



SEASONAL  
YOGA

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Teacher Training



Connecting Students with their True Nature

Course Prospectus

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SEASONAL  
YOGA  
Teacher Training



*"The greatest tragedy in life is not death; the greatest tragedy takes place when our talents and capabilities are underutilised and allowed to rust while we are living"*

*Amma*

**Seasonal Yoga Teacher Training** is an independent Yoga School striving for high standards and connecting students with their true nature and the nature that surrounds us all. This course is for those who wish to teach Yoga or those who would like to go deeper on their Yoga journey. For everyone it will be a year of personal evolution.



### *We are focused...*

on making this a year of beneficial change for those who attend the course. Using the time-honored techniques of Yoga and Traditional Chinese Energy Work, we have set up a course which will look into your personal practice, your diet, your lifestyle, your mindset, your energy, and more. We will be there every step of the way to support your development with regular one to one meetings and classes as well as the monthly modules.

### *We recognise...*

that every Yoga teacher is different, and you have to understand yourself in order to teach from your own passion. We do not want to create teachers in our own image. Rather, we help you to find and follow your own style, whilst giving you the tools to do that well. We also welcome those who do not necessarily wish to teach, but who are keen to deepen their Yoga knowledge and experience for their personal journey

### **The 200 Hour Hatha Yoga Course (RYS 200)**

The Seasonal Yoga Teacher Training course consists of 12 intensive monthly modules with a focus on the Vinyasa Krama practices of Seasonal Flow and Ashtanga Yoga. The course includes training and practice in Asana, Meditation, Pranayama, Yoga Philosophy, Chinese Energy Work, Anatomy and Physiology, Kriyas, Chakras & Nadis and other traditional energy practices.

### *This 200 hour course...*

is designed to explore Yoga in more depth and includes practical and theoretical work. It is called Seasonal Yoga because we teach you how to harmonise your practice and energy with the outside season, drawing from the Chinese cyclical understanding of nature, to create balance within our lives. Seasonal Yoga uses our knowledge and understanding of the body's energy lines (meridians) and how these affect our organs, vital energy (chi), mood and mind set to help attune you to the world around you through your Yoga practice, your diet, your breath work, etc. Throughout the training students will study the Chinese and Indian elements and how they relate to their practice and lifestyle depending on the season.

### *You will also gain...*

extensive teaching practice in some of the main styles / disciplines of Hatha Yoga, as well as Yoga for special circumstances, chair Yoga, teaching with music, and more. We also cover marketing and Yoga business setup.

**The Seasonal Yoga Teacher Training** course meets and exceeds the National Educational Standards of Yoga Alliance at the 200 hour level. Upon completion of the course you will be eligible to become a Registered Yoga Teacher (RYT).





## Course Syllabus

### *What specifically will you learn?...*

The Yoga styles we will teach you are creative and intelligent flow styles which are easily adapted to different ability and energetic levels. The teaching consists of a broad range of practical and theoretical subjects:

