallyparkesyoga.com or WhatsApp Sally on +44 7983 508018.

