

ॐ OM YOGA SCHOOL UK TEACHER TRAINING COURSE

Here at ॐ OM Yoga School UK we offer a thorough and comprehensive teaching in all aspects of yoga, from bandhas, mudras, kriyas, asanas, to pranayama etc.... in return we expect our students to follow the guidance given, studying and practicing yoga on a daily basis in a balanced manner during and after the course is completed. If they are intending on teaching classes to the public this discipline of daily practice is essential.

Our instructors are of high standards and can give guidance and mentoring to each student personally, before, during and after the teacher training course. You will learn how to teach a class in a safe and effective manner, applying yoga techniques to daily life and within a class environment, for you to be the best you need to work from experience and experience only follows with practice, so this is a vital aspect of the course, practice, practice and more practice, no one can do it for you, the bottom line is that you will reap what you sow.

With this in mind all students will be vetted and accepted on their discipline of yoga so far, all instructors at ॐ OM Yoga School UK will need to agree with every student that is offered a place on the training course.

We do not expect that you are already a master of yoga obviously, but regular dedication to self-study and yoga is a must, we believe that with our expertise we can develop your physical, mental and spiritual nature to a strong nature, giving you a solid foundation for your beliefs, which if adhered to correctly, will undoubtedly transform your life for the better.

The style of yoga you will learn is intensive dynamic vinyasa, a faster fluid-like flow of classic asanas combined with breathing transitions between each posture. You will learn many variations of asanas so you can offer all level of abilities to your students, the world is of many variations, so these variations are essential for you to offer the best yoga class you possibly can to every person attending your class.

With this you will need to master the variations so you can give direct experience and knowledge rather than "knowledge read", as mentioned earlier, to get to the variations you need to practice daily.

Welcome to ॐ OM Yoga School UK, the training school of dynamic, classic hatha yoga techniques.

CURRICULUM

As a student of this school you will learn all aspects of yoga including kriyas, bandhas, and postures including variations, vinyasa, chakras, yogic philosophy and sacred ancient texts plus much more in the curriculum.

Using the ancient Indian system of “gurukula” (guru meaning teacher and kula meaning home) where students would live with their teachers as part of the family at their home, while learning the fundamentals of yoga in exchange for selfless service.

As students, you will be living alongside the teachers as part of the family, studying the principles of yoga; this will take place at The Yoga Shala (yoga home) in Side, Turkey. This is a home environment in which you will feel and really be part of the family, which is of extreme importance for your transformation from student to teacher. You need to be confident first as a student, to be confident you need to feel comfortable with the people you are with.

Because of this system of gurukula we are using, personal attention to every student is guaranteed, so you will be sure that by the end of the course you will feel more than adequate to be teaching others.

You will be challenged on a physical level, with mind adjustments as you progress, by the end of the course you will physically and mentally feel strengthened and energised.

This yoga teacher training course consists of 140 contact hours with highly qualified instructors and 60 non-contact hours in your own time, within the course.

Upon completion you will receive an accreditation by ॐ OM Yoga School UK whereby you will be qualified to teach worldwide with RYS200 status, leading to further accreditations as and when you require.

The modules are as follows:-

- Yoga Philosophy
- Anatomy and physiology
- Yoga teaching, techniques and practice (TTP)
- Methodology
- Practicum

Philosophy

This part of the course is the study of the basis of yoga; it is the ancient philosophy behind yoga and references to Ancient Hindu texts in the description of yoga and the four paths of yoga.



Observations and restraints that should be followed as written by Sage Patanjali Maharishi in the Yoga Sutras and the study of the Bhagavad Gita known as the word of God (Lord Krishna), the ancient Sanskrit epic about the practice of yoga and how it applies in modern day life.

Accompanied with this is the lifestyle and ethics within the yogic culture including; Ayurveda, the three gunas, principles of nature and its cycles and ages and the law of metaphysics.

Categories within this include karma and reincarnation, astral bodies and vegetarianism with references from authorities and legends in the subject such as Sri Sri Paramahansa Yogananda, Harish Johari and Swami Sivananda.

Anatomy and Physiology

Within this module you will be studying the different body systems including musculature, skeletal, respiratory, digestive, central nervous and cardio vascular system.

Correct posture and spinal movement and which techniques to use to determine and correct poor posture.

Studying of the brain hemisphere's in relation to breathing and within yogic texts. Study of subtle nerves known as nadis and the three main nadis - ida, pingala and sushumna and parts of the brain they enter.

