

200hr Yoga Teacher Training with Sally Parkes and team

Saturday 18th September 9am-5pm with Sally Parkes

9am: Welcome from Sally and ground rules for the training explained. Students will briefly introduce themselves to the rest of the group.

9.30am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

11am: 15 min break.

11.15am: The nuts and bolts of a yoga class: a lesson on the fundamentals of a traditional yoga asana class and why it is structured in this way.

12.30pm: Lunch break.

1.30pm: An introduction to yoga philosophy including a discussion on the question 'What is yoga' and The Eight Limbs of Yoga, including how these limbs can relate to our daily lives.

3.15-3.30pm: Break

3.30-5pm: Hatha yoga asana class; an analytical lesson on fundamental yoga asana and how subtle alignment cues can alter the effect of these asana.

Sunday 19th September 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

10.30am: The anatomy of yoga asana – an anatomical lesson on the skeletal system. We will discuss human movement and how the skeleton moves in different planes of movement, and what each joint is doing in order for it to do so.

12.30: Lunch break.

1.30: Posture clinic – a break down of the fundamentals of traditional sun salutations. We will practice and discuss the asana and transitions that make up a sun salute, as well as how to adapt safely for increased accessibility.

3.15-3.30pm: Break

3.30-5pm: Hatha yoga asana class; an analytical lesson on fundamental yoga asana and how subtle alignment cues can alter the effect of these asana.

Saturday 16th October 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

10.30am: Posture clinic – we will practice and discuss alignment and anatomy of Childs Pose, Downward Facing Dog Pose, Cat and Cow Pose, Runners Lunge Pose, Mountain Pose, Crescent Moon Pose.

12.30: Lunch break.

1.30pm: An introduction in to the practice of meditation and various common practices of pranayama.

3.15-3.30pm Break

3.30-5pm: Hatha yoga asana class that includes Childs Pose, Downward Facing Dog Pose, Cat and Cow Pose, Runners Lunge Pose, Mountain Pose, Crescent Moon Pose.

Sunday 17th October 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

10.30am: Posture clinic – we will practice and discuss alignment and anatomy of Triangle Pose, Warrior 1, 2 and 3 and Reverse Warrior.

12.30pm: Lunch break.

1.30pm: An introduction to subtle anatomy , starting with a journey through the chakras. Then focusing on nadis and koshas; what they are and how they affect the physical and subtle bodies.

3.15-3.30pm: Break

3.30-5pm: Hatha yoga asana class that includes Triangle Pose, Warrior 1, 2 and 3, Reverse Warrior.

Saturday 20th November 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

10.30am: Posture clinic – we will practice and discuss alignment and anatomy of Extended Side Angle Pose, Revolved Side Angle Pose, Crescent Lunge Pose, Chair Pose, Revolved Chair Pose.

12.30: Lunch break.

1.30pm: A continuation of our studies of subtle anatomy - a journey through the chakras and nadis and koshas; what they are and how they affect the physical and subtle bodies.

3.15-3.30pm: Break

3.30-5pm: Hatha yoga asana class that includes Extended Side Angle Pose, Revolved Side Angle Pose, Crescent Lunge Pose, Chair Pose, Revolved Chair Pose.

Sunday 21th November 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

10.30am: Posture clinic – we will practice and discuss alignment and anatomy of the Roll Down, Intense Side Stretch Pose, Hands to Feet Pose A and B, Wide Legged Forward Bend A, B, C, Tree Pose, Eagle Pose.

12.30pm: Lunch break.

1.30pm: A discussion of the philosophical and spiritual teachings of The Bhagavad Gita. Please ensure that you have read The Bhagavad Gita BEFORE this lesson.

3.15-3.30pm: Break

3.30-5pm: Hatha yoga asana class that includes Intense Side Stretch Pose, Hands to Feet Pose A and B, Wide Legged Forward Bend A, B, C, Tree Pose, Eagle Pose.

Saturday 11th December 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana. Class will include asana from the mornings posture clinic.

10.30am: Breath and Bandhas – You will learn how our internal energetic ‘locks’, also known as the ‘bandhas’ work and how they relate to the respiratory system and our breathing patterns.

12.30pm: Lunch break.

1.30pm: Yoga for Back-care. Back injuries and conditions have become commonplace in our society and yoga asana, if not applied correctly can amplify the effects for people living with conditions such as herniated spinal discs, Scoliosis, Spondylolisthesis amongst others. You will learn what these conditions are, and also how to adapt asana accordingly.

3.15-3.30pm: Break

3.30-5pm: Hatha yoga asana class for Back-care. Includes extended supported relaxation/Savasana aimed specifically for back care clients.

Sunday 12th December 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana. Class will include asana from the mornings posture clinic.

10.30am Posture clinic – we will practice and discuss alignment and anatomy of Dancers Pose, Half Moon Pose, Extended Hand to Big Toe Pose, Revolved Extended Hand to Big Toe Standing Pose, Side Plank Pose, Standing Splits Pose, Crow Pose.

12.30pm Lunch break.

