

# Shiatsu College

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Yoga Teacher Training Prospectus 2019



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## Introduction

This fully certified Yoga teacher training course provides you with the practical skills and expertise to teach according to the philosophy of Vanda Scaravelli. Attention to the breath, to the connection to the ground, to alignment of the spine and flow of energy in the body, are also key principles in Shiatsu. The Shiatsu College has been teaching these arts for 30 years. Founded in 1986, the College has since expanded into 5 branches throughout the UK. Shiatsu College Hastings was created in 2000 by Annie Cryar and Rosabella Jordan, both highly experienced Yoga teachers and Shiatsu practitioners. Rosabella's Yoga teacher training, The Footprints of Yoga, ran for 15 years at Morley College, Westminster

University. The Shiatsu College is accredited by an Ofqual approved accrediting body, Laser Learning Awards thus giving you the opportunity to take the optional Certificate in Education and



Training. This is a Government recognised teaching qualification which can be used to further your teaching career.

## About the Course

### How long is it?

The first year is a stand alone 200 hour programme.

The second year is a 300 hour programme making a combination of 500 hours creating a comprehensive teacher training course with a direct contact time of 368 hours.

You will need to set aside at least four hours a week for practice and study time.

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## How are the course hours organised?

Year one runs one weekend a month, over 11 months from October to July.

Year two runs one weekend a month over 12 months from October to July.

All weekends run from 9.30am to 5.30pm

## What do I need to do to pass?



Assessments are in the form of written or audio or visual submissions, observations, peer and tutor evaluation and evidence of a reflective practice.

See below for individual modules and details of assessment criteria. All assignments and teaching practice must be passed to complete the course.

We ask that students attend all the teaching sessions, however you may miss a maximum of two training days but additional study is necessary and liaising with your peers is essential to make up for missed contact time. If you miss more than two days in the course then we ask that you make up the sessions by other means. This would usually be done with tutorials and may involve additional cost. In case of absence, your course fees are still required. All assessment criteria for each module must be

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passed before graduation and please complete the payment of all course fees before graduation.

### **Do I need an additional Anatomy qualification?**

No, as part of the course you will have access to the Shiatsu College's accredited Anatomy, Physiology and Pathology course. Our APP Units are Level 3 with combined Credit Value of 33. What makes the course unique is the emphasis on new paradigms in the field and on holistic health. The concepts of anatomy trains, tensegrity, the cellular matrix, the importance of the connective tissue as a communication system are an integral part of the course.



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## What are the fees and payment plan?

Years One and Two – 500 hour programme total fees: £3,900

Year One – 200 hour programme £2,100

To include the full Anatomy, Physiology and Pathology certificate and all assessment.

**If you have completed a 200 hour programme elsewhere you may opt for the 300 hour, Year Two programme. Please contact Annie or Cat for details.**

Year One A £200 initial payment secures your place. The fees can then be paid in full or 10 monthly instalments of £190

Year 2: A £200 initial payment secures your place. The fees can then be paid in full or 10 monthly instalments of £160

Completion of the 500 hour programme qualifies you to take The Certificate in Education and Training which incurs extra costs. Fees are £480 to include Laser Learning Awards accreditation fee. A deposit of £100 is required.

## Which institutions certify the course?

Certified by the Independent Yoga Network (IYN). The Register of Exercise Professionals (REPs) recognises 200 and 500 hour yoga courses certified by the IYN. By registering with the IYN you will also be able to register with REPS. This will enable you to work in different settings (e.g health clubs, therapy centres).

Please note that the additional Certificate in Education and Training and registration with IYN incur extra costs.

## Certificate in Education and Training

You may be working with local councils, voluntary organisations or in Further Education settings and would like an accredited teaching qualification. Or you are running private classes and would like to teach in the Further Education and Skills sector. This certificate is part of the Qualification and Curriculum Framework, which means that it is a nationally recognised teaching qualification in the Further Education and Skills sector. It allows you to progress to the Level 5 Diploma in Education and Training (not provided by the Shiatsu College)



Some of the learning outcomes of the course are addressed in the Yoga teacher training but not all. You will do extra written work, teach for 30 hours with specific observation assessments and complete a Level 5 Action Research Project. There will be a possible extra 2 days of contact time, online resources and lots of one to one support via email and phone/Skype. You can opt for this qualification at the beginning of year 2 or at Post Graduate level. We recommend that you read the student guides before you decide.



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## What will I learn?