The subtle psychic centres of the chakras found along the spine to the head and the relationship with the nadis.

The study of the different layers of the body (koshas) and the astral body and the rising of the kundalini in relation to the nadis, chakras and yoga.

Yoga Teaching, Techniques and Practice (TTP)

This module consists of training as a student first and then learning the principles of techniques, practice and analysing different aspects of yoga.

This includes Surya Namaskar, asanas and variations, vinyasa, pranayama, meditation, mantras and kriyas.

You will also learn about the different modes of teaching

Long holding postures,

Restorative yoga,

Dynamic vinyasa flow,

Asanas and variations,

Preliminary and strengthening exercises

And more



A number of sun salutation sequences including Surya Namaskar as taught by Swami Sivananda and further options to progress gradually to a longer, more varied warm up. Learning the correct techniques for alignment and body co-ordination with appropriate breathing transitions between movements.

Analysing and learning about the many asanas from headstand and variations, twists, basic and intermediate back bends, arm balances and variations, and more. Learning how to teach from experience in each posture.

Learning how to sequence a number of asanas into a flowing movement with correct breathing transitions and correct technique gained from experience. Vinyasas will range from beginners to intermediate options.

Analysing and learning about how to breathe correctly using yogic techniques such as abdominal breath, full yogic breath and anuloma viloma. This breathing accompanies any yoga class or student.

Practicing and learning about the different forms of meditation using a number of different techniques such as visualisation, autosuggestion and guided meditation. Learning the principles of why yogis meditate. This includes the study and practice of mantras.

Learning the ancient body cleansing techniques to accompany hatha yoga for internal cleanliness such as neti, sutra neti, kapalabhatti, kunjla kriya and nauli.

Methodology

Different teaching styles and how to adapt classes to different styles from vinyasa to restorative yoga.

In this subject you will also learn how to set up the right environment for a class, how to observe and determine a student's level of practice and establish when and where corrections are needed.

How and when to demonstrate, how to address the class and arrangement of students in relation to where you are teaching so they can all see clearly.

Step by step principles of adjustment and how much force to exert and which part of the body you will use for the correction.

Isolating your student's body areas that need physical manipulation and variations for special needs.

The atmosphere and your temperament within your class and how to manage a class.

Working in a health and safety environment, public liability and insurance, self-employment or employed in a gym or other establishments.

Ethics all yoga teachers should follow for continuing personal development.



Practicum

This module is purely based on your practical ability in teaching with the aim to build in confidence and knowledge by observing, analysing and assisting in a class environment. You will progress from teaching with guidance from an instructor to confidently, preparing, teaching and managing a class, all within the rules of health and safety, without the support of an instructor.

You will be required to attend additional classes to observe, participate and analyse with your own interpretations about the style of yoga.

Students will be vetted and accepted according to their level of practice and experience, people with no experience or lack of personal practice will not be taught by ॐ OM Yoga School UK as it is our belief that yoga is a discipline and not a hobby.

The course will require dedication and perseverance, you cannot be absent for classes or refuse to take part in subjects you believe are irrelevant. This manual has been created with basic knowledge that is necessary and which should be mastered for you to become a teacher. Failure to do so can result in non-completion of the certificate until you are at an acceptable level.

This may require you to join additional classes to improve; feedback will be given by instructors about your progress on a regular basis.

Homework will also be given as well as personal self-study during the course and additional workshops will be within your curriculum in which you will need to attend.

As a teacher, it will be your duty to continue with personal development after certification as yoga is a lifelong practice.

There is a lot to learn and we hope you enjoy the course and enjoy your time as a teacher once qualified.

COURSE NECESSITIES

If you are participating in the gurukula course, food and accommodation can be provided, for this course you will need your own yoga mat, stationary and study material.

Books required for this course:

The Bhagavad Gita with Commentary by Swami Sivananda
The Divine Life Society Yoga-Vedanta Forest Academy Press,
P.O. Shivanandanagar, Distt.
Tehri-Garhwal, Uttaranchal, Himalayas
India
ISBN 81-7052-000-2

Light of the Bhagavata
The Bhaktivedanta Book Trust International
Internation Society for Krishna Consciousness
PO Box 324
Borehamwood Herts
WD6 1NB
England
ISBN 91-7149-267-4

Anatomy of Yoga by Dr Abby Ellsworth
Hinkler Books Pty Ltd 2011
Heatherton Victoria 3202
Australia
ISBN 978-1-7418-4105-3

