



universal yoga

teacher training course

ॐ Universal Yoga Teacher Training (RYS200)

Interested in training with us and want to know more?

This course provides a comprehensive, foundational study program for students wishing to train as yoga teachers. We aim to enable students to become informed, compassionate, competent, safe yoga teachers of integrity.

Through study, practice and self-inquiry, course participants will personally experience the transformational shifts that immersion in yoga can bring about.

Students will then learn how to effectively and confidently communicate the yoga teachings in ways that powerfully enhance their students' quality of life.

The aim of this course is to celebrate the individual's unique offerings within the sphere of yoga.

Course Structure

Course modules are taught over the one year during 8 residential weekends (Friday evening to Sunday afternoon) and one 4 and a half day retreat.

Each weekend will comprise academic study; yoga philosophy (Advaita Vedanta), anatomy and physiology as well as traditional Hatha Yoga practice and teaching practice.

A typical weekend program would look like this:

Friday Night:

5pm Arrive

6 pm-7pm Grounding Asana

7pm - 8pm Dinner

8pm - 9pm Meditation

Saturday

630am - 8am Meditation and Satsang

8am - 10am Asana

10am - noon Brunch



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Noon - 4pm Lectures
4pm - 6pm Asana
6pm - 7pm Dinner
7.30pm - 9pm Meditation and Satsang

Sunday

630am - 8am Meditation and Satsang
8am - 10am Asana
10am - noon Brunch
Noon - 3pm Lectures
3pm - closing circle

Course prerequisites

To have a minimum of 3 years regular yoga practice.

To demonstrate a genuine passion for yoga!

To be open to developing self-discipline, self-inquiry, self-development and self-care.

Course Requirements and Assignments

Students will need to:

- Complete one piece of written work between weekends (essays -, lesson plans or 'at home' work).
- To keep a personal journal and practice log of all home practice, external classes attended and teaching practice. The practice log needs to be signed by the appropriate approved teachers and submitted for assessment.
- Read the literature listed on the reading list and in the teacher training manual.
- Attend a minimum of one yoga class per week throughout the duration of the training, preferably with Yoga Alliance registered teachers. Students are encouraged to try out a wide variety of styles and teachers according to their local provision (ideally 5 different styles).
- Maintain an additional personal asana practice of 2 hours per week (this can be 4 half hourly sessions, 2 hourly sessions or one longer session of 2 hours depending on the individual needs of the student).



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- Maintain a regular pranayama and meditation practice (minimum of 20 minutes, 5 days a week).
- Inform the tutors of any illness or disease they may be suffering from/medication they may be taking or any major life-changing events they may be experiencing (e.g. divorce, bereavement) immediately prior to or during the course. These matters will be dealt with in a confidential, compassionate and sympathetic manner.
- Be able to attend all weekends. This is absolutely mandatory should students wish to qualify for Yoga Alliance registration upon completion of the course. Should students be unable to attend any part of the course they may be able to make up the time through one to one sessions with one of the tutors (but this will incur extra costs to the student) or they may be invited to make up the time by attending the relevant weekend of the course when it is next run and have their graduation deferred. This is to be at the discretion of the course directors.

Venue:

Dunkerton Parish Hall, The Hollow, Dunkerton, Bath BA2 8BG

Telephone: 01761 470658

Email: info@universalyoga.co.uk

www.universalyoga.co.uk

Core Faculty

Charlotta Martinus SYT YA



Charlotta has taught yoga for over a decade and practised for over 15 years, mostly in the Sivananda tradition. Further training includes studies with the father of structural yoga therapy, Mukunda Styles and the leader in the field of yoga for mental health, Dr Krishnamurti from Bangalore University. She also completed the 350 hour Yoga for the Mind course with the Mindful Institute in 2012. In 2008 Charlotta



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founded the Universal Yoga centre and community in Somerset which she has been nurturing and growing ever since. She works within the NHS as a yoga therapist, runs the unique, YA accredited Teen Yoga training internationally. Charlotta is a regular contributor to Om Yoga magazine and the BBC on matters of health and young people.