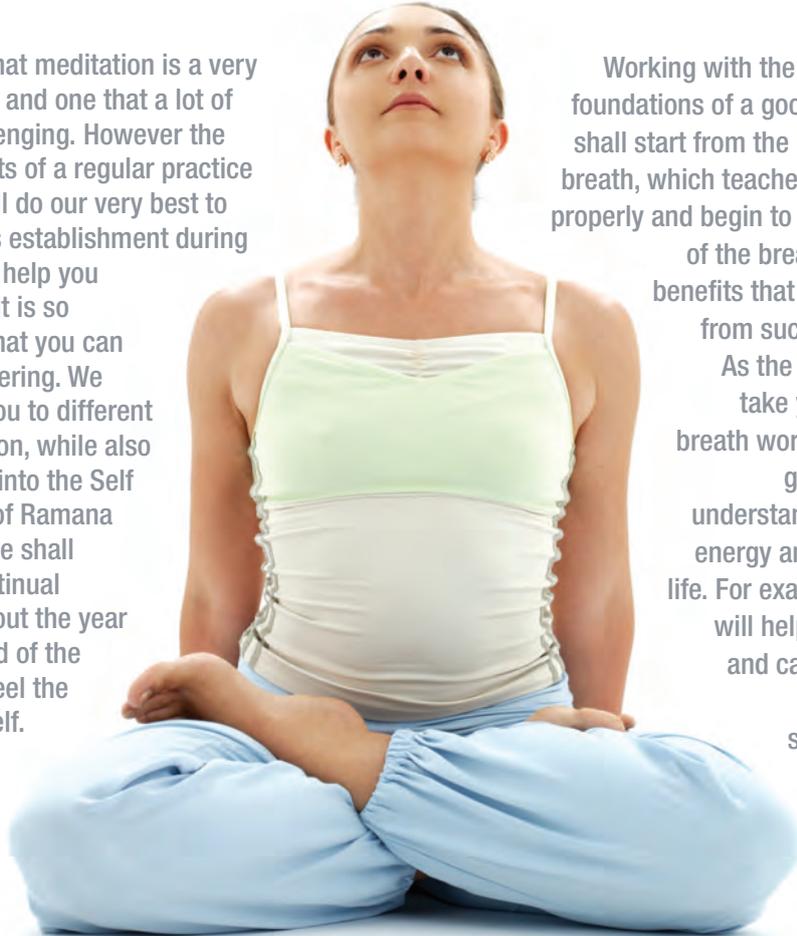
- Asana, including Sanskrit and English names of the postures
- Asana workbook, detailing full practical application of individual postures
- In depth study of how to apply Seasonal Energy into daily Yoga practice
- How to sequence poses, for all of the seasonal energies
- Meridians (nadis) and pressure points and how to apply them to Yoga postures
- Qi Gong to increase flexibility and energy awareness
- Energy anatomy
- The practice of pranayama
- Concentration and meditation
- Nutrition
- Anatomy and Physiology
- History of Yoga
- Philosophy of Yoga
- An introduction to Patanjali's Yoga Sutras and The Bhagavad Gita
- The Eight Limbs of Yoga
- The different paths and schools of Yoga;
- The chakras
- Mudras and bandhas
- Using music in classes
- Health and Safety issues with students in classes
- Planning a class for all levels of teaching
- Special needs in class, such as pregnancy, arthritis, chair Yoga, etc
- N.L.P and its application to being a successful teacher and increasing your understanding of yourself
- Marketing and creating your Yoga business.

### *At the end of the training...*

You will be a qualified Hatha Yoga teacher and in addition will have the tools to create other types of Yoga class, such as more basic classes or more restorative Yoga.

## Meditation

We understand that meditation is a very personal journey, and one that a lot of people find challenging. However the enormous benefits of a regular practice mean that we will do our very best to support you in its establishment during this year. We will help you understand why it is so important and what you can gain from persevering. We shall introduce you to different types of meditation, while also establishing you into the Self Enquiry method of Ramana Maharishi, and we shall support your continual practice throughout the year so that by the end of the course you will feel the effects for yourself. This is one of the great gifts Yoga has to offer, and we hope you shall go on with your inward journey long after you graduate.



## Pranayama

Working with the breath is one of the foundations of a good Yoga practice. We shall start from the most basic full Yoga breath, which teaches you how to breath properly and begin to control the muscles of the breath, and discuss the benefits that everybody can gain from such a simple practice.

As the year progresses we take you through a set of breath work practices that will greatly enhance your understanding of your bodies energy and give you tools for life. For example one technique will help bring rejuvenation and calmness, and can be used when you are stressed or suffering from insomnia, while another stimulates, bringing alertness and invigoration to the body and mind.



## Course Timetable 2014

GLASGOW • LONDON • PRESTON

We also have a course in Finland, contact us for details.

The teaching year is made up of 12 modules, usually scheduled at four-week intervals and occurring on a Friday evening and all day Saturday. There are three exceptions which include additional Sunday teaching. These are scheduled for February 16th (Glasgow - a retreat weekend), September 14th and October 12th (London).

