

Welcome

YLP School. Teacher Training Part One

Om Nema Sivaya

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Welcome

*You are now at the beginning of your yoga journey to become a **YogaLife Project (YLP)** trained yoga teacher.*

As you progress through the course step by step, whatever you read, experience, explore and learn, you must remain open hearted and clear minded. Let it come to you. That is the key to progress.

Put aside your prejudices, pre-conceived ideas and images and be prepared to work and grow. This is important work, not only for you but also for others and the wider world.

Tackle it as you would any other challenge or issues you experience in your day-to-day life, at work or at home, and this will help you succeed in your journey.

You may have already realised that your yoga journey starts with

stopping...being still, and letting go. We can make great progress in yoga, as in life, if we pay attention to that simple experience.

There are many people who will shed light on your journey. Some very obvious, some unexpected.

As you begin to know that yoga is for you, you will notice it being played out everywhere all of the time. You will also notice where yoga is absent, and is replaced with ephemeral values, surface things, and distractions.

Your job as a yogi, is to do what you can when you can. Principally just being yourself is enough, because from a positive attitude, change will flow...As a yoga

teacher you will be both architect and engineer.

You will be responsible for revealing and building better worlds, constructed from beautiful material.

As a yoga teacher, it is important that you subscribe to these ideals and objectives. You will be **an instrument for the propagation of yoga (a yoga siromani)** and it's important that what your students begin to experience for themselves through practice guided by you, they also see manifested in you.

The Course Requirements and Structure

The course is designed to meet the Yoga Alliance UK 200 hour teacher training syllabus. Successful completion of the course will allow you to teach yoga to a 200-hour level as defined by the Yoga Alliance. You will be able to join the Yoga Alliance as a certified teacher and arrange the correct insurance. *(Not included in the YLP School fee)*

The course is arranged as interconnected parts as follows:



1

16 x 6 hour modules.
(4x1.5hours) teaching/
seminar/workshop
modules with your YLP
Yoga Alliance
Registered Senior Yoga
Teacher (YLP SYT)

2

Eight yoga classes
(minimum) at different
levels as both class
assistant and primary
class teacher
(min 6 hours) under the
guidance of a SYT. To be
arranged independently.
Workshops can also be
included in the teaching
experience requirements.

3

A series of scripts,
essays/recordings and
one presentation to
demonstrate your grasp
of some of the key course
content, including on-line
assessment.

4

Up to date Practice
Logbook, and YLP Self-
observation diary. To be
submitted as part of your
assessment.

Subject Modules

These will not be exhaustive as yoga knowledge and its application and role in the world is growing constantly. Each module will provide a good grasp of the basic yoga sciences, providing a jumping off point from which to expand your knowledge and experience. Each module summarises core yogic themes that will shape and underpin, to varying degrees, all yoga classes and workshops. Hopefully some aspects of yoga practice have struck a chord with you, whether it is meditation, breathing or karmic theory. They will shape the sort of teacher you want to be and the sort of yogic emphasis you would like to pursue.

Part One

- Module 1**
Being a Yoga Teacher
- Module 2**
The Core of Yoga Practice
- Module 3**
Defining Yoga
- Module 4**
Being Still
- Module 5**
Learning to Breathe
- Module 6**
Intention

Part Two

- Module 7**
Introduction. Beginner's Class
- Module 8**
Core Postures. Sitting
- Module 9**
Core Postures. Standing
- Module 10**
Body Systems
- Module 11**
Purpose of the Postures
- Module 12**
Introduction to Meditation

YLP Teaching Days

Each of the 16 modules will be organised as follows:

- 1) Log on to the relevant module and day
- 2) Download and read the module handbook
- 3) Log on the live sessions using the link provided
- 4) Make sure you are ready to practice
- 5) Remember to have a pen and note book handy
- 6) Each teaching session will be recorded and uploaded for you to watch again

Part Three

Module 13

Breathing Practices & Pranayama

Module 14

Key Yoga Texts. Bhagavad Gita

Module 15

Key Yoga Texts. Yoga Sutras

Module 16

Yoga In the World

Reading List

There are hundreds of books out there on yoga...some are good and helpful, others are lightweight and frivolous, emphasising too many of the wrong things. However, there are important original sources that are very useful if you want to explore yoga more deeply. Below are YLP recommended texts we will be referring to in the 24 subject modules. They are compulsory for you to read during the course.

Yoga in the world

**Yoga for a world out of balance.
Teachings on ethics and Social
action.**

Michael Stone

Teach us to sit still.

Tim Parks

Catching the Big Fish.

**Meditation, consciousness and
creativity.**

David Lynch

Yoga Practice

**Sivananda Home Practice
Companion.**

*Sivananda Yoga Vedanta
Centre*

**Complete illustrated book of Yoga.
*Swami Vishnu-Devananda***

Yoga Philosophy and Science

**The Yoga Sutras of Patanjali.
*Alastair Shearer***

**The Deeper Dimension of Yoga.
Theory and Practice
*Georg Feuerstein***

**The Bhagavad Gita. A walk
through for Westerners.
*Jack Hawley***



How To Use This Handbook

This is not a handbook on yoga. It is handbook on how to teach yoga. How to put across complex ideas, techniques and practices in a simple class structure format. This handbook is not intended to be exhaustive but a point of orientation and an agreed fixed position to start from.

All the modules are designed to support the development of good yoga teaching based on a straight forward eight part architecture of practice. It is intended that this acts as a basic standard model or supporting structure around which a yoga teacher will build her or his own unique teaching practice. This ensures that yoga continues to be taught and practiced in a balanced, informed and helpful way. The YLP emphasis is on real yoga, for real people who live real lives

Yoga Teaching: YLP Standard Model

There are eight parts to the standard class model:

1. Inwards
2. Energising
3. Intention
4. Action
5. Exploration
6. Stillness
7. Knowing
8. Outwards

We will explore these 8 parts to different degrees through the various modules.

About the YogaLife Project.

“We’re not on our journey to save the world but to save ourselves. However, in doing that you save the world. The influence of a vital person vitalizes.”¹

Joseph Campbell

The YLP Mission

Our mission at the YLP is just that -to change the world with and through you. It would be pointless not to have such a bold ambition when it comes to yoga practice. When you make a decision to change, the world changes with you. The YLP's work is transformation of consciousness through yoga. Better still through yoga practice, we work on ourselves in order to have a deeper truer conscious experience. We know that this transformation helps people experience meaning, purpose and creativity in their lives, as they become compassionate positive agents of change in their communities.

Vision

To be effective, yoga needs to live off the mat, in what you can do in your community, at work and at home.

The YogaLife Project takes to heart – **'yogastha kuru karmani'**, (The Bhagavad Gita 2:48) the meaning of which is; 'established in yoga **act in the world** without fear of failure or attachment to success or rewards'.

In our world of action and work, this yoga is the secret to living a creative, fulfilled life of real achievement and purpose. This is the role of yoga, to help you be in the world liberated and free – free to be exactly who you are, doing what you need to do.

*“When you succeed
in being present,
the whole universe
conspires to be
there with you.”*

Mick Timpson.
Founder of The YogaLife Project

Mick Timpson

theyogalifeproject

