state
Yoga . Breath . Mind

MARCH-JULY
2021

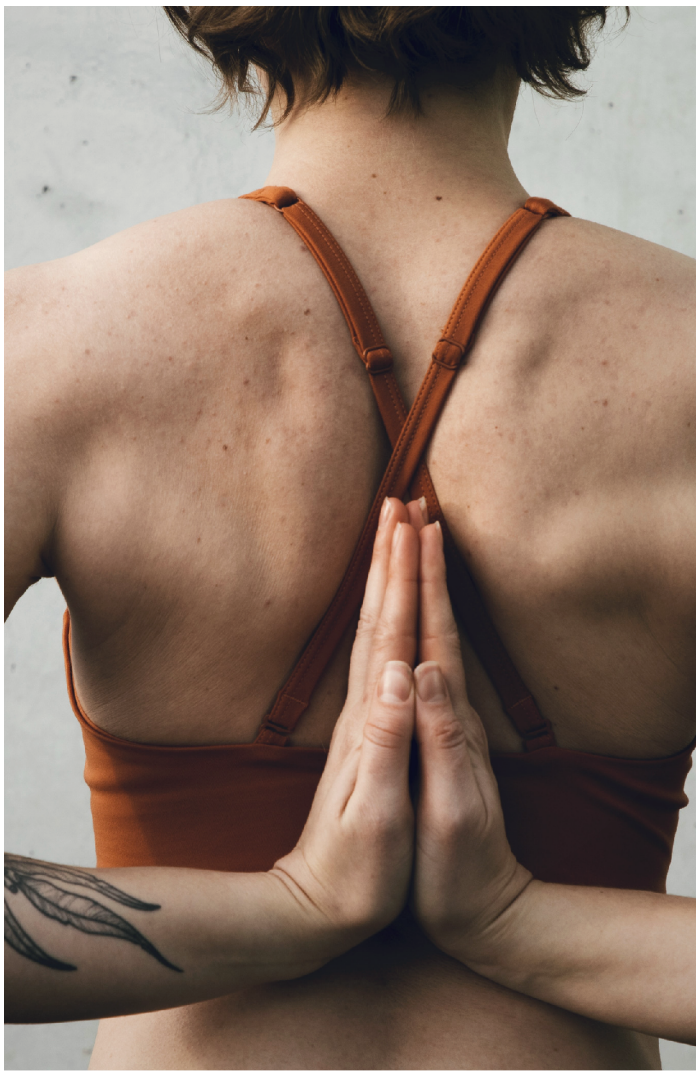
yoga training

200 HOUR JSY YOGA TEACHER TRAINING AT STATE

RYS 200 yoga ALLIANCE

module 4 | teaching yoga with confidence, authenticity, integrity.

(50 HOURS) TUTORS: JESSICA STEWART, OLIVIA MARLEY & VICTORIA GROVE



Welcome

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

It is also a big investment, and it can be hard to work out what one YTTC will offer over another. This information pack details our course's content and explores what makes this training distinct from others. Its aim is to help you 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 choose to go on to teach or not.

This 200 hour yoga teacher training course will:

- build greater depth of understanding about, and immerse you in the advancement of, your own personal practice
- coach you in clear, strong techniques for hatha and vinyasa yoga
- explore in depth the anatomy, technique, philosophy and mindfulness that underlies an authentic yoga practice.

JESSICA STEWART
COURSE LEADER & FOUNDER OF STATE

Why this course?

This course is verified by Yoga Alliance International. 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. You will then be ready to teach within the UK and internationally.

Capacity on this 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, lots of individual time with the course leaders, and a safe, supportive environment for self-development. We are very proud of the support, warmth and intimacy of our TTC community that distinguishes it from the very large YTTCs on offer in London.

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

Our training advocates a balanced 'east meets west' approach. It is non-dogmatic and is respectful of other disciplines . This lays a non-biased foundation for understanding the world of yoga, and allows students to find their position within it. We aim to inspire a unique and powerful voice in each student, in both their own practice and any teaching they 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 programme..
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What is the format?

The module can be taken online or live at state studio, Highgate

CLOSED GROUP LIVE CLASSES & SEMINARS

The full 50 hour module will take place as a closed study group, comprised of online live-stream interactive seminars and in-studio workshops. These can be joined online with our in studio live-stream set-up, or in studio.

CLOSED GROUP ONLINE SEMINARS

Weekday evening online lectures take place on zoom, and a recording of the seminar is available on the student's google drive for the duration of the course.

What will we cover?