### Module 1

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24th & 25th January  
1st & 2nd February  
8th & 9th March

### Module 2

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14th, 15th & 16th February  
1st & 2nd March  
5th & 6th April

### Module 3

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14th & 15th March  
29th & 30th March  
3rd & 4th May

### Module 4

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11th & 12th April  
26th & 27th April  
31st May & 1st June

### Module 5

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9th & 10th May  
24th & 25th May  
28th & 29th June

### Module 6

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6th & 7th June  
21st & 22nd June  
26th & 27th July

### Module 7

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4th & 5th July  
19th & 20th July  
23rd & 24th August (The Bank Holiday Weekend)

### Module 8

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1st & 2nd August  
16th & 17th August  
20th & 21st September

### Module 9

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29th & 30th August  
13th & 14th September  
18th & 19th October

### Module 10

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26th & 27th September  
11th & 12th October  
15th & 16th November

### Module 11

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24th & 25th October  
8th & 9th November  
13th & 14th December

### Module 12

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21st & 22nd November  
29th & 30th November  
17th & 18th January 2015 - Graduation

Detailed list of specific lecture times will be given on successful admission to the course.

■ GLASGOW DATES

■ LONDON DATES

■ PRESTON

## *Who will be teaching on the course?...*

The Course Directors and Lecturers are Sue Woodd, Julie Hanson and Marit Griffith. Together they represent some of the most experienced teachers in the UK today. Individually they bring their own unique set of specialist skills, knowledge and expertise, which will ensure your learning experience is thorough and inspiring. There is also a team of visiting lecturers, bringing the most up-to-date knowledge available; as well as teaching assistants, for behind-the-scenes support. These individuals are chosen to give you an excellent standard of training throughout the course.



## *Your own development...*

You are also expected to attend a regular Yoga class, these classes can be with a teacher of your choice. During your training it is vital to establish a personal practice in your everyday life (if you have not already done so). A personal practice (sadhana) may take many forms, such as Yoga asana, energy flow work, meditation, pranayama, or simply learning to breathe deeply to bring mindfulness to your busy life. We will support this with a personal evolution assignment each month designed specifically to bring the Yoga theory to life. You will keep track of this development using a personal log book.



## *There is required reading...*

throughout the year, to inspire you and offer deeper insight into the teachings of Yoga. You can see the reading list on page 10. We strongly recommend you begin reading as early as possible in preparation for beginning your training, as it may make the year ahead a little easier.



## Course Costs 2014

### *The cost...*

**The cost is £225.00 per module, there are 12 Modules.**

To secure a place on the course you pay a deposit of £450.00

We have special offers available for early commitment to the course.

Offers:

- **Very early bird** - 6 months before start date (from the exact date of Module 1) - deposit amount £300
- **Early bird** - 4 months before start date - deposit amount £350
- **Final discount** - 2 months before start date - deposit amount £400
- **Last minute booking** - Full price deposit amount £450.

### *How to pay...*

Your deposit pays for the first 2 modules and the deposit can be paid by direct bank payment or cheque.

Course payments should be made by standing order please, although cash and cheques are accepted at the beginning of each module if you request to pay that way.

**For more information, please contact Julie Hanson, by emailing: [seasonalteachers@gmail.com](mailto:seasonalteachers@gmail.com)**

## Course Literature

### *What you get on your course...*

#### **ON-LINE ACCESS**

We are the first teacher training to have On-line access to watch past lectures classes and posture workshop clips. Exclusive use for course attendees only.



#### **AN EXTENSIVE 500 PAGE MANUAL**



#### **5 SEASONAL PRACTICE DVD'S & ENERGY IN SEASON BOOK**



#### **PRACTICE LOG BOOK & JOURNAL**



#### **DURING THE COURSE, YOU CREATE USEFUL HANDOUTS READY FOR YOU TO GIVE TO YOUR CLIENTS**



#### **CERTIFICATE ON SUCCESSFUL COMPLETION OF THE COURSE**



## *A taste of the course required reading list...*

- **The Spiritual Teachings of Yoga**  
by Forster and Manuel (can have as audio book), (pre course reading)
- **Yoga Nidra**  
by Bihar Yoga School (Month 1)
- **Moola Bandha, the Master Key**  
by Swami Buddhananda (Month 2)
- **The Science of Breath**  
by Swami Rama (Month 3)

Julie and Sue's 'Energy in Season' book, Seasonal Yoga practice DVDs, and Course manual will also be included within the course material and used throughout the year.

