

# Jyoti Yoga Teacher Training

## Course handbook



# Handbook 2024



**Jyoti Yoga** Teacher Training School based in Fife, Scotland. This is a certified 200-hour Hatha Yoga Course. Registered with Yoga Alliance International, India (Europe Division) [www.yogaallianceindia.org](http://www.yogaallianceindia.org) [www.yogaallianceeurope.net](http://www.yogaallianceeurope.net)

Our aim is to support students to train in Hatha Yoga. To guide them in their learning by a professional team of tutors. Our programme will provide you with a comprehensive, theoretical, and practical training. Our lecturers give detailed training in all aspects of Yoga.

A couple of days before your monthly training you will be able to login onto our website where you can download the monthly manual. All Asana has photos with detailed description of how to tutor students.

**Subjects:**

Asana, Pranayama, Meditation, Yoga Nidra, Philosophy, Anatomy and Physiology of Yoga.

**The Course is face to face or the option of online Zoom Platform. The venue will be within Kelty, Fife, location to be confirmed soon.**

# DATES

## JANUARY 2024

Friday 5<sup>th</sup> January 2024, 1900 -2130 - Saturday 6<sup>th</sup> 08.30 -18.30. Sunday 7<sup>th</sup> 08.30-18.30

## FEBRUARY

Friday 16<sup>th</sup> 1900 -2130 – Saturday 17<sup>th</sup> 08.30 -18.30. Sunday 18<sup>th</sup> 08.30 -18.30

## MARCH

Friday 15<sup>th</sup> 19.00 -21.30 – Saturday 16<sup>th</sup> 08.30 - 18.30. Sunday 17<sup>th</sup> 08.30 - 18.30

## APRIL

Friday 19<sup>th</sup> 19.00 -21.30 – Saturday 20<sup>th</sup> 08.30 -18.30. Sunday 21<sup>st</sup> 08.30 -18.30

## MAY

Friday 17<sup>th</sup> 19.00 – 21.30 – Saturday 18<sup>th</sup> 08.30 -18.30. Sunday 19<sup>th</sup> 08.30 – 18.30

## JUNE

Friday 14<sup>th</sup> 19.00 - 2130 - Saturday 15<sup>th</sup> 08.30 – 18.00. Sunday 16<sup>th</sup> ?? tbc re Scottish schools.

## JULY

Friday 5<sup>th</sup> 19.00 – 21.30 – Saturday 6<sup>th</sup> 08.30 – 18.30. Sunday 7<sup>th</sup> 08.30 – 18.30 tbc re Scottish schools.

**AUGUST DATE STILL TO BE CONFIRMED. THIS WILL BE USED TO COMPLETE ANY OUTSTANDING SECTIONS.**

## **SEPTEMBER – ASSESSMENTS**

## **NOVEMBER - COMPLETION AND GRADUATION.**

Failure of Assessment would require a resit.

There is an option to go for the extra 100hr certification, after a successful pass on the 200hr section. This will be more advanced asana, allow students with a 200hr certification to take it to a 300hr. Dates to be confirmed. This will go ahead, subject to demand.

**Yoga Alliance International and Jyoti Yoga** will award students with a Certificate to Authenticate a successful completion of the Course and Your Registration.

## **Tutors**

**Morag Wilson – Course Director/Asana Instructor**

**Sue Turner – Senior Tutor/Pranayama and Meditation**

**Mark McComiskie -Philosophy of Yoga**

**Annette Burgess – Anatomy and Physiology**

**Karen Hogg – Admin for Students and Course Manual**

**Susan David – Senior Asana Tutor EXTRA 100HRS.**

### **Guest Lecturers:**

**Dr. Pujit Gandhi – Bhagavad Gita Discourses**

**Linda Gerletti - Introducing the pregnant student into a Yoga Class**

**Jemma Black – Yoga Nidra**

### **Course Learning Outcomes:**

Outcome 1: Explore, develop knowledge and skills enabling teachers to share Asana to all levels of students within a class. Being aware of yoga specialisms, health and ability.

Outcome 2: Increase knowledge and awareness of Anatomy and Physiology of the body, relating to yoga practice.

