

the
power yoga company



30-day intensive power yoga teacher training

Starts: 17th Sept 2012

At the Dance Attic - Fulham

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Our Mission

To train teachers to the highest possible standards so they can offer students a challenging, safe and fun environment in which to practice yoga.

To integrate the Eastern philosophy of Yoga with the Western lifestyle, to make Power Yoga accessible to people of all ages and all walks of life

Our Team

Amelie Uteza and Marie-Laure Desire, *ERYT¹, founders of The Power Yoga Company. [Modules](#): Techniques Training/Practice, Teaching Methodology and Practicum

Per Høglund, Ashtanga Yoga Teacher with 10 years experience. [Modules](#): Ashtanga Primary Series, Pranayama and Meditation

Salema Veliu, Certified Jivamukti teacher. [Modules](#): Yoga Philosophy and Techniques

Vincent Desire *SFDO², Osteopath. [Modules](#): Anatomy and Physiology

Vicky Fox *ERYT, Yoga instructor, graduate from the first Power Yoga Company Teacher Training in 2007. [Modules](#): Specific Sequencing

¹ ERYT: Experienced Registered Yoga Teacher

² SFDO: Syndicat Français des Ostéopathes

Marie-Laure Desire and Amelie Uteza



Marie-Laure and Amelie co-founded the Power Yoga Company in 2007. Their busy studio runs 50 classes a week and, over the years, they have learned how to spot a great teacher as well as what it takes to become one. This is the fifth intensive training programme they have run in London.

Marie-Laure and Amelie will be teaching:

Techniques Training / Practise (Page6)

Teaching Methodology (Page 5)

Practicum (Page7)

Per Høglund



Per Høglund is an Ashtanga yoga teacher who studied under Manju Jois, son of Pattabhi Joise (the founder of Ashtanga Yoga). He manages his own successful yoga studio and will be guiding you through your lessons on the Ashtanga primary series.

Per Høglund will be teaching:

Ashtanga primary series, Pranayama and Meditation

Salema Veliu



Salema Veliu is highly regarded within the yoga community and recently been approved as a senior yoga teacher with the Yoga Alliance and has over 3000 hours of teaching experience. Salema will be guiding you through your modules on yoga philosophy and techniques

Salema will be teaching:
Yoga philosophy and techniques (page 5)

Vincent Desire



Vincent Desire, an experienced osteopath registered under the General Osteopathic Council. He qualified in 2003 and runs a practice in Lyon specialising in the treatment of pregnant women and babies. Vincent will take you through your lessons on anatomy and physiology.

Vincent will be teaching:
Anatomy and Physiology (page 6)

Vicky Fox



Vicky Fox graduated from the first Power Yoga Company Teacher Training in 2007 and is one of our many former students who have gone on to thrive as teachers. Vicky has established her own practise with a loyal student base and is an inspiration for all would-be teachers. Vicky will be teaching you how to adjust students in a class as well as how yoga can treat injuries and help restore the body.

Vicky Fox will be teaching:
Specific Sequencing

Curriculum:

The following modules will be taught throughout this course

1. Teaching Methodology (*page 5*)
2. Techniques Training/Practice (*page 6*)
3. Anatomy and Physiology (*page 7*)
4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (*page 7*)
5. Practicum (*page 7*)

Teaching Methodology

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga.

At the completion of this module you will be able to:

- Construct a power yoga class for all levels
- Evaluate and apply adjustment depending on student's current health, flexibility levels, and state of mind
- Demonstrate postures
- Use an appropriate language for a yoga class
- Listen and talk to your students in the most effective way
- Demonstrate leadership skills
- Meet individual needs
- Monitor individual students progress
- Develop yoga classes for special needs
- Use music effectively in a class environment
- Deliver guided imagery for meditation

Techniques Training/Practice

Asanas (postures), Pranayamas (breathing techniques), Kriyas (cleansing techniques), Chanting, Mantra (energy based sounds), Meditation, Mudras & Bandhas

Analytical training in how to teach and practice the techniques

Guided practice of the techniques themselves.

At the completion of this module you will be able to:

- Perfect your personal practice
- Describe the benefits of Asana, Pranayama, Mudras & Bandhas
- Identify contraindications of asanas
- Demonstrate breathing techniques
- Demonstrate Mudra positions
- Identify asanas by their Sanskrit name
- Discuss the Kriyas used in Yogic cleansing
- Discuss the benefits of meditation
- Identify and demonstrate meditation techniques
- Create a Sanskrit glossary

Anatomy and Physiology

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).

At the completion of this module you will be able to:

- Identify the location of body organs
- Describe the systems of the body
- Discuss the seven chakras energy system
- Identify the meridians and their location
- Locate and identify specific muscles
- Locate and identify specific bones
- Discuss the causes of muscular damage
- Describe the anatomical principles of movement
- Describe the anatomy of yoga postures

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers.

At the completion of this module you will be able to:

- Define the paths of yoga
- Identify the eight-fold path of yoga as defined by Patanjali
- Define the meaning of yoga
- Discuss the history of yoga
- Integrate the spiritual wisdom of yoga into daily life
- Identify the principles and practices of Hatha Yoga

Practicum

Includes practice teaching, receiving feedback, observing others teaching. Also includes assisting students while someone else is teaching.

At the completion of this module you will be able to:

- Teach a full class within a safe environment giving adequate cues and adjustment

In all of the above modules you will be expected to complete homework assignments and discuss within a class environment

Timetable

17th Sept to 5th Oct	3 WEEK INTENSIVE CURRICULUM: 8am to 6pm Monday to Friday, 9am to 5pm on the weekends
6th to 9th Oct	Revision for written exam and 4 modules of 4hrs of Practicum
10th to 13th Oct	Oral exams: each student will be teaching a 60 minute class
14th Oct	Day off or more revisions!!!
15th Oct	Written exam: 9am to 12pm followed by final celebration

Cost

£2650

There is a 10% discount for participants who book before the 15th June 2012.

Balance due two weeks before the start of the course

Non-refundable deposit of £1000 on booking

Payment is accepted either by credit card or bank transfer.

Bank Details

Account number: 66 12 38 52

Sort code: 60 22 16

For more details Please visit the terms and Conditions on our [website](#).

Questions

For further questions please view our [frequently asked questions](#) on our website and do not hesitate to contact us directly via email (teachertraining@thepoweryogaco.com)