Rebekah Abhaya ERYT 500 YA

Rebekah started practising Yoga more than 17 years ago. A profound and transformative experience of Yoga through some of life's more challenging times led her to complete her teacher training in 2009 and advanced teacher training in 2012 both with the Sivananda tradition. Rebekah is also a trained kids, family and teen Yoga teacher, and has studied gentle and restorative Yoga teaching with Integral Yoga. Whilst being rooted in the Sivananda tradition and the philosophy of Advaita Vedanta Rebekah enjoys exploring and experiencing the gifts that all other traditions also bring such as Kundalini and Ashtanga Yoga.

Over the past 6 years Rebekah has taught Yoga extensively to a variety of groups in a variety of settings including general adult classes, teen and kids classes in schools, Special Yoga on a 1-1 basis and with groups and hugely popular Family Yoga. Rebekah has previously taught on the YA accredited Teen Yoga training.

As a Yoga teacher she works intuitively aiming to allow people to unlock their inner potential through a deep meditative practise, which allows one to enter into a place of stillness and knowing.

Rebekah is also an experienced FE teacher (PGCE) with 18 years' experience of teaching drama and dance to adults with learning disabilities.

Guest Teachers

Additional expert subject tutors are often invited to teach specific course modules such as Anatomy, Ayurveda and Pedagogy.

Syllabus



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Please note that the exact content of the syllabus is continually revised to ensure the course delivers the highest quality training and meets the needs of the students.

Module 1

Asana Practice

Aim: To establish trainees in a strong, disciplined progressive Asana practice both within a class and home setting.

Content: This module will include:

- Introduction to asana through the Rishi series
- The key physical, mental and spiritual benefits of Yoga asana
- Principles of teaching standing poses, arm balances, hip openers, backbends, inversions, twists and forward bends.
- Asana appropriate to ayurvedic type.
- Chakra balancing asana.
- Restorative asana.

Assignments: To keep a practice log

Module 2

Pranayama, Bandha and Kriya Practice

Aim: To establish trainees in a strong, disciplined progressive Kriya and Pranayama practice both within a class and home setting.

Content: This module will include:

- Pranayama as purification of the nadis (various pranayamas including Analoma Viloma, Sitali, Brahmari)
- Kriyas (including Kapalabhati, Neti, Nauli, Agni Sara)
- Bandha (including Jalandhara, Udiyana and Mula)

Assignments: To keep a practice log

Module 3

Meditation Practice

Aim: To establish trainees in a strong, disciplined progressive Meditation practice both within a class and home setting.

Content: This module will include:

- Establishing the correct environment and physical protocols
- Choosing an Ishta Devata
- Various techniques of meditation (including focusing on the breath, japa)



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Assignments: To keep a practice log

Module 4

The Teacher Student Relationship

Aim: Trainees to be able to establish and develop healthy, ethical, compassionate relationships with their students.

Content: This module will include

- Ethics
- Boundaries
- Language
- Exploration of hidden prejudices
- Cultivating an attitude of non-judgemental positive regard
- Looking for the good

Assignments: Observe examples of the above in current personal relationships

Write a biography of yourself as a yoga teacher 2 hours

Module 5

Lesson Planning

Aim: Trainees to be able to plan classes appropriate to student group.

Content: This module will include:

- Beginner Class lesson plans
- Intermediate Class lesson plans
- Mixed level lesson plans
- Adapting classes for medical/mobility/pregnancy issues
- Adapting classes for children and teens.
- Using adjustments and props.
- Chakra Asana class plans
- How to set up classes

Assignments: Devising lesson plans 2 hours. Writing a plan of establishing a new class to include marketing and promotion 2 hours.

Module 6

Teaching Methodology

Aim: To furnish the trainees with a wide range of practical, tangible skills in teaching yoga.



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Content: This module will include:

- Demonstrating
- Language and Posture
- Focus
- Observing alignment
- Setting an intention
- Differentiation
- Sensitive adjustments
- Class and venue organisation

Module 7

Anatomy & Physiology

Aim: To provide trainees with an overview of the main systems of the body, the health benefits of Yoga, the anatomy of asana and pranayama alignment, the contra-indications of asana and subtle body anatomy.

