



YOGA TEACHER TRAINING

THE SHIATSU COLLEGE EST. 1986 & ST LEONARDS STUDIO CIC

TEACH
YOGA
NATURALLY
PROSPECTUS

STUDY YOGA BY THE SEA
NATURE IS YOUR GREATEST TEACHER



The Shiatsu College along with St Leonards Studio CIC hope to share with you our vision of re-establishing connections to nature and to the spiritual truths underpinning many wisdom traditions. This course has been created to provide you with opportunities to deepen your own practice and spiritual development and provide the skills and expertise to support you as a teacher. Attention to the breath, to the connection to the Earth, to alignment and flow of energy in the body are principles that the College has been teaching for 38 years.

This unique course was developed by Annie Cryar, inspired by Rosabella Jordan and co created by teachers from both the College and from the St Leonards Studio CIC. We offer years of expertise in teacher training and professional development to help you towards your goal of teaching Yoga, providing a course that inspires creativity, independence and confidence. We are a British Wheel of Yoga Accredited Training Organisation. Uniquely, we offer a Government recognised teaching qualification; the optional Level 3 Award in Education and Training and introduce you to Qigong

COURSE OUTLINE

The **first year** is a stand alone 300 hour programme. **Eleven** weekends running from September to September. We strongly recommend a 500 hour programme for all Yoga teachers but you can teach after this year if you decide to postpone your second year or if you already have a 200 hour Yoga teaching qualification.

The **second year** is a 200 hour programme. **Ten** weekends running from September to September. This 500 hour, comprehensive and rigorous teacher training course delivers 336 direct contact hours.



SINCE DOING THE INVESTIGATIONS FOR THIS MODULE I HAVE DEVELOPED A MORE PLAYFUL DANCE LIKE APPROACH TO BODYWORK. I HAVE BEEN THOROUGHLY ENJOYING ALL WE HAVE BEEN ENCOURAGED TO DO WITH OUR EXPLORATIONS ON THE COURSE.

HOLLY

Held in Hastings and Norwich, this course will support your exploration of the principles of 'effortless effort', relaxation and mindful movement which thread through Scaravelli Inspired Yoga and working with the energy body.

The course is delivered in **six modules**, three per year.

Your investigations are clearly laid out in the course manual. We like to keep written work and 'exams' to the minimum; assessments are in the form of written or audio/visual submissions, observations of teaching and presentations, peer and tutor evaluation and evidence of a reflective practice.

YOU WILL LEARN

- To develop your own 'life practice' with self exploration and questioning
- Vanda Scaravelli's approach to Yoga
- Yoga history and philosophy
- To foster an inter- spiritual approach
- Principles of Asana
- How to integrate Qigong into your practice
- The anatomy of the energy body
- Basics of the meridian system - meaning and application to Yoga
- Principles of teaching, learning and assessment
- Ethical teaching practice
- How to adapt your teaching to the needs of individual students
- How to deepen your students' own practice
- To develop and teach the practice of Pranayama
- The business of Yoga
- Functional Anatomy
- The practice and safe teaching of Meditation
- How to develop courses and classes with schemes of work and session plans

