

Yogaloft

200
HOUR
YOGA
TRAINING

WITH JESSICA STEWART



YTTC OVERVIEW



Deciding to join a yoga teacher-training course is an exciting, and often defining, moment in life.

It is also a big investment, and can be hard to discern what one YTTC will offer over another. This information pack details the JSYT course content and explores what makes this training distinct from others, so that you can discern whether our approach and inspiring curriculum aligns with your goals and intentions.

Many people start a YTTC with no intention to teach. This course has been designed to foster a deep understanding and love of yoga, whether you go on to teach or not.

This 200 hour yoga teacher training course will:

- o build greater depth of understanding and immerse yourself in the advancement of your personal practice
- o coach you in clear, strong teaching skills for hatha and vinyasa yoga
- o explore in depth the anatomy, technique, philosophy and mindfulness that underlies a true yoga practice.

WHY THIS COURSE?

Verified by the Yoga Alliance registry, on full completion of the course, you will be eligible to register as a yoga teacher, should you want to, and apply for public liability insurance, ready to teach within the UK and Internationally.

Capacity on the course is kept to a carefully considered group size, where all students receive plenty of support and attention. The course is managed to ensure high-level tuition and support, and a safe, supportive environment for self-development. We are proud that the support, warmth and intimacy of our ttc community distinguishes it from the very large YTTC's on offer in London.

The course works through an inspirational method of classical and anatomically-aligned sequencing of hatha and vinyasa yoga. The technical approach to the postures is met with deep exploration into the philosophy, energetics and mindfulness integral to the tradition of yoga.

Whilst the training advocates a balanced 'east meets west' approach, the training is respectful to all disciplines and is non-dogmatic. This lays a non-biased foundation for understanding the world of yoga, and allows the students to find their position within it. What we aim to inspire is a unique and powerful voice in each student, in both their own practice and teaching they may go on to offer.

The curriculum has been curated to balance up-to-date anatomy and alignment content, alongside a thorough understanding of the traditional roots of yoga that is rarely achieved in a 200 hour-program



Creating a community to learn, thrive & develop

As teachers, we value providing an authentic close relationship with our students. Our 1 year programme intake is carefully managed to ensure high quality coaching and tuition, and a supported, motivated community of students.

AM I READY?

We want to make sure it truly is the right time for you to attend a teacher training so that you all get the most from the training.

When you bring together a group of people that are ready and passionate about the course content, the rate of learning is far more rapid and enables every person to thrive.

As a team we pride ourselves on supporting your practice and teaching skills, and want to ensure you get neither injured nor overwhelmed by the often intense process of a YTTC.

Therefore, we meet every potential student, and observe their practice. This ideally happens in person but can also be online. This is not about being extremely bendy or strong - we are looking for an intelligent, informed practice and open-minded, discerning attitude to learning.

FORMAT

1 YEAR PROGRAMME

at Yogaloft Beethoven St, Queens Park

LED COURSE time

35 x 5 hour sessions, over 3 terms

Friday afternoons 12:00-17:00

Weekend retreat Nov 2021

HOUR DISTRIBUTION:

200 hours+ of class & retreat tuition

82%+ with course leader

ADDITION SELF-LED LEARNING

Advised self study - approx 2 hours per week

10 hours summer break project

2 signed-off public classes per YTTC week
(66 classes)

TOTAL HOURS: 287+ hours

(classified as a 200 hour training)

A TYPICAL SESSION

Alignment & asana break-down

Yoga class practice

Curriculum content

Teaching practice

Breath-work & meditation

JSYT TEACHING BODY

JESSICA STEWART EYRT 700+
COURSE LEADER,

Jessica teaches 85% of the course, leading experiential lectures and workshops on history, philosophy, energetics, anatomy, physiology, alignment, sequencing and teaching skills.

VICTORIA GROVES
VOICE COACH

Victoria Groves delivers a series of energising and confidence-boosting voice and body workshops. Integrating her vast experience as an actor and as a yoga teacher, Victoria mentors students in the art of commanding attention, using one's voice and body authentically to educate, connect and deliver a class that carries students on a journey

OLIVIA MARLEY E-YRT 500+
SUPPORTING TEACHER

Olivia Marley is an alignment-based vinyasa teacher. Olivia tutors how to apply principles of anatomy to one's own practice and to teaching.

CHRISTIAN DI GIORGIO
OSTEOPATH | ANATOMY TUTOR

Christian is an osteopath and yoga teacher at Yogaloft. He leads a great anatomy overview for the YTTC, connecting his knowledge as a practicing osteopath with his experience as a yoga practitioner..

DATES 2021

15.01.21	11.06.21	19.11.21
22.01.21	18.06.21	26.11.21
29.01.21	25.06.21	03.12.21
05.02.21	02.07.21	10.12.21
12.02.21	09.07.21	(Graduation)
/	16.07.21	
26.02.21	(23.07.21)	
05.03.21	/	
12.03.21	10.09.21	
19.03.21	17.09.21	
26.03.21	24.09.21	
/	01.10.21	
23.04.21	08.10.21	
30.04.21	(22.10.21)	
07.05.21	/	
14.05.21	05.11.21	
21.05.21	12-14.11.21	
28.05.21	(retreat weekend)	
/		

12:00 - 17:00 Friday term times

Retreat weekend: November TBC

LOCATION

Yogaloft
27 Beethoven St
Queens Park
W10 4LG

RESOURCES FOR LIFE LONG PRACTICE

The training offers a unique and distinctive approach to practice, teaching, sequencing and self development.