1.30pm Adapting yoga asana for common injuries and conditions such as knee and hip injuries, carpal tunnel syndrome, arthritis amongst others.

3.15-3.30pm Break

3.30-5pm: Continuing the adaptation of yoga asanas for common injuries and conditions and then the day will finish with Yoga Nidra Meditation.

Saturday 8th January 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana. Class will include asana from the mornings posture clinic.

10.30am: Posture clinic – we will practice and discuss alignment and anatomy of Cobblers Pose, Cow Face Pose, Pigeon Pose, Seated Forward Pose, Head to Knee Pose, Sage Marichi A Pose, Half Lord of the Fishes Pose, Sage Marichi C Pose.

12.30: Lunch break.

1.30pm: Yoga asana sequencing. Understanding the structure of a yoga class before learning how to sequence yoga asana and pranayama for different class themes. Following this session you will be expected to plan your own class with a view to teaching it to a friend. Your sequence can then be used for your practical assessment in which you are required to teach and film a 45min yoga class.

3.15-3.30pm: Break

3.30pm: Hatha Yoga session aimed at calming down the nervous system. This session will be slower and more cooling than the mornings practice with more floor based work with aim of showing contrast to the mornings more heated practice, and how the same and similar asana can be sequenced differently in order to get a different result.

Sunday 9th January 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana. Class will include asana from the mornings posture clinic.

10.30am: Posture clinic – we will practice and discuss alignment and anatomy of Boat Pose, Upward Facing Plank Pose, Cobra Pose, Upward Facing Dog Pose, Camel Pose, Floor Bow Pose, Wheel Pose.

12.30pm: Lunch break. 3.15-3.30pm Break

1.30pm Yoga Inversions – a discussion and practical session on yoga asana inversions, including energetic inversions such as Shoulder Stand, Headstand, Handstand. This will be followed by more gentle inversions including Legs Up The Wall Pose and other restorative yoga asana to help restore calm in the nervous system.

3.15-3.30pm Break

3.30-5pm: A continuation of our session on inversions and their benefits and applications.

Saturday 12th February 9am-5pm with Sally Parkes

9am: Vinyasa yoga asana class. Structure of the class will be as follows: Seated warm up and intention setting, 5 x sun salutations, standing asana, seated and lying asana, inversions. Savasana.

10.30am: – Restorative Yoga. You will learn the basics and benefits of Restorative Yoga and how to implement it effectively into your own practice and teaching.

12.30pm: Lunch break.

1.30-3.15pm Yin Yoga with Nina. An introduction into the practice of Yin Yoga. Learn the workings of Yin Yoga and the effects that it has on the physical and subtle bodies. This session will enable you to incorporate Yin Yoga into your own practice and teaching.

3.15-3.30pm Break

3.30-5pm: A continuation of our Yin Yoga workshop.

Sunday 13th February 9am-5pm with Sally Parkes

9am: Prenatal Yoga class – a gentle and flowing practice with soft breathwork. This class will demonstrate how to adapt asana for the expectant mother.

10.30am: An overview on how and why we need to adapt yoga classes for prenatal and postnatal mothers.

11.30am: Postnatal Yoga class – a gentle yoga class that focuses on ways to gently rebuild the core area after giving birth.

12.30pm: Lunch break.

1.30pm: Revision time with Sally and Chris. We will answer questions that you may have on any of the subjects we have covered and discuss the revision list in time for your exams that will take place on your final weekend of the training in March.

3.15-3.30pm: Break

3.30-5pm: Hatha Yoga with Chris. This class will revisit Sun Salutations and traditional yoga asana to help you feel more confident regarding alignment and teaching cues before our final weekend together.

Saturday 12th March 9am-5pm

9-10am: Theory Exam. This exam paper will be put in our WhatsApp group just before we are due to start. You will then write down your answers on a piece of paper and send me a picture of your answers after 60 minutes. The exam paper will focus on your general knowledge of yoga and we will not include any questions outside of the course material.

10am: Teaching Exams - Each student will now teach the rest of the group a short 15 minute standing yoga asana sequence which will be planned by the student themselves.

12.30pm Lunch break.

1.30-3.15pm: Teaching Exams continued - Each student will now teach the rest of the group a short 15 minute standing yoga asana sequence which will be planned by the student themselves.

3.15-3.30pm: Break

3.30-4.30pm: We will go over answers to the exam questions together and discuss accordingly.

4.30-5pm: Yoga Nidra.

Sunday 13th March 9am-5pm with Sally Parkes

9-10.30am: Gentle Yoga asana and pranayama class.

10.30am: The Business of Yoga – we will discuss how to get started in your business as a yoga teacher and what is required re completion of your coursework.

12.30pm: Lunch break.

1.30-3.15pm Ayurveda is an ancient and universal science of healing that originated in India and is still widely used today as a system for bespoke wellbeing. Rachel will take us through a basic outline of this system and how you can easily fit aspects of it into your current lifestyle.

3.15-3.30pm: Break

3.30-5pm: Continuation of our Ayurveda workshop.