By the end of Year One you will:

- Understand the philosophy and ideas developed by Vanda Scaravelli and how to apply them to your practice
- Develop your understanding of Yoga history and philosophy
- Understand and demonstrate through your own Yoga the underlying principles of a variety of basic asanas
- Develop your knowledge of the flow of energy through the body
- Develop and teach the practice of Pranayama
- Develop alignment of the spine in your own practice
- Understand the basic principles of teaching, learning and assessment
- Understand ethical teaching practice
- Plan a programme, produce schemes of work and session plans for class sequencing
- Adapt your teaching to the needs of individual students
- Know the anatomy of the body from a Western medicine point of view and be introduced to the latest ideas in the field

As well as deepening the knowledge gained in Year One, by the end of Year Two you will:

- Understand the anatomy of the energy body: central channels, energy gates, meridians
- Develop your understanding of Yoga history, philosophy and psychology
- Increase your knowledge of the Chakras
- Develop your understanding of the Yamas and Niyamas
- Develop your understanding of more complex asanas

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- Understand and safely teach the principles of meditation and mindfulness
  - Apply these principles to your personal practice
  - Deepen your understanding of the physiological processes of the body with the study of the respiratory, digestive, cardio-vascular, lymphatic, endocrine, reproductive, nervous, sensory and urinary systems



- Develop a reflective practice
- Develop business skills
- Be able to teach creatively
- Develop your ability to teach a range of students, including those who are pregnant and with specific health problems.
- Gain confidence in adapting to your students' needs
- Teach Yoga with confidence and joy!

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## Module 1 The Footprints of Yoga; Knowledge and Practice

You are introduced to the work of Vanda Scaravelli. You will connect with the underlying principles of our practice; the historical and philosophical roots of Yoga and the building blocks of energy work. You will explore the foundation positions, standing, sitting and lying and the movements that arise from them. Knowledge of individual poses is deepened through personal investigation and discussion. Your learning of new paradigms in western anatomy starts here.

Throughout the course you will build a portfolio of evidence. This will include marked



assignments, teacher and peer observations, evidence of teaching practice and your reflective diary. Your anatomy is evidenced and marked online with class consolidation. Assignments for each module will be supplied at the start of the course.

Assessment is by portfolio, entries to include:

Evidence of an understanding of the philosophical roots of Yoga

and of the ideas of Vanda Scaravelli (written or verbal)

Evidence of personal investigation of the foundation positions.

Tutor observations of class participation in experiential anatomy

Self development piece ( written or audio/visual) based on your reflective diary entries

Direct contact time: 3 weekends from October to December

Required home study to include asana practice, self reflection, pranayama, study and assignments: Circa 4/6 hours per week

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## Module 2 The Ground and The Wave of The Breath

You will go deeper into how working with gravity, connecting to the earth and with the breath can lead to infinite discoveries in your practice. You will discover more about the anatomy of the energy body and working with alignment. You are introduced to the fascinating world of energy channels and gates. You will study the Bhagavad Gita, Tao Te Ching and Patanjali and explore their relevance in today's world.

Assessment is by portfolio, entries to include;

Tutor observations of your understanding of alignment

Tutor observations of your understanding of working with gravity and the breath.

Written/audio evidence of your knowledge of the anatomy of the spine

Outline of class presentation of an aspect of the philosophy of Yoga

Self development piece ( written or audio/visual) based on your reflective diary entries

Direct contact time: 3 weekends from January to March

Required home study to include asana practice, self reflection, pranayama, study and assignments: Circa 4/6 hours per week

## Module 3 Sharing Yoga

In this module you will be reminded of the underlying values of the course in regards to the art of teaching; Ahimsa

You will focus on the preparation for teaching practice, exploring effective and safe teaching and learning. You will explore your own potential in communication and look at the relationship between professional development and finding your strength and confidence. You will also consolidate your previous learning, reviewing asana practice, and pranayama.

This module includes:

- teaching and learning styles
- preparation and planning

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- communication and giving feedback
  - self evaluation, how to continue your reflective practice
  - health and safety
  - energetics of teaching
  - consolidation and assessment.

Assessment is by portfolio, entries to include:

A scheme of work for a six week Yoga course with relevant session plans

Evaluation of teaching via tutor and peer observations

Self development piece based on your reflective diary entries

Direct contact time: 5 weekends from April to July

Required home study to include asana practice, self reflection, pranayama, study and assignments: Circa 4/6 hours per week

## **Module 4 Undo the Doing**

You will explore some of the exciting work in the field of energy work from a modern perspective. Find out how the Chakras are connected to the meridian system and how the ancient Eastern traditions and philosophies connect with each other We learn how Yoga asanas relate to the meridians and their functions, thus deepening our knowledge of the physical and psychological benefits of Yoga.

Assessment is by a portfolio entry to include:

A practice file of evidence exploring energy work; traditional and modern

Tutor observations of your knowledge and understanding of equilibrium.

