



THE COLLINS & BARTH  
SCHOOL OF YOGA

## **200 Hour Yoga Alliance UK Teacher Training Course 2016**

Thank you for your interest in The Collins and Barth School of Yoga. Here is the course information for 2016's teacher training.

Our courses are arranged as 4 blocks. Each block is 50 hours of training with Jane Collins and Simon Barth, so, altogether you enjoy 200 hours of contact time with your tutors. In between these blocks, we allow time to absorb the learning, and for self practice.

The courses run Monday to Friday 8am til 6pm. Yes it's a 10 hour day, but yoga teacher training is such a joyful blend of theory and practice that it doesn't feel taxing. There are plenty of breaks and a full hour for lunch, and other trainees have agreed that the days are thoroughly enjoyable. It also means that the course can be completed in 6 months. The coursework is mostly completed within each teaching day, so the written work that you are expected to complete outside of the training hours is kept to a minimum. We do expect you to do your yoga practice but we also expect you to live your life!

2016's dates are as follows

February 22nd to 26th

April 18th to 22nd

June 13th to 17th

August 8th to 12th

Our syllabus includes:

- Hatha Yoga Studies
  - Asana
  - Pranayama
  - Mudras
  - Bandhas
  - Kriyas
  - Chanting
  - Meditation
  - Relaxation and Yoga Nidra
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- Teaching Skills
  - How to teach effectively
  - Creating a positive, accessible learning environment
  - Class planning
  - Understanding bodies and adjusting to different requirements

- Physical assists
- Plenty of actual teaching practice to develop confidence
- Sequencing for a variety of levels
- Partner yoga
- Teaching on chairs
- Teaching yoga to children
- Teaching pregnant women within your general classes
- Teaching for a selection of common physical limitations
  
- Philosophy
  - Study of Yoga texts and exploration of Patanjali's 8 limbs of Yoga
  - The History of Yoga
  - Understanding of the Chakras, Nadis and other yogic concepts
  - Yoga and Science
  
- Anatomy and Physiology
  - Main systems of the human body
  - Common ailments and how to consider these as a yoga teacher
  - Detailed study of the body's joints and how we take care of them
  - Detailed study of yoga postures and the muscles involved
  
- Becoming a Professional Yoga teacher
  - Developing a career in yoga teaching
  - Professionalism and Ethics
  - Networking
  - Advertising
  - Managing a yoga business

Both Simon Barth and Jane Collins have many years of yoga teaching experience and share their skills and knowledge in an enjoyable, approachable and understandable way.

Oh yes, and the cost. Our course is just £1750. We would need a deposit of £150 to secure your place, (this is non refundable). Then the rest of the fee can be paid in installments to suit you. A suggestion for this is on the application form.

Please contact Jane at [janecollinsyoga@gmail.com](mailto:janecollinsyoga@gmail.com) or Simon at [simonbarth@hotmail.com](mailto:simonbarth@hotmail.com) if you have any further questions. Or simply fill in our application form to apply.