



Yoga Professionals

Dedicated to Training
Professional Yoga Teachers



PROSPECTUS

CYQ LEVEL 3 CERTIFICATE
IN TEACHING YOGA

WELCOME

Welcome to the Yoga Professionals prospectus for the Level 3 Certificate in Teaching Yoga training course.

Yoga today means many things to many people. From the simplest of meditation techniques to a way of staying healthy and fit through asana practice the ancient science of yoga has become part of many people's lives. The subject is vast and stems from traditions handed down over 5000 years. Yoga has many paths and offers various ways to seekers of its many benefits. From the physical to the spiritual yoga has become an integral part of society in both the East and the West. People are increasingly realising the benefits of a more holistic approach to their busy lifestyles and in turn the number of people going to yoga classes has risen.

Teaching yoga can be rewarding and fun. Helping others find the joy of yoga is a wonderful expression of our own joy of the practice. Understanding the teachings is the first step to becoming a good teacher, with an understanding of our place in the teaching of the teachings being the second step.

The Level 3 Certificate in Teaching Yoga is an award that attempts to bring the ancient teachings and the modern understanding of yoga together. Meeting the National Occupational Standards at level 3, the award is open to anyone who has been practicing yoga for over two years. Central YMCA Qualifications, having over 10 years of experience within the health and fitness sector, saw a significant increase of public interest in yoga classes. Recognising the need for qualified yoga teachers, they created a syllabus from the criteria set by the lead bodies - The Level 3 Certificate in Teaching Yoga. Yoga Professionals are proud to be an accredited centre offering training to achieve this certification.



COURSE OUTLINE

The CYQ Level 3 Certificate in Teaching Yoga is set up into 4 units:

240 guided learning hours

Unit 1: Exercise and Fitness Knowledge Level 3 (50 hours)

- » Bones and joints
- » Muscles and muscle actions
- » Energy systems
- » Cardiopulmonary system
- » Components of fitness
- » Nervous and endocrine systems

Unit 2: Philosophy and Fundamentals of Yoga (90 hours)

- » Fundamentals of teaching yoga (philosophy) – Worksheet A
- » Fundamentals of teaching yoga (practices) - Worksheet B
- » Precautions, prohibitions, modifications and benefits of asana - Worksheet C
- » Dealing with common conditions encountered in a yoga class - Worksheet D

Unit 3: Plan and Prepare to Instruct a Progressive Yoga Session (50 hours)

- » Plan a 15 week progressive programme of Yoga
- » Plan sessions for weeks 1/7/15 to include
- » Initial relaxation, Pawanmuktasana/ mobilisation, Surya Namaskara, 7 main phase asanas with preparatory and counter poses (to build a balanced sequence), final relaxation and pranayama
- » Plan a detailed lesson plan for week 7 lesson (to be practically assessed on)

Unit 4: Instruct, Manage, Adapt and Evaluate a Yoga Session (50 hours)

- » Screen participants and ensure a safe environment for a yoga session
- » Teach a week 7 planned 1hr yoga session to a minimum of 6 participants
- » Collect feedback and evaluate the session

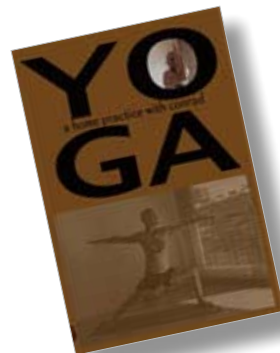
These units are delivered by Yoga Professionals via blended learning (home study/face to face practical workshops).



COURSE MATERIALS

What you will receive in your home study pack:

- » Exercise and Fitness Knowledge Manuals (see unit 1)
- » Yoga Professionals teacher training manual
- » Home practice DVD (vinyasa style practice) of which 10 out of 60 hours yoga journal should be dedicated.
- » Worksheets for Yoga (see unit 2)
- » Information regarding how to contact your dedicated distance learning tutors
- » Password access to the Student Zone 24/7



You will attend 12 practical training days set over four weekends running Fri/Sat/Sun, that will take place within a studio environment within a health club setting.



NB - There are no desks or chairs during the practical workshops.