Chakras: Energy Centres of Transformation by Harish Johari
Destiny Books
One Park Street
Rochester, Vermont 05767
USA
ISBN 978-0892817603

Dhanwantari
Healing Arts Press
One Park Street
Rochester, Vermont 05767



APPLICATION 200

USA

ISBN 978-0892816187

Breath, Mind and Consciousness

Destiny Books

One Park Street

Rochester, Vermont 05767

USA

ISBN 978-0892812523



CODE OF CONDUCT

As stated in page 327 of this manual, you must follow the teacher's ethics, in addition to this; you will be required to study attentively, attend / teach classes and comply with yogic philosophy that is taught to you by both instructors.

As a registrant of Yoga Alliance and as a Registered Yoga Teacher (RYT200 or RYT500), Experienced or Senior Yoga Teacher (E-RYT or SYT) or representative of Registered Yoga School (RYS), you are expected to uphold the following ethical principles:


- Conduct yourself in a professional and conscientious manner.
- Acknowledge the limitations of your skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment.
- Avoid words and actions that constitute aggression.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my Yoga teachings and business.

TERMS AND CONDITIONS

For teacher training and workshops:

- A non-refundable deposit is payable on application.
- In the event we decline your application your deposit will be refunded in full.
- All course fees are to be paid one month prior to the course date, (unless you have agreed payment plans with OM Yoga School UK).
- Once you have paid for your course in full, no refunds are available.

GRIEVANCE AND CERTIFICATION PROCEDURE

Here at  OM Yoga School UK we want you to be happy with your training experience.

In the event of any complaint or difficulty you can speak to either instructor Dr Om Prakash or Jo Prakash for a prompt resolve.

There will be opportunities at the start and end of every lesson to voice any concerns you may have, so you can carry on training without difficulty.

Additional hours may be necessary in order to complete certification, your workbook should be finished and you must be able to show a clear understanding of yoga teaching.

If additional training is required you will be charged according to the amount of work needed.

We hope you enjoy your yoga training course with us and wish you well with your practice.

APPLICATION

To become a student of ॐOM Yoga School UK you are required to fill out this application in full.

You will be contacted by an instructor either way with the results of your application; if you are unsuccessful we will inform you of the reason and guide you with how to correct this.

If you have any medical conditions that are of concern you will need to provide a doctor's note to accompany the application, you will also need to sign and date the liability form.

We look forward to hearing from you.

PERSONAL DETAILS

Name:	
Address:	
Telephone:	
Email:	
Medical History:	

If medical note is needed please supply:

NEXT OF KIN

Primary Contact

Name:	
Relationship:	
Contact Number 1:	
Contact Number 2:	



Secondary Contact	
Name:	
Relationship:	
Contact Number 1:	
Contact Number 2:	

RELEVANT EXPERIENCE

How you were first introduced to yoga?	
How long have you been practicing yoga for?	
How often do you practice yoga?	
What level of yoga do you consider yourself, beginners, intermediate or advanced?	

<p>What benefits have you personally noticed since practicing yoga?</p>	
<p>Who has been an inspiration to your yoga practice and why? e.g. famous yogis you aspire to or take philosophy from, or even your own yoga teacher</p>	
<p>What do you hope to achieve from the TTC with ॐ OM Yoga School UK?</p>	

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

1. That I am participating in the yoga classes, teacher training, and courses provided by OM Yoga School UK and taught by Jo Prakash and Dr Om Prakash, during which I will receive information and instruction about yoga, health and lifestyle.

I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a doctor prior to and regarding my participation in yoga teacher training, classes, courses or workshops.

I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the yoga teacher training, courses, classes or workshops.

3. In consideration of being permitted to participate in yoga teacher training, classes, courses or workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in yoga teacher training, classes, courses or workshops, I knowingly, voluntarily and expressly waive any claim I may have against Jo Prakash and Dr Om prakash of OM Yoga School UK for injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs or legal representatives' forever release waive, discharge and covenant not to sue Jo Prakash and Dr Om Prakash of OM Yoga School UK for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

DATE and SIGNATURE OF PARTICIPANT

WITNESSED BY:

I confirm that all details supplied are correct.

Signed: _____

Date: _____

Please return to:
OM YOGA SCHOOL UK
89 Wodecroft Rd,
Luton,
Beds,
LU3 2EZ

Thank you for submitting this application form, an instructor will contact you shortly.

