



LKY YOGA
TEACHER TRAINING

LKY Seasonal Yoga, Theming & Workshops Online Course Syllabus (20hrs)

Course Objectives

Honouring the rhythms of nature honours the flow of our own lives and is an opportunity to be in harmony with all of Life. Seasonal Yoga refers to practices attuned to the changing rhythms and energy of the seasons. There is a natural cycle of life, moving through beginning, sustaining, and letting go. By attuning to the rhythms of natural cycles, we are attempting to tap into the intelligence from which the cycle originates. The rhythms and cycles of nature can teach us about how things are connected, and how to align with a natural flow. This course will allow trainees to learn how to teach their classes according to the seasons and during events such as the summer solstice. There will also be information on how to theme a class and plan it using various techniques (meditation, pranayama, asana, etc). This training also will guide yoga teachers on how to run workshops & retreats, and how to prepare relevant documents.

1. Trainees will learn of the current natural phenomena and will begin to make observations and associations with the energy of this phase.
2. Trainees will go a little deeper by learning of related themes and practices designed to align with the energy and will experiment with practices on their own or in community.
3. Trainees will be inspired to incorporate a particular element in their class plan: readings, themes, poses, breathing practices or mantras.
4. Trainees will learn how to plan and theme a yoga class
5. Trainees will learn how to plan workshops & retreats, including documentation & legalities

COURSE STRUCTURE

The virtual training will take place over 2 days, with up to a year to submit course assignments. You will receive access to the online training platform where you can access

the pre-recorded section of the training, and will be part of a private Facebook Group where you can interact with your fellow trainees, and ask questions and gain access to links and files relevant to the course. You will also have interactive Zoom classes on the 2 days, where Louisa can answer any questions and give you feedback. Final teaching assessments will be carried out using video recordings.

Because the training will be a combination of pre-recorded classes, accessed through the Training Platform and live Zoom classes, which are recorded and sent to all students daily, you can adapt your training to suit your time zone and schedule. If possible, it is best to organise your schedule so that you have some interactive live classes so you can ask questions and receive feedback, etc. During the course you will be able to book a one-to-one videocall with Louisa if needed.

Upon completion of the training, you will still have access to the LKY Training Platform, where you can re-watch the live lectures whenever you like, and be part of the Facebook Group.

Course is 2 days.

1. Techniques, Training and Practice: 8 Hours
2. Teaching Methodology: 3 Hours
3. Anatomy & Physiology: 2 Hours
4. Yoga Philosophy, Lifestyle & Ethics for Teachers: 4 Hours
5. Practicum: 4 Hours

Modules of LKY 20hrs Seasonal Yoga & Theming

Each module (except module 6) will include asana practice, pranayama, meditation, philosophy, anatomy & teaching methodology.

**Module 1 –
Seasonal Yoga**

- 1) Honouring Natural Rhythms
- 2) Seasonal Yoga Intro
- 3) Spring
- 4) Summer
- 5) Autumn
- 6) Winter

**Module 2 –
Wheel of the Year**

- 1) Wheel of the Year Intro
- 2) Vernal Equinox
- 3) Autumnal Equinox

- 4) Summer Solstice
- 5) Winter Solstice
- 6) Imbolc / Candlemas
- 7) Lughnasadh /Lammas

Module 3 –

Common Themes & Class Planning

- 1) Yoga & Balance
- 2) Grounding & Embodiment
- 3) Namaste / Namaskar
- 4) Strengthening the core
- 5) Yogic Philosophy – The kleshas, koshas

Module 4 – Planning Workshops

Module 5 – Planning Retreats

Module 6 - Business of Yoga – guidelines, legal info, pricing

LKY will try to adhere to these contact hours as much as possible knowing that all students must undertake at least 20 hours of training. Course Leader will be Louisa Craig (SYT500).

Reading List

Teaching Yoga Beyond Poses – Sage Rountree & Alexandra Desiato

Assessment Criteria and Evaluation Procedures

All coursework must be completed in order to be eligible to pass.

The pass mark on assignments - It is also important to clearly identify the process when a student doesn't pass.

The minimum pass mark on assignments is 'Satisfactory' 50%. In the event a fail is received, the student has two additional attempts to resubmit the assignment. If the student does not pass after the second attempt coaching will be given prior to the third attempt. After which a decision will be made as to the relevance of the assignment to the individual's ability to be a 'good' teacher.