A leaflet containing the full required reading list for the course will be included with your acceptance form.

## *Extra suggestions*

There are also a number of books that are not specifically required for the course, but are very good, they will help with your understanding and to inspire you on the Yogic path. 2 examples of these are:

### **Technical:**

- **Yoga Mala** by Pattabhi Jois

### **Inspirational:**

- **Bringing Yoga to Life** by Donna Farhi

Again a more detailed list of suggested reading will be included with your acceptance form.



## Seasonal Yoga Teacher Training O N L I N E

We are hoping to help protect the planet by going as paper free as we can. Therefore module handouts and homework etc are all done electronically.

### *As a fantastic online back-up to all your hard work...*

You are able to access our fantastic on-line support system which will allow you to come back and watch the major lectures again again, even after you have qualified.

### *Lecture videos...*

We have recorded the lectures from each of the modules so that you can watch them at your leisure. This comes into it's own later in the course when you can refresh your knowledge by watching what we taught you earlier on in the year.

### *Back-ups of all the handouts...*

Material we give you on the course is available as downloadable PDFs. If you misplaced or lose one of the handouts you can always find them online.

### *A fantastic forum...*

We're also trying to grow our Yoga community. We encourage class interaction, discussion and community spirit by providing a means for all our students, past and present, to share information with each other.

### *and much more...*

Our support team is here to help you. We'll try and sort out any technical issues where we can or point you in the right direction.

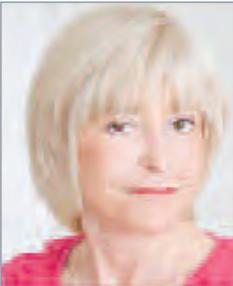


## Course Directors



### *Julie Hanson*

Seasonal Yoga Flow is Julie's main passion. She teaches seasonal Yoga classes and workshops in Scotland, England and in Europe. With her co-author Sue Woodd, Julie has published a book "Energy in Season" which gives clear guidelines to living, eating and practicing Yoga, Tai Chi and Chi Gung in line with nature and the seasons. Julie's early career was rooted in the fitness industry and running SPORT AID World Workout in 85 was one of her personal career highlights. Now her time is split between writing, teaching and training the occasional celebrity. She has made regular TV and Radio appearances over the years. She educates students and teachers alike to live life in line with nature, encouraging them to maximize their potential for health and fitness and achieve lifestyle and personal goals. International Yoga teachers Shiva Rea and David Keil have influenced Julie's style of teaching. [www.juliehanson.com](http://www.juliehanson.com)



### *Sue Woodd*

Sue Woodd has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. She is a registered Trainer with the Shiatsu Society, a Senior Instructor with the T'ai Chi Union of Great Britain and she teaches for the F3 T'ai Chi and Chi Kung Academy and the Chi Yoga School. Sue is a graduate of the College of Cranial Sacral Therapy and a teacher affiliated with Yoga Alliance she is an International Master Trainer and trains fitness instructors and lectures for leading Health Farms, designing courses for Fitness Companies world wide including the YMCA, Fitness International Geneva and Bodymind concepts Sweden. Sue continues to raise public awareness through her books, DVD's and radio and television appearances. [www.suewoodd.com](http://www.suewoodd.com)



### *Marit Griffith*

Marit first practiced Yoga in 2000, after a background in martial arts, with a comprehensive one month Yoga course in Rishikesh, India, under Swami Vivekananda Saraswati and Sahaja Ananada. Since then she has studied many different styles of Yoga intensively and travelled to different parts of Asia and Europe on courses and retreats increasing her understanding of the whole Yoga system. She continues to learn under Swami Vivekananda Saraswati for several months of intensive study each year and has moved into the realm of meditation by retreating many times for a period of one week to several months at a time, in the Advaita Vedanta tradition. She now runs the white lotus Yoga school and teaches beginners to advanced classes in general Hatha Yoga and Tantra Yoga, gives lectures, workshops, seminars, private classes, etc. Marit exemplifies the life of yogi in her dedication to the practice and helping others find a way to make these wonderful teachings relevant to their lives.

