

Good Life Yoga School
Marcus Veda & Hannah Whittingham
200 Hour Vinyasa Yoga Teacher Training 2024

Dates & Locations

7 Day Immersion @ Suryalila, Andalusia, South Spain

Saturday 13 - Saturday 20th April, 2024

(both Saturdays are travel days; teaching runs Sunday - Friday)

7 London Weekends @ The Lodge Space, Southwark

(Friday night teaching practice 7-8:30pm online via Zoom)

(Saturdays & Sundays 10.30 - 6:30pm in person)

May 18th / 19th (no Friday this first week)

June 14th / 15th / 16th

July 19th / 20th / 21st

August 16th / 17th / 18th

September 27th / 28th / 29th

October 11th / 12th / 13th

November 9th / 10th (no Friday this final week)

Cost

£3,000 early bird discount (until 1st Nov, 2023)

£3,300 thereafter

We will also be offering one **scholarship place**, where course fees will be fully funded. The scholarship holder will only need to pay for accommodation in Spain and £100 for course manuals and materials.

And one **bursary place**, where the student will pay 50% of fees, and we will cover the rest.

Do contact us if you would like to apply. You may apply for both. Scholarship and bursary applications must be received by 30th December (decisions will be made by the start of January).

The Small Print

In addition to tuition fees, all students will need:

- Accommodation and food for the immersion in Suryalila (prices vary depending on accommodation choice/solo or shared rooms, but start from 600 Euro for a shared dorm room - full details are in the Welcome Pack).
- Flights to Seville, Jerez or Malaga (Ryanair, Easyjet and BA all fly direct, starting at £90).
- Transfer to and from Suryalila (we will book this, usually works out around 30 euros pp in shared taxis).

Half of the tuition fee is due on booking as a deposit, the other half will be due 6 weeks before the course start date. Deposits are non-refundable, but if cancelled in advance of a month before the start date, they can be transferred to another training (for full details see terms and conditions). You will be sent a document with GOOD LIFE YOGA SCHOOL payment details etc.

Spanish accommodation fee is also payable to us (**in Euro**) once you have decided on your room option. You will be sent a document explaining this separate account.

If you would like to discuss a payment plan, do let us know.

Faculty

Marcus Veda & Hannah Whittingham

Anatomy: Elodie Frati

Senior Assistant: Cecilia Ballan

Syllabus Content

Anatomy (15 hours)

- Theory & Applied (range of motion vs flexibility, bone structure, asana variations, assists)
- Teaching for different bodies and bone structures

Philosophy & History

- The origins and evolution of yoga
- Discussions on lineage

- Patanjali's Sutras vs Tantric texts
- The epics and mythology
- “Updating” yoga : tradition vs evolution of knowledge

Ethics

- The ethics of teaching
- Consent culture
- Inclusive teaching
- Trauma informed yoga

Asana

- Principles of Vinyasa
- Demystifying “alignment”
- Bandhas
- Drishti
- Intention
- Accessible Yoga

Pranayama

- Ujjai/ Nadi Shodhana /Larry's Pranayama/ PNS breathing /1:2 breathing
- The science of breathing
- Sensible applications of pranayama / contraindications

Meditation

- Techniques such as Vipassana / Metta / Mindfulness
- The science behind meditation
- Sensible applications of meditation / contraindications

Embodiment & Yoga

- Effects of different practices on the autonomic nervous system
- The importance of down-regulation
- Yoga for trauma and anxiety

Teaching Methodology

- Teaching principles
- Sequencing based on the arcs of Ashtanga Vinyasa and Rocket
- Voice use, vocal health, repetitive speech patterns
- Cueing / giving options positively
- Adjustments
- Planning a class
- Guru complex/creating students who aren't reliant on you
- Music in class
- Business of yoga – insurance.studios/social media/retreats/workshops

Continued Development

- Developing a self practice
- Exploring different forms and modalities of yoga
- Reading/listening/researching – keeping interested

Contact Hours

If you miss hours during the training due to illness or unavoidable commitments, you will need to catch these up with our assistants in order to graduate with a “200 hour” certificate.

Catch-up hours for missed practice time can be made up by attending class with Hannah or Marcus. Catch-up on anatomy can be done via video recordings of the sessions online.

Catch-up hours for missed in theory/philosophy, methodology or teaching practice classes can be arranged directly with our Senior Assistant, Cecilia. Please note they will charge an hourly rate that is payable directly to them (not to us!). They will always try to arrange this in a group with others who have missed hours so you can split the costs!

Non Contact Hours

This course will also require 50 non-contact hours, which include attending classes between weekend sessions in London, required reading and homework assignments.

Yoga Alliance

Please note: we have recently left the Yoga Alliance.

Having been members for many years, we have come to believe that unfortunately, regulating yoga is an impossible job. The varieties of yoga are too many and the sheer numbers of schools too vast for any single body, no matter how well intentioned, to be able to check and uphold standards across them all. There is also (unfortunately) currently no agreed regulatory code in yoga (again: too many, too vast, too varied).

As a recognised school, we aim to go beyond the constraints of the YA syllabus, and to include more anatomy, more science and more somatic and nervous system work than we could fit under the previous set limits. We hope you understand the reasons for our decision, and would like to assure you that there are no implications for insurance after graduation (insurers do not require a YA stamp) or to teaching in studios.

Please do drop us a message if you would like to chat about this or ask any questions.