

TEACHING YOGA & THE BODY'S INTELLIGENCE



*ASANA TRAINING
for TEACHERS*

with

Lesley Dike

February - May 2020

SHEFFIELD YOGA SCHOOL
SOUTH RD, SHEFFIELD, S6 3TA

Does your Yoga Teaching Respect the Body's Intelligence?

A new 5 day course for yoga teachers who are open to renewed exploration & self-enquiry, for a better understanding of the practice and teaching of Asana.

About the Course

This course has at its core the belief that yoga should promote healthy movement, based on an understanding of anatomy. This is a highly practical course, aimed at guiding teachers to improve their competence and confidence in teaching movement.

It will give you all-round skills to offer balanced teaching to your students.

The course provides a forum for discussion and reflection, and each participant is expected to play an active role in the learning process.

Places are limited to 15 people allowing for maximum discussion and close supervision.

What will you learn?

The course will teach key principles which underpin the safe and effective teaching of Yoga postures. Main subject areas will be:

- Is what we teach worthwhile?
- Meeting the world through our feet
- Learning from the cat, the dog and the bridge
- What does understanding the spine teach us about movement?
- A cornucopia of teaching skills ie. tricks, prompts, cues.

Who this course is for

This course is for Yoga teachers & student teachers. It is designed to build on your previous learning base, with challenging new ideas.

The tutor : Lesley Dike

Lesley has been teaching yoga for many years and is also an experienced musculoskeletal physiotherapist.

She firmly believes that understanding relevant anatomy is vital to being a safe and competent teacher. When we understand more about how the body moves, we are able to bring asana that is compliant with the body's intelligence to our mats.

Cost

The fee for this course is £450.00. To reserve a place, please fill in the booking form overleaf and return it with either the full payment or a deposit of £100.00.

- ॐ Cheques are payable to 'SYS Courses'
- ॐ Contact us if you prefer to pay by bank transfer.

Certificate

A certificate of attendance (for CPD points) will be provided for each day of the course. A final course certificate (dependent on at least 80% attendance) will be presented at the end of the course.

Course dates (All Saturdays)

- ॐ Sat 8 Feb 2020
- ॐ Sat 7 Mar
- ॐ Sat 4 Apr
- ॐ Sat 9 May
- ॐ Sat 30 May

NOTE : This is a second course. The 2019 / 2020 course is FULL.

Details

- ॐ Days are 10.00am – 5.00pm
- ॐ Venue : Sheffield Yoga School, South Road, S6 3TA
- ॐ Course outline available here : www.sheffieldyogaschool.co.uk

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Are you a :

Teacher

Student teacher

Deposit : £100.00

Full amount : £450.00

(Balance due before 7th January 2020)

Please return this form to :

Sheffield Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340

This leaflet can be down loaded from :

www.sheffieldyogaschool.co.uk