Categories of marking criteria:

- I. Information and knowledge
- II. Addressing the question

- III. Understanding the topic
- IV. Reading of literature (beyond lectures)
- V. Originality/independent/creative thinking
- VI. Presentation - format, length, organisation, clarity, style and general fluency

Category	Good - 60 to 100%	Satisfactory – 40-59%	Fail (refer) <40%
Information and knowledge	Contains most of the information required with a few minor errors.	Contains the essential core of the information required with some minor errors and only a few, if any, major errors.	Contains very little or none of the information required and/or substantial factual errors.
Addressing the question	Addresses the question adequately. Little or no irrelevant material.	Does not address all aspects of the question. May contain some irrelevant material.	Largely/completely fails to address the question either because material is largely irrelevant or because there is little or no information.
Understanding the topic	Demonstrates substantial understanding of topic within a wider context. Shows good critical and analytical abilities	Demonstrates limited or patchy understanding of topic and its context. Shows limited critical and analytical abilities	Demonstrates little or no understanding of topic and its context. No evidence of critical and analytical abilities.
Reading of literature (beyond lectures)	Shows evidence of having read some of the relevant literature and is able to use this in the answer. References cited.	May show evidence of having read some relevant literature but generally fails to demonstrate understanding of it or to use it correctly in the answer.	Little or no evidence of having read the relevant literature.

Originality/independent/creative thinking	Shows independent thinking, some of which may be faulty. Limited originality.	Shows little independent thinking.	Shows no independent thinking.
Presentation - format, length, organisation, clarity, style and general fluency	Ideas generally expressed coherently. Essay written logically and with appropriate structure, making connections between different arguments and ideas.	Some ideas expressed incoherently. Some faults in logic and structure of essay	Ideas expressed incoherently. Many faults in logic and structure of essay.

Assignments & Assessments

Philosophy - written assignments 1

Questions on yogic philosophy

Asana - written assignments 2

Questions on asanas, pranayama, and meditation.

Teaching - written assignment

Plan and write a 1 hr themed short yoga workshop lesson plan.

Teaching – observational class assessment for the hour’s class 5 trainees will be assessed whilst teaching via Zoom (or if not doing intensive they shall send a video recording), which should include use of Sanskrit and giving modifications and offering variations, and Sanskrit language as appropriate.

In order to maintain high standards and ensure that we keep our good reputation, it is important that you reach a certain minimum standard. Whenever we feel that this is not the case, we will talk to you personally and try to put things right. The assessment is on a continuous basis and you will receive feedback on your progress. Students who do not meet the required standards will be asked to improve on the areas of weakness, and demonstrate that they have done this, before being issued with a certificate. All successful students can be registered on the database of accredited teachers at Yoga Alliance.

Prerequisites

Students do not need to be yoga teachers to attend this course but are required to already have a 200hr teacher training certificate or equivalent if planning on teaching afterwards. Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires. Before being accepted on to the course prospective trainees must attend a videocall with Lead Trainer, Louisa.

Accreditation

This course is accredited by Yoga Alliance Professionals.

“Our teacher training course has met the stringent requirements set by Yoga Alliance Professionals.

Our graduates are trained to the highest standard and are eligible to register with Yoga Alliance Professionals.”

GDPR

GENERAL DATA PROTECTION REGULATION

Upon registration as a student of our training course, you consent to your contact details (name, email and phone number) being passed onto our partners, Yoga Alliance Professionals, so they can contact you directly and invite you to register as a Trainee and Teacher and that you understand that you have the option of opting out of this registration process.

Admissions Procedures

Step 1: Fill out and submit the application (found on the ‘contact’ page of www.yogateachertrainer.co.uk) or contact us to receive an application by mail.

Step 2: Once an application has been submitted, you will be redirected to a payment page. Please submit full payment for the course. Once your application and payment are received, your application will be reviewed. An application will not be reviewed without payment.

Step 3: An acceptance packet, which includes additional information about the training will be e-mailed to the applicant within 2 weeks after the application and deposit have been received.

Please only submit an application if you are seriously planning to attend if accepted. Thank you.

Payment Information

The cost of the course covers the tuition and all recorded material for this online course including a course manual. Please pay total amount of £300 to secure your space via bank transfer to:

LouisaYoga,

Acc No: 06422228

Sort code: 80-22-60

Full payment for the training is required when all courses commence to allow you access to the online platform (payment plans can be arranged but this must be by arranging a standing order with your bank due to problems in the past with non-payments).

Your application will only be reviewed if your payment has been submitted along with the application. Once your application and payment are received, we will review your application and send you an acceptance email within 1-2 weeks.

Included in the acceptance email is information about the course. If we have any questions on the application, we will email you to check and reserve the right to deny an application if we don't feel the applicant is qualified or can safely complete the course. In this case, your payment will be refunded in full.