



Structural Yoga

Teacher training

Structural Yoga-Teacher training

Introduction-200 Hour certificate programme

The 200-hour Teacher Training Programme is for serious students of yoga and aspiring yoga teachers. Whether you are interested in broadening your understanding of yoga or teaching yoga to others, this comprehensive certified programme will launch you on a path to deeper personal understanding and the confidence to share this experience with others. This integrated and holistic programme is designed to foster a thorough learning environment where students will be given a solid foundation and the resources to develop his/her own individual teaching style. The training is grounded in Yoga's ancient roots as well as its modern blossoming; giving graduates the tools to adapt their teaching style to every level – from beginner to advanced – and every body type.

The teacher training faculty at Crescent Yoga School is comprised of highly trained, inspiring teachers each offering a wealth of knowledge and experience drawn from many disciplines of yoga asana, philosophy, meditation, physical and subtle body anatomy.



Course Outline & Dates

Module One

Yoga Practice and Class Sequencing

A detailed analysis of yoga postures (asana) will be taught and options for safe, appropriate and creative class sequencing for every level and body type. Students will learn through guided yoga practices and teaching practicums.

Yoga Principles and Methodology

Elements of yogic lifestyle such as nutrition and self-care will be discussed and teacher trainees will gain insight into retaining a balanced, calm, centred presence at all times. Basic teaching ethics and principles such as class set-up, communication, and principles of instruction, demonstration, observation, adjustments and sequencing will be studied.

Anatomy and Physiology

A solid understanding of the main body systems and organ functions will be offered as well as an in-depth study of the main muscles of movement, and common ailments and injuries in relation to yoga.

Students will gain a thorough understanding of subtle body anatomy as it relates to the yoga tradition.

Basic Poses, Practical

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Crescent Yoga centre - Limerick



Module Two

Meditation, Pranayama and Bandhas Practicals

The study of meditation and yogic breathing techniques (Pranayama) will form a core element of the course. Various meditation practices such as yoga nidra, mantra meditation, chakra-based meditation, insight meditation will be taught. A key component of this, subtle body anatomy and yoga posture (asana) will include working with the Bandhas of the body - yoga locks - mula, uddiyana and jalandhara bandhas.



Module Three

Teaching practice
Practices

Module Four

Teaching practice
Practices

History and Philosophy of Yoga

Trainees will become familiar with the overview of the history of yoga and the birth of the various branches of yoga, and the eight-limbs of yoga according to the earliest known yogic sage Patanjali. Sections of ancient yogic scriptures will be studied among them the Yoga Sutras

How to Apply

1. Fill out and return the Application Form.
2. You will be notified within 2 weeks if your application is approved.
3. Once you are accepted you need to confirm your attendance on the course with a deposit and notify us of your fee payment plan.
4. Upon receipt of the deposit you will receive your 'Acceptance Letter'

Fees Structure

Reffer our website for fees details

Includes all course materials, (including snacks on Centre) Classes take place at Crescent Yoga centre-Dooradoyle, Limerick - 0894573558



Contact

Location: **No.2, St.Nessans Road, St.Nessans Park, Dooradoyle, Limerick, Ireland.**

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