

ASANA TEACHER TRAINING MODULE with LESLEY DIKE 2019



COURSE OUTLINE

This will be a highly practical course. There will be discussion and theory but the primary source of our learning will be by experience.

Theory will be backed up by a workshop style, in-depth exploration of a range of static and dynamic movements.

Please note : This course outline is not set in stone. This will be a dynamic course and the focus may adjust depending on current learning and research.

Day One : What do we teach? Is it time to put down the books?

The starting point for this course is to look at what we are teaching now. As teachers we should always be questioning what we do, and some the questions we will ask on this course include :

- What do we teach? Is it strengthening? Stretching?
- Are we teaching things we are unsure about?
- What are our favorite postures? And why?
- Do books help or do they limit us?
- What is stretching? Is it useful? Is it therapeutic? What does the science say?
- What type of strengthening is typical in yoga asana?
- Is what we teach encouraging movement or discouraging it?
- Is the way we teach balance useful?
- How important is the core?
- What about the breath?
- What is Neural Mapping?
- And many more!!

The Format of this opening day will be one of group discussion and practical enquiry and will set the scene for themes running throughout the course.

We will use various postures to explore these questions. Everything we do will keep referring back to the postures and to the body and we will be working on the mat to explore ideas as we go.

Recommended reading given during this day.

Day Two : The feet and the road to teaching balance

We will begin with some basic anatomy – exploring our own feet and becoming aware of how vitally important they are!

This day includes training in **how to teach balance effectively**, based on a thorough understanding of how balance actually works.

All the theory will be experienced through a range of asanas such as *Tree variations, Warrior 3, Half moon poses etc.*

Day 3 : What can we learn from the cat, the dog and the bridge?

This whole day will focus on three very important postures, the Cat, the Dog and the Bridge. We will explore basic versions of these postures and then look at a wide range of variations and progressions.

Through a practical examination of these postures we will develop a deeper understanding of the key principles which are at the heart of this course.

This day, like all the others will be highly practical with loads of personal enquiry & working on mat.

Day 4 : What do we teach the spine in asana? What can we learn from the spine?

- What is the spine for?
- What are we aiming to do with the spine in asana?
- Strength & Flexibility
- Lordoses and kyphoses – how do these affect our movement?
- Facet joint orientation... what are the implications of this structural knowledge.
- Hypermobility

This day will involve working through a range of asanas and seeing how they impact on the spine.

Day 5 : A cornucopia of teaching skills!

Tricks, props, cues, prompts and other tips.

The focus of this day is the practical teaching of asana. We will do this in a 'workshop' style, stopping to look at issues as they arise.

There will also be time in this day to review any questions which have arisen over the months of the course.

Course dates

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

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

Venue : Sheffield Yoga School South Road, Sheffield, S6 3TA

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