

Advanced 300-Hour Yoga Teacher Training In Ireland

(4-6 September 2020)

Module 1 - Advanced Sequencing, Theming, and Layering

The foundation to offering great classes is knowing the rules of how to plan an intelligent, creative, and safe yoga lesson. We'll begin with the basics: You'll learn how to use anatomical knowledge to teach your students the traditional poses and make them functional for everybody. We'll show you how to use language and cueing techniques to take your students inwards; encouraging exploration in the pose and empowering them to know how and when to adapt the pose for their unique needs. We'll look at the skill of adding layers and themes to your classes to give your students a much deeper experience, and explore how to put everything you've learned together into one class to transform your teaching and take your students' minds and bodies to the next level.

(2-4 October 2020)

Module 2 - Advanced Assisting Through Impeccable Cueing

With dramatic changes in the way we are now teaching hands on assisting is no longer appropriate! Gain the skills to support students from the basics to even the most advanced poses, such as deep backbends, drop-backs, inversions, and arm balances. Explore the skill of impeccable cueing to support the individual and encourage growing trust in their own abilities.

(13-15 November 2020)

Module 3 - Anatomy and Injury Prevention

We'll explore anatomy and how it affects your yoga practice, as well as how an understanding of anatomy is essential in the prevention of injury and guaranteeing a lifelong practice for you and your students. We'll look at common yoga injuries, the causes of them, and how we can work to keep our students safe.

(11-13 December 2020)

Module 4 - Creating Workshops and Retreats

Learn the many different elements that go into creating well-rounded and unique workshop and retreat experiences. Work on planning the classes, as well as what it takes to create an experience for your students and leave a lasting impression. You'll learn the steps to take to promote and enroll your students into your workshops and retreats, as well as the practicalities of putting it all together.

(15-17 January 2021)

Module 5 - Fascia and Habitual Patterns

Fascia is connective tissue that, among other qualities, glues everything in the human body together. Thomas Myers introduced the concepts of planes (or meridians or lines) of fascia in his 2001 book, *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. In this module, you'll learn how to work with the fascia in your yoga practice and introduce this learning into your classes, workshops, and retreats. We'll also look at habitual life patterns, what functional movement means, some common areas of movement loss or reduction, and how yoga can help assess and restore movement.

(12-14 February 2021)

Module 6 - Teaching Private Classes

A private yoga class should be a unique experience and feel very different from a group lesson. It should provide convenience and accelerate results, allowing you as the teacher to observe your student in great detail and work very closely with them. This module will dive into what a student needs from a private yoga class and how you can provide that for them. We'll incorporate everything you've learned in modules 2-5 and explore how you can use everything to work privately with your students.

(12-14 March 2021)

Module 7 - Ancient Yogic Texts

Dive deep into the ancient yogic texts, including: Vedas, Upanishads, Puranas, Bhagavad Gita, Yoga Sutras, and Hatha Yoga Pradipika.

(16-18 April 2021)

Module 8 - Advanced Business of Yoga

You've learned the basics about setting up as a yoga teacher, now dive into the exact processes to having fully booked classes, standing out from the yoga crowd, and being seen as an expert in your field.

(14-16 May 2021)

Module 9 - Exploring Ancient Healing Systems

Explore ancient healing systems, such as Ayurveda and Traditional Chinese Medicine.

At your request, modules can be taken separately. To receive your 300-hour certificate, all 9 modules must be completed within 2 years of starting the programme.

We will deliver the course online. Once restrictions are lifted, students can choose to continue online or limited availability to join in person.

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