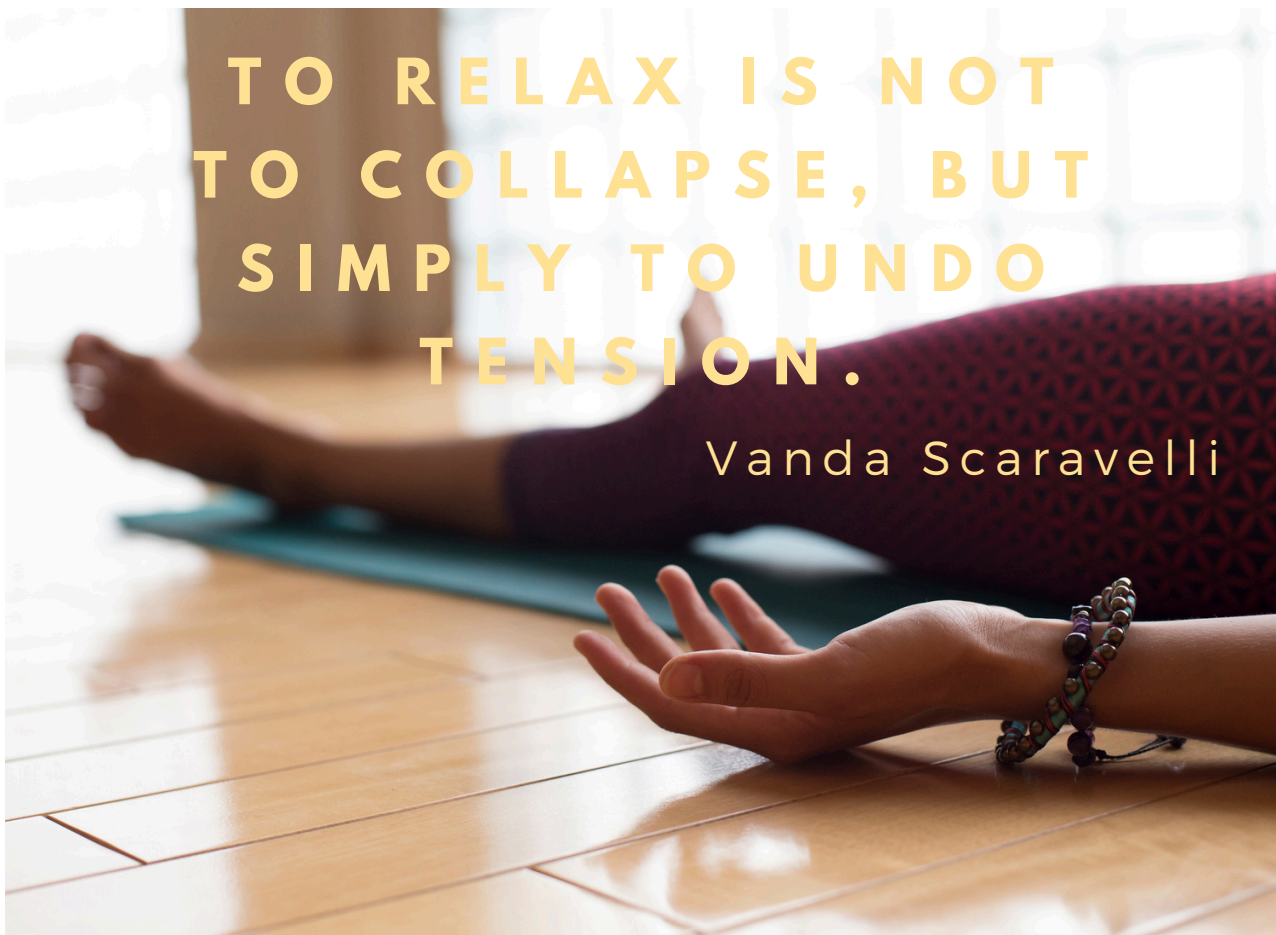
IF YOU ARE LOOKING FOR A COURSE THAT NURTURES YOUR INDIVIDUAL TEACHING STYLE, ACCEPTS YOU WHEREVER YOU ARE ON YOUR TEACHING PATH AND NURTURES THE BEST OF WHAT YOU ALREADY HAVE, I WOULD RECOMMEND MERIDIAN YOGA TEACHER TRAINING - GAIL



ANATOMY AND PHYSIOLOGY

You will gain a thorough grounding in Holistic Anatomy and Physiology. The course emphasises functional anatomy, tensegrity, the cellular matrix and the connective tissue as a communication system. This is a blended course - online study allows you to complete in your own time.

The Level 4 Anatomy and Physiology course is assessed by online quizzes and assignments as well as class observations of the integration of your anatomical knowledge with your practice and teaching of Yoga.



"I LIKE THE WAY THAT IT'S FUN LEARNING SUCH A COMPLICATED MATERIAL. EACH ASSIGNMENT WAS A STEP FORWARD, AND EVEN THOUGH IT WILL TAKE TIME TO LEARN ALL THIS NEW LANGUAGE, THIS COURSE MAKES IT EASY AND POSSIBLE!" MARIA

FEES

Year One 300 hour programme =
£2,250

Deposit = £250

Fees can then be paid in full or 10
monthly instalments of £200

Includes the Anatomy certificate and all
assessment

You will be qualified to teach after this
year, we encourage you to create
community classes to support Year Two
studies.

