

## Course Dates & Application Procedure

Provisional dates for 2009

Cheltenham weekends: 31 Jan/ 1 Feb, 7/8 Mar, 28/29 Mar,  
25/26 Apr, 6/7 June, 25/26 July, 10/11 Oct, 14/15 Nov,  
12/13 Dec

Malvern week: 31 Aug – 4 Sept

For further information please log on to [www.livingyoga.org.uk](http://www.livingyoga.org.uk), email Dave at [dave@livingyoga.org.uk](mailto:dave@livingyoga.org.uk), or call 01684 310884. A full info pack will be sent out with application procedure, detailed costs, provisional schedule etc. The application process will require attendance at an introductory selection day, currently scheduled for mid October, and applications must ideally be received prior to that date. Applicants must also be members of the British Wheel of Yoga ([www.bwy.org.uk](http://www.bwy.org.uk)).

*“The journey of Yoga is to travel back to oneself, to discover the source, and then to express that creatively and meaningfully in the world. To quote Gandhi, you must be the change you wish to see in the world.”*

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# YOGA TEACHER TRAINING

## British Wheel of Yoga Diploma Course Cheltenham 2009

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The Diploma Course is the standard British Wheel of Yoga teacher training course. It is probably the most widely accepted Yoga teaching qualification in the UK and is a requirement for teaching at many institutions.

The Diploma Course covers many aspects of the theory, practice and teaching of Yoga, including the following topics

Anatomy & Physiology

Principles of Practice

Asana – study of specific postures

Simple breathing and relaxation

Pranayama

Mudra, bandha and kriya

History and context of Yoga

Study of traditional texts including Yoga Sutra, Hatha Yoga Pradipika, Upanisads and Bhagavad Gita

Practice and course planning

Theory of teaching and professional considerations

The course requires extensive home study and there is a rigorous schedule of written assignments and practical assessments. Students will be encouraged to begin teaching fairly early in the course to support their studies with practical experience. Support can be given for anyone requiring extra assistance with written work. Most importantly the course requires commitment and openness to new ideas and experiences, and a willingness to learn and develop.



अथ - योगानुशासनम् ।  
योगः - चित्तवृत्तिनिरोधः ।  
तदा - द्रष्टुः - स्वरूपे - अवस्थानम् ।  
वृत्तिसारूप्यम् - इतरत्र ।  
वृत्तयः पञ्चतय्यः - क्लिष्टाक्लिष्टाः ।  
प्रमाण - विपर्यय - विकल्प - निद्रा -  
स्मृतयः ।  
प्रत्यक्ष - अनुमान - आगमाः - प्रमाणानि ।  
विपर्ययो - मिथ्याज्ञानम् -  
अतद्रूपप्रतिष्ठम् ।

Living Yoga is delivering the British Wheel of Yoga teaching diploma through 300+ contact hours over approximately 2 years. This represents a relatively long course and it is intended to give a very thorough grounding in topics such as practice planning, pranayama, application of Yoga for different situations and client groups. The course will be rooted in the Yoga Sutra and students will gain a thorough understanding of the application of key principles contained in the text. The aim of the course will be to train teachers who are extremely well grounded in traditional principles, yet versatile in the appropriate application of Yoga in different circumstances. This respects the principle of the Viniyoga of Yoga, the application of techniques of Yoga respecting individual needs and abilities.

The course is offered as non-residential weekends at about monthly intervals, with a non-residential mid-week summer school. The venue for the weekends will be in Cheltenham at the stylish Orange Yoga centre. Cheltenham is well connected by road and rail (e.g. 2.5 hours from London by rail). The mid-week summer school will be held at our private Yoga studio in Malvern, a beautiful and tranquil environment in which to learn and practice.

Students should have at least 3 years experience of attending Yoga classes and ideally have completed the British Wheel of Yoga or the AYS Foundation Course as a pre-requisite for joining the course. In some circumstances extensive relevant experience shall be considered in lieu of formal qualification.

The cost of the course is payable in installements over the duration of months and fees from teaching may be used to substantially cover this cost.

The course will be taught by Dave Charlton who is a Diploma Course Tutor for the British Wheel and a senior teacher for AYS (formerly Viniyoga Britain). For more details about Dave and Living Yoga please see [www.livingyoga.org.uk](http://www.livingyoga.org.uk). Dave will be assisted on the course by other senior teachers including Gail Reeves, Ruth Gilmore and Ranju Roy. We are currently in negotiation with several other international teachers.