85% of the course content is delivered live with the lead teacher, and students of the course receive access to comprehensive online resources for revision and further learning.

Every student receives a detailed training manual, with the entire course content, revision prompts, self-study and a self development workbook.

CURRICULUM

ANATOMY & PHYSIOLOGY:

Principles of applied yoga anatomy

Feet & Legs

Hips & Pelvis

Spine

Shoulders & upper extremities

Nervous system

Respiratory system

Digestive, Cardio & lymphatic system

PHYSICAL PRACTICE:

Asana templates (alignment break-down)

Pranayama templates (practice and theory of breath-practices)

Meditation templates (exploration and practice of selected models of meditation)

Kriya templates (practice and theory of cleansing practices)

Students encouraged to make feedback notes on public classes attended throughout the training.



YOGA ENERGETICS:

Prana
Pancha Kosha
Kundalini
Kleshas
Chakras
Nadis
Bandhas
Yoga Mind & Kleshas
Yoga Nidra

HISTORY & PHILOSOPHY

Timeline on the development of yoga
Philosophical schools and principles that shape yoga
Modalities and influential figures of modern yoga

TEACHING SKILLS

Teaching Principles
Sequencing level 1-2 (hatha and vinyasa)
Voice-work
Embodying confidence and authenticity
Assists/Adjusts
(anatomically up-to-date approach)
Teaching hot yoga
(none of the course is taught in a hot room)
Business of Yoga
Thriving as a teacher (post grad workshop)

POST GRADUATE SUPPORT

YOGA ROOTS | YOGA FOR OUR COMMUNITY

Jessica has founded a social branch to the JSYT, to enable new teachers to share their love of yoga with people across society with limited access to yoga.

The Yoga Roots project is building links with homeless shelters, community groups and schools across London so that JSYT graduates can both practice teaching and offer something back to members of our community.

We run a day-long intensive training annually for those that would like to get involved.

CLASS ASSISTANT SCHEME

Graduates of JSYT can apply to assist the course teachers during their public classes, subject to individual studio policy.

ANNUAL GRADUATE TEACHERS RETREAT

Every year there is a teachers' day retreat in London for graduates and teachers, to provide ongoing support and nurture the yoga teaching community. Throughout the day we workshop teaching skills, discuss new research and current concerns for teachers, and Jess leads a mentorship and feedback circle. Food is shared and a restorative compassion-boosting yoga practice and meditation is given.

JSY YTTC ASSISTANT

Following graduation, you can apply to assist Jessica on following trainings. This allows you to revisit updated lecture material, practice your teaching further. In exchange we ask that you assist Jessica on the course, organise the social events for the students, and be a supportive and inspirational role model for the next generation of graduates.

FINANCIALS

1 YEAR PROGRAMME

PAYMENT IN FULL

£2700 + £500 retreat cost (total £3,200)

If you are able to pay in full, you are eligible for a £200 discount, whereby a total of is due to confirm your place.

INSTALLMENT PAYMENT PLAN

£2800 + £500 retreat cost (total £3,300)

This can be paid in 3 instalments to be completed prior to the start of the training, or a monthly direct debit.

The retreat cost includes all accommodation at a beautiful retreat venue, all delicious vegan food and YTTC tuition for the weekend.

(Transport and massages not included.)

Please liase with the admin support team to establish your payment plan and confirm a contract of instalment dates.

Call 020 7625 2645 for Yogaloft reception or contact info@yogaloftlondon.com to discuss your plan today.

TESTIMONIALS

"The perfect balance of modern anatomy, philosophy and teaching practice. I couldn't ask for more. Thank you so much Jessica!"

~ JW

"This training has been such a transformative experience on a personal level. The quality of the content, the teachers and the support have been absolutely phenomenal. I am so incredibly thankful and very much looking forward to start teaching!"

~MG

'Jess is energetic and passionate, with high expectations and even higher levels of compassion. She and her team delivered the course with expertise and rigour, but also humility and humour. Jessica did not seek to create clones of her (brilliant) self - rather, she equipped us with the tools to build our own honest, and authentic, teaching practice - in whatever form that might take.'

~NSS

'I enjoyed such an amazing course with Jessica. Her knowledge, warmth and compassion made all the difference, as did the intimacy and size of the group. I highly recommend this course.'

~DM

The JSYT fosters an incredible journey of self growth and awareness, and will set you up to be an excellent teacher. Two weeks after graduation I was able to teach a public class described by one student as "the clearest instruction she had every received" in a yoga class. I owe this to Jess' teaching style and delivery.'

~JT

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WEBSITE

yogaloftlondon.com/teachertraining/
jessicastewartyoga.com

SAY HELLO

We would love to meet you!

Places are limited & this training sells out, so come and introduce yourself to Jess in class or online at jessicastewartyoga.com as soon as you can.



yogaloftlondon.com/teachertraining