Year Two 200 hour programme =
£1,950

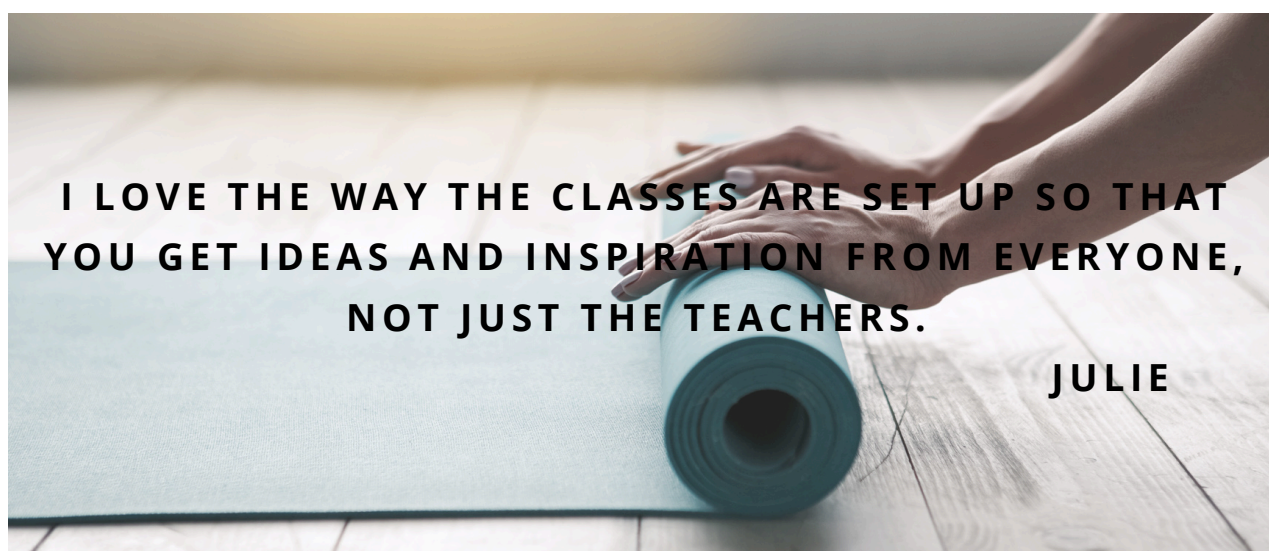
Deposit = £250

The fees can then be paid in full or 10
monthly instalments of £170

Includes the Physiology and Pathology
certificate and all assessment.

Direct entry into Year Two subject to
interview - please contact Annie or
Cat to find out more.

The annual cost of BWY membership is £94 including insurance



You can add the optional Level 3
Award in Education and Training,
(RQF) to your training. This is a
Government recognised teaching
qualification allowing you to teach in
Further Education establishments, it
will also support applications to work
in NHS settings and support your
progression into a teaching
career. It incurs extra costs: fees are
£525 to include Laser Learning
Awards accreditation fee.

You need to have a regular Yoga
practice for at least two years to
apply. Experience of the approach of
Vanda Scaravelli and/or a knowledge
of the meridian system is not
necessary. We welcome all
enthusiasts who want to share their
love of Yoga. This course is for all.

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- **A British Wheel of Yoga Accredited Training Organisation**
 - **Courses held in Hastings and Norwich**
 - **Shiatsu College - Accredited by Government Approved Awarding Body - Laser Learning**
 - **Level 4 Anatomy, Physiology and Pathology**
 - **Highly experienced teaching faculty**
 - **Transparent fees and payment structures**
 - **Face to face tuition - only A&P is online**

Our Teachers

Annie Cryar BWY, BSc. Cert.Ed.(1974) Dip.Shiatsu, FwSS



Annie has been practising Yoga for 50 years. And teaching for 30. Her interest in the movement of energy flow in the body took her from her original career as a trained teacher to learn and teach Shiatsu, Qigong and Yoga. She is the Principal of Shiatsu College, Hastings, Co-Director of the Shiatsu College Qigong teacher training programme and creator of the College's Anatomy Physiology and Pathology course. She is a certified Yoga Therapist with the 'Yoga for Healthy Lower Backs' programme. Annie is co-founder and Director of St Leonards Studio, a Community Interest Company that works to create accessible Yoga and other modalities for the whole community. She values the discoveries of self practice above all.

