

Course bookings

Fees

2013 course fees are £150. Fees include the 50 page course manual, 2 days tuition, certification and a delicious vegetarian lunch on each day.

Terms and conditions

The full fee is payable at the time of booking. All fees are non-returnable. In the case of the course not running, an acceptable alternative or a full refund will be offered.

Certification

The Introductory Yoga Study course certificate of completion is awarded to successful students with 100% attendance. The IYS course can count towards aYs and BWY CPD points for Yoga teachers.

Booking and payments

For all further information about the course and to book your place, please contact:

Vitalityyoga

info@vitality-yoga.co.uk
www.vitality-yoga.co.uk
mobile: 07850-970137

CambridgeYoga

cyaf@btopenworld.com
www.cambridgeyogaandfitness.org
mobile: 07801-703593

Payments are by direct bank transfer or you may pay by cheque, made payable to Marianne Irwin and sent to:

1 Bulstrode Gardens, Cambridge, Cambridgeshire, CB3 0EN

Venue

Coton Village Hall, High St, Coton, Cambs CB23 7PL
Coton is 2 miles west of Cambridge, easily accessible from the M1 and A14, or by bus from Cambridge, or by cycle via The Coton Footpath.

Introductory Yoga Study Course



Vitalityyoga

Marianne Irwin, Dip cYs
BWY, Uey and BCYT accredited Diploma
Member aYs, BWY, CNHC

CambridgeYoga

Liz Smith, Dip cYs
BWY, Uey and BCYT accredited Diploma
Member aYs, BWY, REPs

A Two Day Workshop

To present a view of Yoga through which students can support and develop their own practice and deepen their appreciation of the possibilities for Yoga in their lives

Course dates

Courses are held in central Cambridge

9 and 16 March 2013

9 and 16 November 2013

Marianne Irwin, Dip cYs Practitioner and Therapist
Liz Smith, Dip cYs Practitioner and Therapist

The Introductory Yoga Study course programme reflects the teachings of TKV Desikachar and his father and teacher Sri T Krishnamacharya as taught to Paul Harvey over 25 years

Introductory Yoga study course – overview

The Introductory Yoga Study course is based in central Cambridge.

It is open to all except complete beginners and offers the principles of viniyoga to Yoga students, teachers or trainee teachers from any style or background, either for personal development or professional skills.

Its role is not to train students as Yoga teachers, but it does form the prerequisite for further study in this approach.

Aims, to provide

- ✘ Guidance for a personal practice to support our everyday lives
- ✘ An overview of important Yoga teachings on body, mind and emotions
- ✘ An understanding of the principles of the viniyoga (application) of Yoga which inspire and shape Yoga practice
- ✘ Familiarisation with basic Yoga terms and practice techniques
- ✘ An appreciation of how the body can work effectively in āsana
- ✘ A deepening of our work with the breath in practice

Prerequisites

Regular attendance at a group class or 10 individual lessons in any Yoga approach. Ideally students might have approximately one year's class attendance – please contact us if you are not sure and would like to discuss this.

Duration

Two days, 9.30am to 4.30pm each day.



Course topics – 11 hours over two days

Yoga Practice

- ✘ How to design a personal practice to suit your needs
- ✘ How to refine your practice through self-awareness

Yoga Sūtra (history and philosophy)

- ✘ What is Yoga? The definition, history and underpinning concepts of Yoga
- ✘ An introduction to the Yoga Sūtra of Patañjali
- ✘ Exploring key sūtra in the first and second chapters

Yoga Āsana (postures)

- ✘ Exploring the principles of key āsana in this approach
- ✘ The concept of vinyāsa krama
- ✘ Role of breath in āsana
- ✘ How to adapt, modify and vary your practice

Prāṇāyāma (breathing techniques)

- ✘ Primary seated breathing techniques and practices
- ✘ How to integrate prāṇāyāma into your practice

Home Study

- ✘ Guidance for continuing home study and personal practice

