



YogaHub

YogaHub 200 Hours Teacher Training 2020

Cloudia Hill SYT

Caroline Henley SYT

Erin Prichard SYT

Cal Wansbrough SYT

200 Hours TEACHER TRAINING – AUTUMN 2020

DATES:

- The course will run over 2 day and 3 day weekends plus an immersive 5 day stretch.
- A minimum 162 of the 180 contact hours must be attended to pass the training alongside successful completion of the final assessment.

All days are 8.30am -6.30pm

- SEPTEMBER Friday 18th - Sunday 20th
- OCTOBER Saturday 3rd & Sunday 4th
- OCTOBER Monday 12th - Friday 16th
- OCTOBER Saturday 24th & Sunday 25th
- NOVEMBER Friday 6th - Sunday 8th
- NOVEMBER Saturday 21st & Sunday 22nd
- NOVEMBER Friday 27th - Sunday 29th

EXAMPLE DAY:

Breaks to be approx 15min, 45min & 15min

8.30am	90minute Led Practice (Asana, Pranayama & Meditation)
10am - 1pm	Teaching Practice / Workshops on Set Modules
1.45pm - 4.45pm	Teaching: philosophy, anatomy etc.
5pm - 6.30pm	Evening Led Practice - focusing on the set sequence

LOCATION

Our brand new studio:

YogaHub
48 - 50 Sheen Lane
London
SW14 8LP

YOUR TEACHERS

We are incredibly proud to have 4 of London's best teachers training you on this course, ALL 4 are SYT*. With well in excess of 40 years teaching experience between them and a number of Teacher Trainings under their belts, rest assured you are in extremely safe hands, whether you want to teach, broaden your personal knowledge or apply elements of the training to your current jobs.

We will also have a number of guest teachers take classes, focusing on different styles, including Manu D'Aquino and Eva Thomson.



CLOUDIA HILL – Lead Teacher

Sequencing and the Art & Skills of Teaching Yoga

Cloudia is known for a strong and dynamic class with fluid and intelligent sequencing. Cloudia teaches full time and has taught retreats and workshops in the UK and abroad. Her classes offer a naturally meditative practice with a consistent focus on the rhythm of the breath. Cloudia's teaching offers both a deep knowledge of yogic philosophy and spirituality.

Having completed her Teacher training with Stewart Gilchrist in 2012, Cloudia is also qualified in pregnancy yoga, as well as teaching children from 4 to teens in schools. She encourages students to find balance on and off the mat, using the tools we learn in Yoga to facilitate this. Cloudia previously acted which enables her to help teachers find their own voice when teaching. Cloudia is looking forward to teaching and sharing her knowledge with her teacher trainees.



CAROLINE HENLEY

Asana Alignment and the Art and Skills of Teaching Yoga

Caroline originally trained in 2010 with Duncan Peak in Australia and since then has followed other teachers such as Lance Schuler, Tiffany Cruikshank, Stewart Gilchrist, Mark Kan, David Kyle and The Yoga People. She has also run a number of teacher trainings.

Her teaching is grounding and her alignment cues and skills exceptional. Caroline is extremely passionate about teaching yoga and feels very lucky that she is able to do this as her full-time job. As teacher trainees you will benefit and learn from her wealth of experience.



ERIN PRICHARD –

Yoga History, Yoga Philosophy, Sanskrit, Meditation & Nidra

Erin, originally from sunny Florida, is a free spirited barefoot enthusiast, surfer, Yogini and world adventurer. She's a senior yoga teacher and has been teaching Yoga for over 15 years. She is forever grateful to all of her teachers but especially thankful for her family and friends, Richard Freeman, Iyengarfamily, The Jois family, Sheshadri, Matthew Sanford and her current teacher Stewart Gilchrist.

She spreads her love of yoga to yogi's and yogini's in London as well as on retreats worldwide. She runs 200 hour and 500 hour teacher trainings in London as well as abroad. As trainees, you will benefit from Erin's gravitas and knowledge of yoga history and philosophy.



CAL WANSBROUGH –

All things Anatomy

Cal came to yoga about 25 years ago, and became hooked by the magical ingredients of breath, flow and movement and the profound and lasting affects it has on both mind and body. Cal has been teaching for well over 10 years. Our trainees are fortunate to be having Cal teach the anatomy.

Cal delivers and teaches anatomy and yin trainings in the UK, which are YAR registered. Passionate and interested in body and mind, Cal is also a qualified Yoga Life Coach, Reiki practitioner, and a qualified and practicing Acupuncturist.

*** SYT Senior Yoga Teacher: requires a minimum of 8 years teaching and over 4000 recorded hours of teaching, excluding retreats.**

COST:

-£2900

-Member Price £2650

-Non Member Early Bird Discount price £2650

Course must be paid in full by the Early Bird date of 1st July 2020 to receive the discounted price

BOOKING & CONDITIONS:

- A non-refundable deposit of £500 is required to secure a place on the course. If you are unable to attend, the deposit may be deferred to our next training.

- Number of full time students strictly limited to 18.

- Once application criteria met, applications will be on a first come, first served basis after deposit is paid.

-The full fee must be paid before September 7th 2020 and there will be no refunds if a student can't complete or decides to discontinue the course. Deferment will be arranged at the discretion of the teaching team.

-Costs include training and assessment by our Yoga Alliance UK SRYT team and yoga manual. Trainees to pay for their Yoga Alliance Professionals UK insurance, membership and Yoga Alliance Certificate with the governing body Yoga Alliance (approx £100)

DURING THE COURSE:

-Students must have a minimum attendance rate of 90% (hours under 90% to be made up outside by separate agreement)

-Students must be punctual for the start of the day and after breaks in consideration of the other trainees. Regular tardiness will impact directly on the attendance rate

-Students should maintain a daily practice from a given list of teachers and keep log sheets

-Students to complete the course requirements and assignments within the allotted time

-Extensions may be granted if a student cannot complete requirements due to unforeseen circumstances, circumstances must be evidenced

APPLICATION – ARE YOU READY?

Will you have a minimum 2 years yoga practice by October and the desire to deepen your knowledge and teach? We would love to have you on YogaHub's first ever Teacher Training!

FULL NAME:

FULL ADDRESS:

MALE/FEMALE:

DATE OF BIRTH:

MOBILE NUMBER:

EMAIL ADDRESS:

EMERGENCY CONTACT INFORMATION

Name :

Phone :

Relationship :

ABOUT YOUR YOGA PRACTICE

How long have you been practicing Yoga?

Where do you practice?

Which yoga teachers do you enjoy practicing with and why?

What is your favourite yoga posture and why?

What is your least favourite yoga posture and why?

Why would you like to do the 200hours TT and what would you like from your training?

Do you have any qualifications that strengthen your application?

(PT, Dancer, Physio, Osteo etc)

If yes, please expand:

What does Yoga mean to you and how has it changed you?

What do you consider the role of a Yoga teacher?

HEALTH INFORMATION

All answers will be kept in strictest confidence Please provide more details if any of the below is applicable to you.

Have you suffered from any serious illness or had major surgery in the last 3 years?

Are you currently taking any medication?

Do you consider there is anything health wise that we should be aware of?