## ...testimonials

### This was a really special course for me...

run by the most amazing teachers. I learnt so much and made some lovely new friends. I feel I accessed all the tools I need to set up as a Yoga teacher and I will never ever forget this wonderful year long journey. Thank you so much.

*Debbie, London Group, Dec 2012*

### I have loved this course...

and would do it all again in a heartbeat. The teachers are so knowledgeable and brilliant at bringing out the best in you. The posture workshops, lectures, food!, all exceptional. It's been a privilege to be part of the 2012 group.

*Valerie Johnston (Glasgow Group), Dec 2012*

### Thank you Marit, Julie and Sue...

for being wonderful, wonderful, wonderful teachers and for the amazing newly qualified teachers and everyone involved in the course. Totally Yogatastical. What a wonder filled year!

*Stephen, Glasgow Group, Dec 2012*

### You are some of the most inspiring...

people I have ever met, my life is richer for having known you all.

*Anon*

### You were all fantastic...

Julie and Sue you especially helped me with my individual circumstances. Thanks so much. ... I was really impressed with [the] attention to detail and feedback during the class demonstrations. I really can't think of anything that you could have done better.

*Anon*

### Julie and Sue are incredible teachers...

and I feel most connected to them and learned a lot from their teachings. Marit and Ros, who are so dedicated to the thoughts and practices came across a little overwhelming at first, but as I've gotten to know them better, I understand that it's passion - they have passion for their subject and want to convey that to us.

*Anon*

### I loved all our teachers...

each is obviously expert in their field and I gained lots from each, but I wanted to make a special mention for Marit - her knowledge and expertise is vast and amazing and her teaching style is clear, confident and engaging. She obviously walks the walk and practices what she preaches and I looked forward to every single class. Thanks to her wonderful and caring approach I now have a really good grasp of the spiritual teachings, philosophy and history of yoga and I can't wait to further my studies in this area!

*Anon*

### A breadth of learning...

offered by inspiring and experienced teachers. If you've ever thought, 'What if?' about becoming a Yoga teacher, I would urge you to say, yes! and take this course. It has literally changed my life. A rewarding enlightening path.

I've had an amazing year and can't recommend seasonal Yoga teacher training highly enough. I've learned loads and can't wait to get started teaching my own classes. Oh, and the teachers rock!

*Anon*

### The teacher trainer course...

is literally the best journey you will ever go on. You will make friends for life and have the best teachers you could ever wish for. Julie, Sue Marit and Graeme provide a course that is informative, interactive and the best start for any budding Yoga teacher. I would do it all again.

*Anon*

### I found the SYTT course...

after googling 'breath glasgow'. I was suffering from stress and was aware that I restricted my breath when stressed. I hadn't done much Yoga before the course but signed up for what turned out to be a wonderful journey of self exploration. I have read wonderful books I had never heard of before the course, learned and took apart Yoga asanas, started being aware of and listening to my body and so much more. I even taught a class at the end of the course. I have found a whole tool box of life skills that I didn't know existed. Julie, Marit and Sue are wonderful teachers. I would recommend the course without hesitation. (Ps it would probably be best to have a reasonable Yoga practice first ...but I don't always do things the easy way!)

*Anon*



## *What should I do now?...*

1. Please complete the online application form if you haven't already done so.  
<http://www.seasonalyoga.co.uk/how-to-apply/>
2. Apply for an appointment to view this years course, by emailing our admissions director on [seasonalteachers@gmail.com](mailto:seasonalteachers@gmail.com)
3. Attend and view a current course if possible and have an informal interview with one of our directors.
4. On being offered and accepting a place, you will complete an acceptance form, pay your deposit and have a confirmed place on the course.

*Thank you very much for your interest we hope to meet you soon,*

**Julie, Sue and Marit.**



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