

**Good Life Yoga School**  
**Marcus Veda & Hannah Whittingham**  
**Foundation YA Registered Vinyasa Yoga Teacher Training**

## **Dates & Locations**

10 Day Immersion @ Saturnia, Tuscany

Friday 4<sup>th</sup> Oct (arrival day) – Sunday 13<sup>th</sup> Oct (departure day)

Teaching runs Sat 5<sup>th</sup> – Sat 12<sup>th</sup> inclusive with an opening practice Friday evening, and closing practice Sunday morning.

London Weekends @ The Light Centre, Moorgate

(Friday 7:30pm - 9:30pm / Saturday & Sunday 9:30am – 6:30pm)

22 -24<sup>th</sup> November, 2019

20 - 22<sup>nd</sup> December, 2019

3 - 5<sup>th</sup> January, 2020

7 - 9<sup>th</sup> February, 2020

6 - 8<sup>th</sup> March, 2020

3 - 5<sup>th</sup> April, 2020

## **Cost**

£2700 early bird discount (until 1<sup>st</sup> December)

£3000 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 Tuscany and £100 for course manuals and materials. Contact us if you would like to apply.

## **The Small Print**

In addition to tuition fees, all students will need:

Accommodation and food for the immersion in Tuscany, which comes to £500 for shared twin-bed room, £460 for a shared double-bed room (for couples or cosy friends), £660 solo occupancy of either.

Flights to Rome (Easyjet and Ryanair fly direct to Rome at around £80-£90).

Transfer to and from the villa (we will be hiring a mini bus which you are welcome to join).

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).

Tuscan accommodation fee is also payable to us once you have decided on your room option.

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

## **Faculty**

Marcus Veda & Hannah Whittingham

Anatomy: Christian Di Georgio

Guests: Ben Wolff (lucid dreaming and neuroscience of alpha/theta brain wave states), Mark Walsh (embodiment therapy).

## **Syllabus Content**

### **ANATOMY**

Theory & Applied (range of motion vs flexibility, bone structure, asana variations, assists)

### **PHILOSOPHY & HISTORY**

An overview of the development of 'yoga' and discussions on lineage

Patanjali's Sutras and discussions on ethics

Hatha Yoga Pradipika

Updating yoga : 'tradition' vs evolution/update

### **ASANA**

Principles of Vinyasa

Bandhas

Drishti

Intention

### **PRANAYAMA**

Ujjai/ Nadi Shodhana /Larry's Pranayama/ PNS breathing /1:2 breathing

The science of breathing  
Sensible applications of pranayama

## **MEDITATION**

Techniques such as Vipassana / Metta / Mindfulness  
The neuroscience behind 'altered traits' through meditation  
Sensible applications of meditation

## **EMBODIMENT AND YOGA**

Effect on nervous system – SNS vs PNS  
Somatic experiencing  
Yoga for trauma and anxiety  
Over-stretching and over-breathing

## **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 – types  
Planning a class  
Guru complex/creating students who aren't reliant on you  
Music in class  
Biz of yoga – studios/social media/retreats/workshops

## **CONTINUED DEVELOPMENT**

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

## **Contact Hours & Yoga Alliance**

For those who wish to join the Yoga Alliance on graduation, please note that due to YA specifications, you can only register 200 hours at a time for a foundation training, even if the course is longer. As a result your official Yoga Alliance certificate will state 200 hours rather than 250

hours.

## **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.