Outcome 3: Develop knowledge and understanding of the history and philosophy of yoga.

Outcome 4: Apply knowledge and skills learnt to develop a personal pedagogical yoga teaching practice.

Upon successful completion of all aspects of the 200HRS Course you will receive a Jyoti Yoga Teacher Training Certificate as well as an International Yoga Alliance India Certificate. Registration

## **Course Fees**

200hrs Certificate £2990

Includes, all tuition, tutorials, course material. Registration with Yoga Alliance International India. (Lifetime registration)

NB Costs will be maintained at the advertised price, maybe subject to change from course to

course.

Deposit: £350

Please Note - The course fee is payable whether you attend each course weekend  
It is essential you complete 95% of the course, no hours can be transferred from other courses. You cannot receive the Yoga Alliance Certification until all 200hrs are complete

### **Methods of payment**

The Deposit of £350 paid into the Jyoti Yoga Account at the start of the course. You can pay the balance in eight monthly payments of £330, or by an agreed amount in written arrangement with the Course Director to:

87-70-54 80976168 (S. Wilson).

## **Terms & Conditions**

Jyoti Yoga reserves the right to decline and accept any application for enrolment. Jyoti Yoga reserves the right to dismiss someone from the course for disrespect to students/tutors. Not following the safety within the course and teaching students when in training and not given permission by the Course Director.

**Before receiving the Jyoti Yoga 200 hr certificate, all aspects of the course must be complete and the final Assessment Passed. All monies for the course are up to date.**

**You can only go ahead for assessment once all homework is handed in and passed.**

You must agree to all JY's rules applicable to the course. Any student committing a breach of rules or any offensive behaviour. JY shall expel the student from the course, without reimbursement of fees already paid.

Unless otherwise stipulated in your application, JY may use your personal data for administrative and update purposes. JY may keep this information for a reasonable period and can contact you by email, or telephone to let you know about any courses or promotions which may be of interest to you.

JY reserves the right to re-schedule any practical training workshops e.g., severe weather, sickness, bereavement.

In undertaking any yoga classes, you must ensure that the work is within your competence and within the boundaries of your training. You must seek further advice or instruction from the JY Tutors. JY reserved the right to withdraw a certification for dangerous practices.

Course content may be subject to change. Any complaint about the course must be in writing to the Director of Jyoti Yoga address set out in the application form.

# Jyoti Yoga Application form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_

Gender: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

Current Occupation: \_\_\_\_\_

Information of practice and experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Reference and proof of practice: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

Please return along with health questionnaire to [moragwilson@jyotiyoga.org](mailto:moragwilson@jyotiyoga.org), Fife, Deposit to 87-70-54 80976168 (S. Wilson) Reference with your full name.

## HEALTH QUESTIONNAIRE

The following information is to ensure your safety. There are certain conditions which require special attention. If you are unsure, please consult your GP before beginning the course. Please tick the boxes below if you have any of the following medical conditions.

These conditions may affect your practice and so supply useful information for your tutor.

asthma	<input type="checkbox"/>
diabetes	<input type="checkbox"/>
auto-immune disorder (e.g., M.E. M.S. Lupus)	<input type="checkbox"/>
epilepsy	<input type="checkbox"/>
anxiety/depression	<input type="checkbox"/>
sensory disorder affecting eyes or ears	<input type="checkbox"/>
high blood pressure	<input type="checkbox"/>
heart problems	<input type="checkbox"/>
muscular/skeletal problems	<input type="checkbox"/>
other health issues SS	<input type="checkbox"/>

Are you /could you be, pregnant, or have you given birth in the last 12 weeks? Yes/No

Do you have any old injuries that still trouble you? Or any other medical conditions not covered above that may adversely affect by yoga practice?

Yes/No

If yes, please supply details.

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Have you had any recent operations (in the last two years)?

If yes, please advise what the operation was.

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I confirm the above information is correct. I understand that it is my responsibility to: -

- check with my doctor if I have any difficulties or concerns about my ability to take part in the yoga course.
- inform the yoga tutor of any change in my medical information.
- follow the advice given by my doctor and/or yoga tutor.

Name (please print) \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_