During the practical and in between weekend sessions you will build a portfolio of evidence that includes:

- » Your 60 hour yoga journal (written during home study period)
- » Worksheets on Yoga A, B, C, D
- » Health and safety session plan
- » Detailed session plan for week 1/7/15
- » Detailed lesson plan for your week 7 practical class
- » Self evaluation of teaching x 3 (one to be done after your practical assessment makes 4 - see below)

One month after your practical workshops you will attend an agreed date to teach your week 7 planned class of agreed criteria to a minimum of 6 participants in front of an assessor. NB: you will need to bring 2 friends to participate in your and others' classes where needed.

STUDY PROCESS

Home Study

The first step towards training to teach yoga is 3 months home study (distance guided learning) of Units 1 and 2 (recapped during practical training). This gives you the freedom to study at a time that suits you and your lifestyle. You will have access to a designated distance-learning tutor for both yoga and EFK, a 24/7 Student Zone to help you out of hours and a study guide to help you fit your training around your schedule.

Practical Days

The second part of your training will take place in the studio environment. These practical workshops are set over Fri/Sat/Sun in four weekend installments and run over an average of 3 months. During this training, Units 3 and 4 are taught along with other aspects of yoga practices, history, traditions, code of ethics and other subjects, including the responsibilities of a 21st century teacher of yoga practices.



The practical training focuses on the teaching of asanas, pranayama, mudra, bandha, meditation and yoga kriyas.

The Yoga Sutras of Patanjali and the 8 limbs of yoga are focused on throughout the training with instruction of how and when to integrate these into your classes. The focus of teaching the breath with the asanas to bring concentration and inner quiet while building strength, flexibility and overall health draws from the 8 limbs and brings it into a western perspective. The three stages of practice are also taught along with the importance of teaching those stages.



Yoga Professionals offer training that has embedded within it a passion for the practice of yoga and a respect for the ancient gurus and lineages. Additional to the recommended syllabus, aspects of yoga such as Bhakti yoga (the yoga of devotion) and Karma yoga (the yoga of action) are an integral part of the course. Ancient teachings are offered in a modern environment with a deep respect and gratitude. Our tutors have experience of yoga from ashram training at both preliminary and advanced levels, along with self-study, practice and western yoga schools' teachings.

We believe our courses enrich those ready to teach yoga with not only a certificate to teach but also a personal yoga journey that will enhance your own personal sadhana.

CONTINUING PROFESSIONAL DEVELOPMENT MODULES

At Yoga Professionals we believe in further professional development of our students. We are currently offering two Continuing Professional Development (CPD modules) and are planning to develop more to fulfill the need of our students.

Current Add-on Modules:

Yoga Professionals also offer Continuing Professional Development workshops (CPD) that are REPs approved.

Below are the modules available now:

- » Level 3 Certificate in Teaching Mat Pilates (20 CPD points)
- » Teaching Vinyasa (16 CPD points)



Future modules planned by Yoga Professionals:

- » Children's Yoga
- » Yoga Therapy (GP referral using Yoga)
- » Beyond the Asana (teaching from the 8 limbs of Yoga)
- » Chair Yoga
- » Yoga for Athletes



FREQUENTLY ASKED QUESTIONS



Why does your course only take 7 months when others take 3 years?

A Yoga Professionals course is a condensed learning experience that takes on average 7 months of dedication and commitment. This is a 240 hour course offered over such a time frame because we believe the need for quality yoga teachers is high and so we have designed our training to fit a more modern pace. Other courses ranging from 3 years to 2 weeks are available from other training providers and we advise that you as a potential student take time to study other training options to ensure you choose the correct route for you.

What does Level 3 mean?

Within the qualifications framework of the UK certain standards are required to meet certain levels. Within the active leisure industry the framework ranges from level 1 to 4. Level 1 would allow you to work with people within your career as long as you are supervised. Level 3 allows you to train to a level where you have proven knowledge (through various methods) that you are 'fit for purpose' to teach to a group of adults unsupervised (hence you can teach yoga classes).

Is there much paperwork involved?