Cat Westwood BWY, BA(Hons) Dance, Dip.Shiatsu MrSS



Cat heads the Norwich branch of the Yoga teacher training, she is a Yoga teacher, international dancer and Shiatsu practitioner. She believes these practices are interconnected, having beneficial affects on both physical and mental well-being. Through her background in Shiatsu and dance, Cat is naturally drawn to Scaravelli inspired Yoga. She completed Meridian Yoga Teacher training course in Hastings and brings her unique style of integrating disciplines and experiential learning to the programme. Cat's interest in body work first developed through her formative training (2008) at Trinity Laban, as well as Body Weather Laboratory training with Oguri and Steinberg in Los Angeles (since 2010).

Catherine Burnett BWY, B.Ed, Dip.Shiatsu, FwSS



Catherine's B.Ed in Physical Education from Chelsea College is a degree in the art and science of human movement. In addition to her immersion in Shiatsu, Qigong, Yoga and Reiki she has expertise in exercise physiology, anatomy, sports psychology, biomechanics, applied pedagogy in P.E. From age 18 Catherine was an elite squad gymnastics coach and her experience in safely progressing the teaching of standing balances, arm balances, forward bends, back bends, spinal twists, inversions and the physiological and psychological effects of the movements is a welcome contribution to the course.

Surrinder Chera BWY, BABCP



Surrinder has been interested in Yoga since childhood. Having attended classes in Hatha, Ashtanga, Jivamukti and Iyengar yoga for many years he completed intensive trainings, qualifying as a teacher with the British Wheel of Yoga in 2011. Since 2001 he studied and practiced with the renowned Mira Mehta (author of the Iyengar Way) qualifying as a teacher with her Yogic Path School in 2016. Surrinder has attended annual retreats in India and the UK for many years deepening his understanding of practical applications of Patanjali's Yoga Sutra's and the Bhagavad Gita alongside the theory and practice of Pranayama. He worked as an Addictions Counsellor for over 20 years, and currently practices as a Cognitive Behavioural Therapist in Mental Health services. Surrinder aims to bring alive the physical, emotional and spiritual teachings of Yoga by relating them to daily life using his wealth of life and professional experience.

Visting Teacher: Rosabella Jordan, Dip. Shiatsu, M.Sc Comp. Medicine

Rosabella has been teaching Yoga for 39 years! She qualified as a Shiatsu practitioner with the Shiatsu College in 1995. She has taught with Sandra Sabatini, a student of Scaravelli and author of 'Breath - The Essence of Yoga'. Rosabella introduced Annie to the wonders of the Scaravelli approach to Yoga and for many years they explored the overlapping relationships of Yoga, Shiatsu and Qigong. Rosabella is a visiting teacher and remains an inspiration.



Zowie is a British Wheel of Yoga teacher (2004) and a Thai Yoga Massage practitioner. Zowie has 18 years experience of teaching a variety of classes, one to ones, workshops and retreats at all levels, as well as specialist groups for pregnancy, mum and baby, over 60's and Chair Yoga. She has been studying and teaching the work of Vanda Scaravelli for the past 15 years. In 2006 she completed a BWY Yoga for Pregnancy teaching module. Zowie integrates her study and practice of mindfulness into her teaching of Yoga. Zowie believes Yoga should be accessible to all, she is Co-Director of St Leonards Studio CIC - A Community Interest Company whose aim is to support the local community. She has worked to promote and encourage community classes in yoga, pilates, mindfulness, dance, shiatsu, creative writing, nutrition, tai chi qigong, yoga for teens, pregnancy, mums and babies, yoga for people with auto immune problems, yoga for back pain, Over 60's classes, chair yoga for motor disability.



Sundeep is a Sikh Punjabi, born in Kenya. Her cultural roots and traditions inspire everything that she does, including her yoga journey, which began over thirty five years ago. She fell in love with the deep, spiritual power of yoga in India where her ancestral roots are and where she has lived for a number of years. Sundeep's practice has developed across a range of disciplines, such as Iyengar, Asthanga and the Scaravelli approach. She is drawn to yoga biodynamics, and the art of listening to and trusting our intuition. To compliment this, over the past six years, she has been integrating elements of Zen Shiatsu and Qigong, under the brilliant guidance of Annie Cryar. Sundeep is also a qualified lawyer and law lecturer, which has enabled her to understand the demands of the modern world while finding inner peace and balance.

