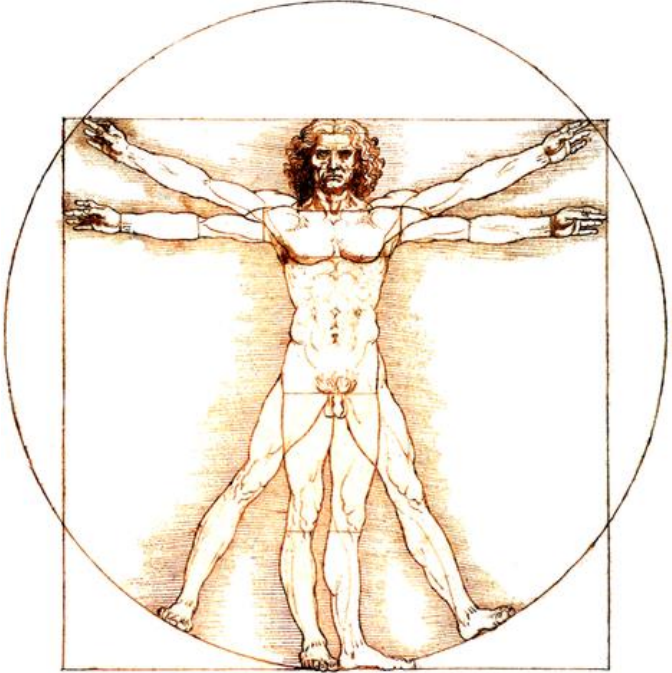


What do we teach?
How do we teach it?



*An approach to teaching yoga
with*

Peter Blackaby

January - June 2024

Sheffield

Course Format :

The course includes eight full days of in-person teaching as well as online sessions.

Online sessions will take the form of an online Yoga class relevant to the themes covered in the course, followed by Q&A

Themes

- The big picture: Integration through appropriate responses to sensory input with particular reference to feelings of discomfort.
- Some basic ideas around anatomy, including how anatomy changes over time and anatomical variations in human beings.
- How to teach. From a bottom up rather than top down approach.
- Understanding how to lose tension through grounding and why this is an important part of integrating movement.
- Common problems we face with students in class, eg joint pain / restriction and chronic pain generally.
- The integration of breathing rather than the controlling of it.
- Practical sessions focussed on the movements, postures & asanas.

A full course outline is available on our website.

The Tutor : Peter Blackaby

Pete's humanistic approach to yoga is firmly rooted in the here and now, underpinned by scientific research.

Over the last decade or more Pete has been one of the most influential teachers in the development and understanding of movement and posture work in Yoga in the UK.

This course is an opportunity to explore his ideas and approach from a teaching perspective.

Who this course is for

This course is for Yoga teachers & student teachers who have experience of Pete's work and who wish to integrate his ideas and approach to Yoga practice into their own teaching.

If you have never worked with Pete before please contact us before you book a place.

Costs

The fee for this course is £690.00.

The deposit is £150.00.

To reserve a place, fill in the booking form and return by email or by post (16 Robertson Drive, Sheffield, S6 5DY) with payment.

🌀 Bookings can be made through our website or

🌀 Bank Transfer : SYS Courses 089299 / 69527210

Please put your name as a reference for bank transfer

Dates

In Person Sessions :

- 27th & 28th January 2024
- 24th & 25th February
- 9th & 10th March
- 8th & 9th June

Saturdays 10.00am – 5.00pm. Sundays 10.00am – 4.00pm

Venue : Sharrow Performing Arts Space, Sheffield S7 1BE

Online sessions :

- Dates for online sessions will be decided nearer the time.
- Online sessions will be recorded & made available to download for use in your own time.

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Deposit : £150.00 ☐

Full amount : £690.00 ☐

- *Balance due before 15th December 2023*
- *Terms & Conditions are on our website*

Contact :

- info@sheffieldyogaschool.co.uk
- 0114 2338340

More details and a full course outline available on our website :

www.sheffieldyogaschool.co.uk