- The 4 teaching tools – an introduction to being an excellent teacher
- Teaching practice
- Verbalisation – how to cue, correct and enhance your students' practice
- Voice-work and holding space in the room
- Demonstration – when, why and how to demonstrate effectively
- Assists – the key principles of safe and effective assists, an assist 'sequence' and assists for
- all major postures
- Finding an authentic voice and your teaching purpose
- The business of yoga – a complete guide to setting up as a new teacher
- Teaching online – how to vary your teaching skills to offer a fantastic online class
- Modalities – understanding the types and styles of yoga so you know how to label your class and look into further training
- Pregnancy and post-natal overview
- Teaching assessments and feedback

About | your teachers

JESSICA STEWART E-RYT 700+
COURSE LEADER

Jessica has been teaching for 12 years internationally and in London's top studios. She is the founder and director of state yoga and wellbeing studio in Highgate. Prior to that Jessica was the senior yoga teacher for 3tribes for 4 years, interviewing and training the teaching team and designing set sequences and schedules for 3 studios. Jess has been leading this 200 hour course for 6 years, runs workshops and retreats and lectures on corporate mindfulness. Jessica is the founder of state yoga studio, Highgate.

Jessica has trained with some of the worlds best teachers from Jason Crandell, to Tiffany Cruikshank, to Donna Farhi and many more including lesser known traditional yogis in India, to whom her practice and teaching is indebted. Her classes balance anatomical and alignment detail, with creative sequencing and insight based philosophy.

www.jessicastewartyoga.com

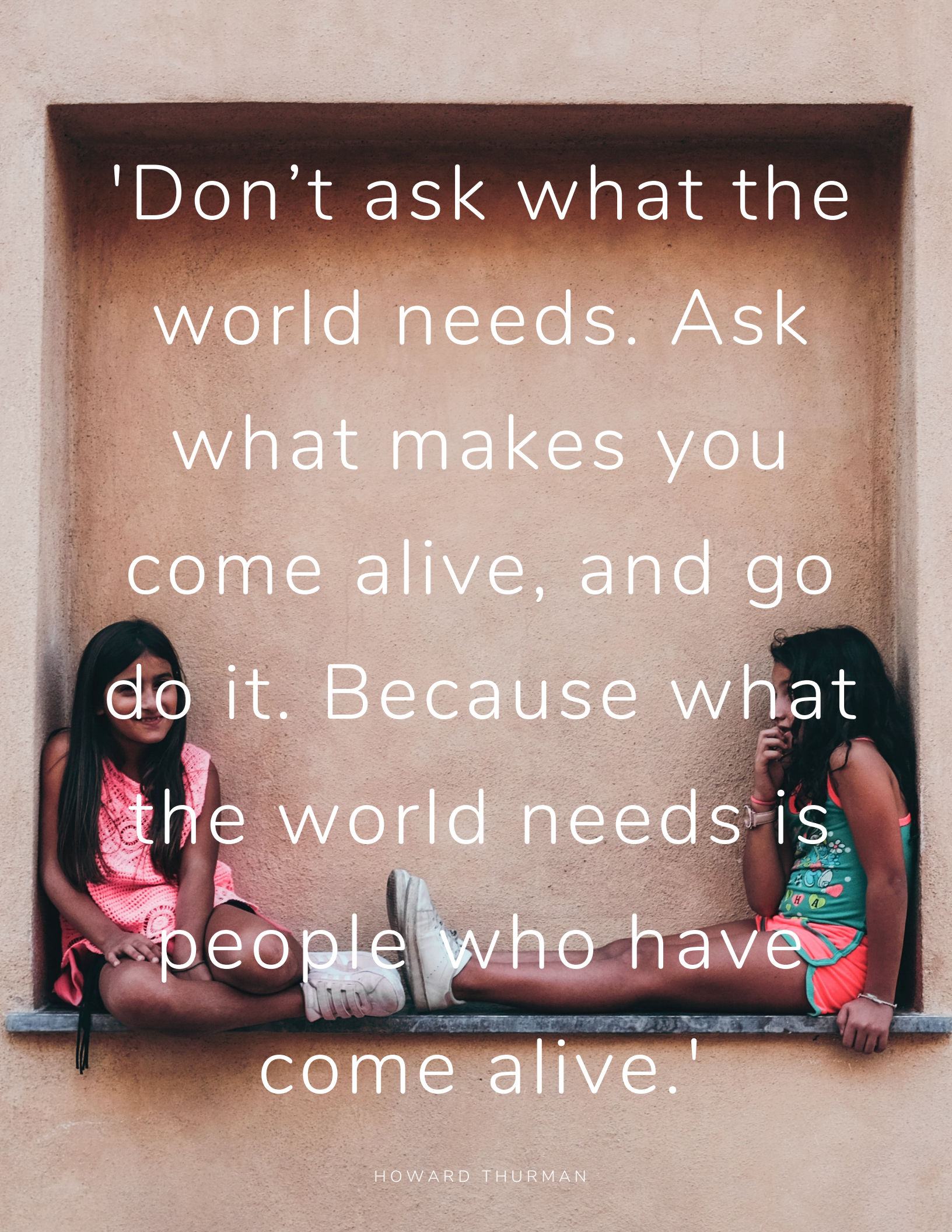
SUPPORTING TEACHER | OLIVIA MARLEY
Olivia leads the anatomy and physiology section of the course. She also teaches class sequencing, asana technique and alignment, teaching skills and the business of yoga.