Sundeep's great love for being in nature provides her with further insights, which she combines with Forest School in the woodlands. She is passionate about sharing the belief that yoga enhances all aspects of our lives, awakening the body in powerful, surprising and healing ways. It is also incredibly playful and imaginative. Ultimately, yoga is a limitless adventure, embracing freedom, empowerment, and a deep exploration into the uniqueness of each individual person's body.

Linda Clifford BWY

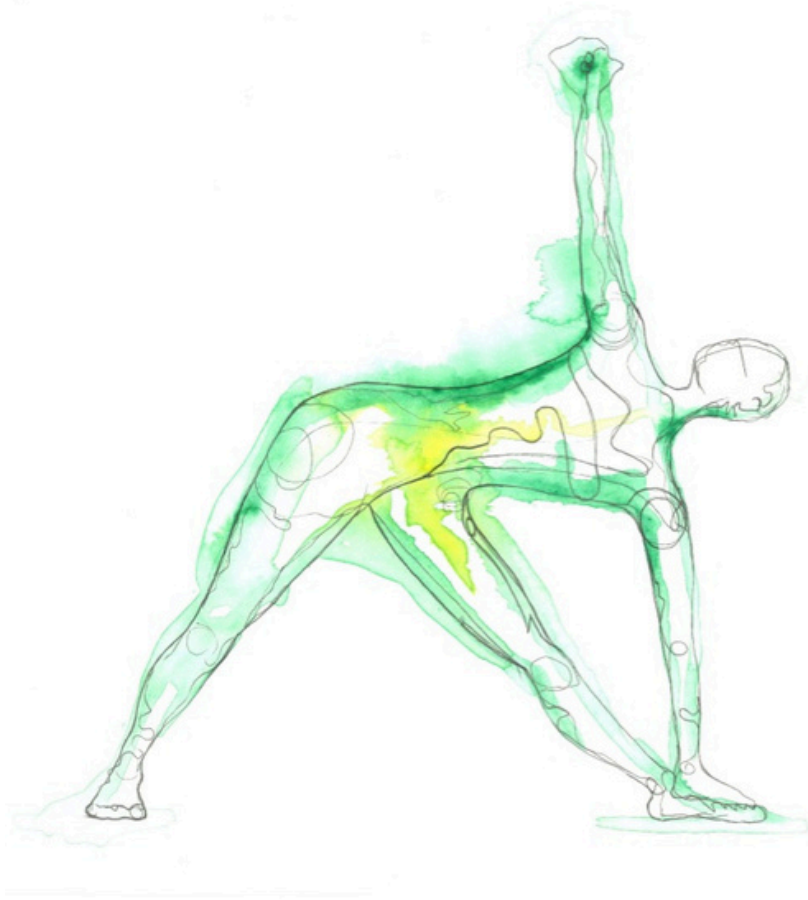


Yoga has been a part of Linda's life for over 35 years. She discovered yoga in her early 20's and instantly fell in love with the practice. For many years, Linda was a dedicated student of Iyengar yoga. A few years ago Linda discovered 'Scaravelli Inspired Yoga', and fell in love with this approach to yoga, pioneered by Vanda Scaravelli.

Having come to teaching later in life, Linda feels that her innate connection with nature truly reflects the beauty in this practice. She has a passion for health and nutrition, being outdoors, foraging, experimenting with fermentation and growing food. Having taken a Permaculture Design course revealed how seamlessly the principles of permaculture and yoga merge together.

'Permaculture is the sustainable merging of people with nature that creates an ecosystem for all to thrive in.' This echoes beautifully what yogic philosophy teaches us: when we embody these ancient principles, we are forging and creating a more harmonious existence with the world within and around us.

"Permaculture is a philosophy of working with, rather than against nature". In the same way that Vanda's philosophy is one of 'working with the body, not against it'. Linda loves how her passions spiral together and looks forward to supporting you to do the same in your journey to becoming a teacher.



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