The simple answer is yes. You will be required to prove your knowledge of yoga through a series of worksheets based around unit 2 of the award (internally assessed), as well as completing a theory paper of EFK L3 (externally assessed). You will also need to write a 60 hour yoga practice journal to map your personal development. During your practical training you will learn how to build a portfolio of evidence that proves you have planned a

15 week programme of yoga for a mixed ability group of people and include detailed session plans for weeks 1/7/15 and lesson plans for a week 7 class. The class will be comprised of relaxation/warm up, sun salutes and 7 main phase postures (to teach a balanced sequence) along with an ending/closing and final pranayama practice.

What part of the course do most students struggle with?

Exercise and Fitness Knowledge at Level 3 can for some students be heavy going. Most students agree (once they pass) that it was worth the hard work as they feel very prepared to teach. This unit of the award is aligned with personal trainers, Pilates instructors and advanced group exercise teachers. During the practical training some students find sitting cross legged hard to maintain and often find the hips and knees ache which is perfectly normal when we are used to sitting in chairs at desks.

Will I be assessed on my teaching of a yoga class?

One month after your practical training dates you will attend a practical assessment day. You will need to bring 2 friends to be participants in your and your fellow students' yoga classes. You will teach to a group of people your planned week 7 class session taken from your progressive 15 week plan. This assessment will be carried out by a suitably trained, experienced and qualified assessor of yoga. You will be given guidance throughout your practical training to meet set criteria such as valid teaching points, good yoga practice, modifications and alternatives offered, inclusive teaching and observation of group whilst teaching.

FREQUENTLY ASKED QUESTIONS



Is yoga a religion?

Yoga is one of the six philosophical systems of India. No one can deny its link to Hinduism. However, it is considered in its original form that yoga predates all religions and is a science. Yoga Professionals' courses teach a history of yoga that is unbiased in any way. Our teachings come from ancient roots and with a modern understanding. Teachings ranging from lineages of Swamis to modern era yogis are integrated within the course so you leave with a broad and open view of yoga past and present. We do not aim to train you to be teachers within the studio of anything other than asana, pranayama, mudra and bandha. You will have suitable knowledge to guide an inquisitive participant in the direction of a guru or swami and will understand your responsibilities as a teacher of yoga classes.

What type of yoga will I be qualified to teach?

All forms of physical practice are translated from the Sanskrit word Hatha to mean 'with force' therefore all physical practices are Hatha. Some current yoga lineages are set sequences of Hatha yoga poses taught with a linking of postures known as vinyasa. Vinyasa means 'to place with intent' and also means to 'link with the breath', therefore Ashtanga vinyasa yoga is a practice of 56 Hatha yoga postures linked together in a routine known as 'The primary series'. Hot yoga is a series of 26 yoga poses taught in a hot room. By the end of your training with Yoga Professionals you will have knowledge of how to teach many yoga practices and styles including themed (specific to an ailment or individual) and vinyasa. You will be able to teach from gentle restorative classes to a more dynamic style with the grounding of a more classic session which you will plan to teach for your assessment.

Do I need insurance once I am qualified?

All Yoga teachers should have insurance and the CYQ Level 3 Certificate in Teaching Yoga will grant you options as to where you buy yours. As a recognised industry award you are entitled (if you wish) to join the Register of Exercise Professionals, often needed if you plan to teach in health clubs, who offer insurance as an additional option to membership. Other options of where to buy insurance are also available and will be given during your practical workshops.

Why should I choose Yoga Professionals over another Yoga training school?

We believe all students pick the right training course for them. Our advice is to look around and check us out against the others teaching schools and ensure the training fits around you and your life.

Is the award recognised anywhere outside the UK?

Yes if you choose to join REPs you will automatically be eligible to register for EREPs (the European register) and beyond. Please go to www.theexerciseregister.org for further information.

FREQUENTLY ASKED QUESTIONS



Should Yoga be classed as a profession?

For many people yoga is a saving grace in a world of 24/7 distractions. Our natural cycles are disturbed by external influences from every direction and yoga is one of the few ways people find a moment of peace for themselves. Whilst many believe yoga should be free to all, it is sadly not always the reality. If one does not need to be paid to teach yoga then this is definitely a gift to be placed in such a privileged position in life. Karma yoga is the practice of service and throughout your training you will be advised on options of a more yogic lifestyle and one aspect of this is charity. Teaching as a profession means knowing what is right and wrong to teach in the classroom environment and to know that when someone claims to be suitably fit to teach they are. Yoga can only suffer from teachers who have no formal training and do not understand how to act in a professional manner. Ensuring participants safety and the integrity of yoga is paramount for Yoga Professionals and its successful graduates. Class retention, professionalism within the workplace along with health and safety at work are important aspects of 21st century teaching.