Olivia's classes are down to earth, accessible, and fun. She blends a laser focus on technique, a constant drive to improve and warmth and humour.

www.yogawitholivia.co.uk

SUPPORTING TEACHER | VICTORIA GROVE

Integrating her many years of experience as an actor and as yoga teacher, Victoria mentors students in the art of commanding attention. She guides students in how to use their voice and body to educate, connect and deliver a class that carries students on a journey.


'Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.'
HOWARD THURMAN

Schedule

20-Mar | Introduction to teaching - 4 skills | 16:00-18:00

21-Mar | Verbalisation skills | 16:00-18:00

21-Mar | Teaching practice | 18:00-19:00

03-Apr | Saturday | Principles of observation | 12:00-13:00

03-Apr | Observation - teaching practice | 15:00-16:00

03-Apr | Observation - teaching practice | 16:00-17:00

04-Apr | Sunday | Voicework | 12:00-13:00

04-Apr | Voicework | 13:00-14:00

04-Apr | Teaching practice | 16:00-18:00

16-Apr | Friday | Demonstration | 18:00-20:00

17-Apr | Teaching practice | 16:00-18:00

18-Apr | Teaching practice | 17:00-19:00

01-May | Assists | 15:00-16:00

01-May | Assists | 16:00-17:00

01-May | Teaching practice | 17:00-19:00

02-May | Teaching practice | 17:00-19:00

15-May | Teaching mixed ability groups | 15:00-16:00

15-May | Teaching practice | 16:00-18:00

16-May | Teaching practice | 16:00-18:00

28-May | Friday | Developing a product portfolio | 18:00-20:00

29-May | Teaching practice | 16:00-18:00

30-May | Helping students with pain/modifying | 15:00-16:00

30-May | Teaching practice | 16:00-18:00

12-Jun | Teaching practice | 16:00-18:00

13-Jun | Sunday Sequencing | 12:00-14:00

13-Jun | Modalities | 15:00-16:00

13-Jun | Teaching online | 16:00-18:00

13-Jun | Teaching practice | 18:00-19:00

25-Jun | Friday Sequencing workshop | 18:00-20:00

26-Jun | Saturday Business of yoga | 12:00-14:00

26-Jun | Teaching practice | 16:00-18:00

27-Jun | Teaching practice | 17:00-19:00

10-Jul | Saturday | Pregnancy and postnatal overview | 12:00-13:00

10-Jul | Teaching practice | 15:00-17:00

11-Jul | Developing an authentic product | 13:00-14:00

11-Jul | Teaching practice | 15:00-17:00

21-Jul | Wednesday | Ethics of teaching professionally | 18:00-20:00

24-Jul | Saturday | Teaching assessments | 12:00-14:00 + Teaching assessments | 15:00-19:00

25-Jul | Sunday | Teaching assessments | 12:00-14:00

25-Jul | Why do you want to teach, if teach one thing what is it? | 15:00-16:00

Cost and location

Cost £800.00

Modules are paid in full, there is no deposit. Your place is secured when payment is received and the signed contract returned to state. Places are non-refundable and non-transferable. Priority is given to full course candidates for live access to the modules. Payment must be complete before the course starts. The course is not certified until you have completed all 200 hours and passed each module to the teachers' satisfaction. Additional tutoring or one to one mentorship is available but as an added cost. We advise that the 200 hours be completed within a 3 year period. For support or queries please contact stateyogalondon@gmail.com.

LOCATION

State Yoga
2-3 Broadbent Close
Highgate
London
N6 5JW

What do I do next?

Places are limited, so we recommend you get in touch soon to notify us of your interest.

1. Book a class with Jessica Stewart, Olivia Marley or Victoria Grove and asked to be assessed for the training application.

2. If they give you the go-ahead at the end of the class please put down your deposit on the stateyoga.co.uk/training page.

3. Email stateyogalondon@gmail.com to set up your payment plan or pay in full and receive the reading list.

Any questions?

We would love to hear from you. Email state management (and course graduates) at stateyogalondon@gmail.com, or email course leader at **jessicastewartyoga@gmail.com** and arrange a call.

Reach out on insatgram @stateyogahighgate @jessyogaradiance,

www.stateyoga.co.uk/training