Content: This module will include:

- The 12 systems of the body
- Homeostasis
- Nadis
- The Chakra System

Module 8

Yoga Philosophy and History of Yoga

Aim: To introduce students to the current main strands of yoga history and philosophy (as understood in the western world) and to encourage them to form their own personal relationship to the teachings. To inspire further study in areas of interest.

Content: This module to include:

- Overview of the history and philosophy of yoga from the perspective of Advaita Vedanta
- The Guru Principle and lineage
- Yoga as a system for living (focus on Yama and Niyama)
- The four paths of yoga
- Study of classical yoga texts
- Dharma, Karma and Re-incarnation



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- The meaning of Aum
- Introduction to Ayurveda

Reading: The Yoga Sutras of Patanjali, The Baghavad Gita, Selected Upanishads

Module 9

Teaching Experience

Aims: The students to put into practice and consolidate the skills learned with critical feedback so that they may continue to improve. For the students to grow in confidence and experience.

Content: This module to include either:

- Guest teaching 3 Universal Yoga classes
or
- Setting up your own class with friends
- Presenting a half hour mini-class to the tutors and other course participants
and
- Observing and assisting in 8 external classes

Assignments: Keeping a signed teaching, observing and assisting log.

Module 10

Yoga For The Mind

Aims: The student will know how asana and pranayama affect the mind and how to enhance mood and regulate emotions through specific techniques.

Content:

- An Introduction to mindfulness techniques in relation to yoga
- A brief summary of the neuroscience of yoga (what happens in the brain during yoga?)
- How to deal with certain mental challenges in a student through use of asana and pranayama, looking specifically at bi-polar, depression, anxiety and stress related issues.
- How to protect and care for your own well being as a teacher
- Putting it into practise



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Testimonials:

It was a very deep journey for me, it's brought something out in me I never knew was there, given me a group of people I care about deeply and the ability to teach and I thank you for that. I'd love anyone else who does attend the course to feel the full benefit of your passion and wisdom, which is immense.

Louise Pitman, UYTTC 2019

I really enjoyed the 200hours with you for my own personal yoga journey, and it was everything I was looking for, it helped me go deep into yoga and see the whole of it, not just the asana. I feel like it gave me the passion to be an inspiring teacher.

Ciara Bomford, UYTTC 2019

When I found Universal Yoga's TTC, I had been looking for a teacher training course for some time. I knew I wanted a course that offered a well-rounded training program that went just that little bit further than many "fast track" courses that I had also considered. Speaking to Charlotta and Naomi and getting a feel for the syllabus, I knew that I had found what I was looking for. With the Universal Yoga 200h training, I have been able to progress on my own path in yoga in a wonderful way and integrate this in to every aspect of my daily life. I know this will help me to be a good teacher and facilitate others on their exciting transformational road in yoga.

Sanna Hedman Schroeder, UYTTC 14-15

There are so many options for yoga teacher training but I have no doubt that this was the right one for me. Yoga teacher training is such a huge journey and the support and guidance I have received from Charlotta and Naomi has been so much more than I would ever have imagined. They are ensuring that the training they deliver gives students the skills to be not only knowledgeable, compassionate and ethical yoga teachers but also more self aware and peaceful human beings!

Yvonne Morey, Counsellor, UYTTC '14-'15

I would not hesitate to recommend Universal Yoga's teacher training. I think it has been one of the most positive life changing experiences I've ever had. Charlotta and Naomi both bring a wealth of experience, understanding, knowledge and nurturing to their teaching. You will be totally supported during the experience (and extremely well fed). This will help you to develop your teaching at your own pace and in your own unique way. It will also help you to offer that care and support to your students. If you are hesitating about signing up don't worry, it will be one of the best decisions you've ever made.



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Carol Plumridge, Osteopath, Chippenham, UYTTC'14-'15

If you have any questions regarding the course Charlotta would be delighted to speak with you so please contact her with your queries:

Charlotta Martinus: 01761 470658, email: info@universalyoga.co.uk

We look forward to welcoming you to the Universal Yoga community!