How can I maintain my professional development after training?

Yoga Professionals understand the importance of continuing professional development and is currently offering:

- » Level 3 Mat Pilates (add-on module) 20 CPD points
- » Teaching Vinyasa 2 day workshop 16 CPD points

We can also advise on courses other than our own and guide you in the right direction.

How do I apply?

Please email us at info@yogaprofessionals.co.uk for the application pack and on receipt please read the terms and conditions along with the student/tutor learning contract. You can complete the application pack return it either electronically or by post. Once we receive your application we will contact you for an informal interview. Questions will be based around your own practice and your openness and respect of ancient ideas.

Whatever your aspirations, whether you are wanting to teach yoga as a hobby, full time job or are training to simply deepen your own practice, our aim is to support you from your first enquiry through to achieving the award and beyond. Yoga Professionals teach a disciplined and structured learning style that allows you to absorb the teachings and confidently grow as a teacher. All our tutors are trained to teach adult education and have yoga training and experience from many yoga lineages. We are externally verified at the highest standard and are proud to deliver a qualification that is acknowledged by industry and clients.




Any questions please call: 020 7689 2407
Email: info@yogaprofessionals.co.uk

Best wishes for inner peace and radiant health

Conrad Paul
Director

COURSES 2009/2010

COURSE TYPE/CODE HOME STUDY DATES	PRACTICAL WORKSHOP DATES	VENUE/ LOCATION	PRACTICAL ASSESSMENT DATES	PRICE
<p>CYQ L3 Certificate in Teaching Yoga</p> <p>Course code: TYC009</p> <p>Oct/Nov/Dec 09</p>	<p>22/23/24 Jan 10 5/6/7 Feb 26/27/28 Feb 12/13/14 Mar</p>	<p>Virgin Active Barbican London</p>	<p>10th or 11th April 2010</p>	<p>COURSE FULL</p>
<p>CYQ L3 Certificate in Teaching Mat Pilates</p> <p>Course code: TPC109</p> <p>Dec 09/Jan 2010</p>	<p>12/13/14 Feb 10 20/21 Mar 10</p>	<p>Virgin Active Moorgate London</p>	<p>10th or 11th April 2010</p>	<p>COURSE FULL</p>
<p>CYQ L3 Certificate in Teaching Yoga</p> <p>Course code: TYC010</p> <p>Feb/Mar/April 2010</p>	<p>30 April/ 1/2 May 14/15/16 May 4/5/6 June 18/19/20 June</p>	<p>Virgin Active Barbican London</p>	<p>17th or 18th July 2010</p>	<p>£1950</p> <p>Early bird price £1750 if you pay before 1/12/09</p> <p>EFK L3 instructor discounts available Please call for more information</p>

-  Yoga Course
-  Pilates Course
-  Vinyasa Course

COURSES 2009/2010

COURSE TYPE/CODE HOME STUDY DATES	PRACTICAL WORKSHOP DATES	VENUE/ LOCATION	PRACTICAL ASSESSMENT DATES	PRICE
<p>Teaching Vinyasa 2 day workshop 16 CPD points</p> <p>Course code: TVC108</p> <p>N/A home study</p>	12/13 June 2010	Virgin Active Barbican London	N/A	<p>Graduates £150</p> <p>Equivalent qualification certified teacher £200</p>
<p>CYQ L3 Certificate in Teaching Yoga</p> <p>Course code: TYC011</p> <p>June/July/Aug 10</p>	10/11/12 Sept 10 24/25/26 Sept 15/16/17 Oct 29/30/31 Oct	Virgin Active Barbican London	27th or 28th Nov 2010	<p>£1950</p> <p>Early bird price £1750 if you pay before 1/4/10</p> <p>EFK L3 instructor discounts available Please call for more information</p>

Further courses TBA

- Yoga Course
- Pilates Course
- Vinyasa Course

Please note that all dates and venues are subject to change.



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