Tutor observation of the safe performance and teaching of sequences

Evaluation of teaching via tutor and peer observations

Self development piece ( written or audio/visual) based on your reflective diary entries

Direct contact time: 3 weekends from October to December

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Required home study to include asana practice, self reflection, pranayama, study and assignments: Circa 4/6 hours per week

## **Module 5 Tranquility in Movement; Yin and Yang of Yoga**

In this module we explore the nature of meditation, from its roots to modern mindfulness practices. We acknowledge the varied approaches to meditation, their principles, potential pitfalls and examine more closely the role of intention and visualisation in Yoga. We look at the philosophy of Yin and Yang and apply it to personal practice and teaching. You will also learn how to strengthen the core with more complex poses, balances and sequences. Assessment is by a portfolio to include:

A practice file of evidence exploring the use of Yoga to increase our focus and intention

Tutor observations

Peer assessment

Reflective diary

Direct contact time: 4 weekends from January to April

Required home study to include asana practice, self reflection, pranayama, study and assignments: Circa 4/6 hours per week

## **Module 6 The Practice of Teaching**



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Module Six consolidates both the teaching and the self development aspects of the course. We hope this last module will bring out the best in you and your regard for the art of teaching. We bring together the strands of knowledge of Yoga, the love of our art and our enthusiasm and confidence in sharing it.

This module includes:

- weaving the strands together – consolidation and review
- ethics
- setting up your own business
- managing group dynamics
- energetics of teaching part two; using the energy field in class

Assessment is by a completed portfolio to include entries from previous modules, and for this module;

Evidence of teaching practice

Tutor observations

Student testimonials

A written self evaluation

Course evaluation

Direct contact time: 5 weekends from May to July

Required home study to include asana practice, self reflection, pranayama, study and teaching assignments: Circa 5/7 hours per week

## **Anatomy, Physiology and Pathology**

This course is delivered via online learning and class consolidation. Each module starts with an overview with clear learning outcomes and assessment criteria. Our APP Units are Level 3 with combined Credit Value of 33.

What makes our course unique is the emphasis on new paradigms in the field. The concepts of anatomy trains, tensegrity, the cellular matrix, the importance of the

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connective tissue as a communication system are an integral part of the course. The course teaches anatomy, physiology and pathology of all body systems: Skeletal, Muscular, Cells and Respiratory, Digestive, Cardiovascular, Endocrine, Nervous, The Senses, Lymphatic, Reproductive and Urinary

Although much of the course delivery is online, the anatomy is an integral part of each class. Homework will be set and learning will be shared and consolidated with direct contact time.



## Teachers

### **Annie Cryar IYN BSc. Cert.Ed.(1974) Dip.Shiatsu, MRSS (T)**

Annie has been practising and studying Yoga for 47 years. Her interest in the movement of energy flow in the body took her from her original career as a trained teacher to learn and teach Shiatsu, Qigong and Yoga. She is Co-Director of the Shiatsu College Qigong teacher training programme, creator of the college's Anatomy Physiology and Pathology course and Principal of Shiatsu College, Hastings. She has recently become a certified teacher of the 'Yoga for Healthy Lower Backs' programme, evidence based Yoga therapy from a successful large clinical research trial. Inspired by many teachers; Zowie Martin, Rosabella Jordan, Marilyn Freedman, Trish Peake, Helen Noakes Sandra Sabatini, Elizabeth Pounce, she values the discoveries of self practice above all.

### **Zowie Martin BWY Dip Thai Yoga Massage**

Zowie Martin is a British Wheel of Yoga teacher (2004) and a Thai Yoga Massage practitioner. With 14 years experience of teaching a variety of classes, one to ones,

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workshops and retreats she holds regular classes in Hastings, St Leonard's, Battle and surrounding areas for gentle, general and intermediate level, as well as specialist groups for pregnancy, mum and baby and over 60's Zowie believes Yoga should be accessible to all. She has been studying the work of Vanda Scaravelli for the past 10 years, in 2006 she completed a BWY Yoga for Pregnancy teaching module.

### **Rosabella Jordan IYN, Dip. Shiatsu, Msc Complementary Medicine**

Rosabella has been teaching Yoga for 35 years. She qualified as a Shiatsu practitioner with the Shiatsu College in 1995 Her work is inspired by Vanda Scaravelli and she has taught with Sandra Sabatini, a student of Scaravelli and author of 'Breath'. Rosabella is the Director of the BTEC Yoga teacher training at Morley College, Westminster University. Rosabella worked closely with the late Marilyn Freedman to inspire Yoga students from around the world.

### **Cat Westwood IYN, BA Dance Dip Shiatsu**

Cat is a teacher, dancer and practitioner, working with a strong impetus in collaboration and improvisation. She has toured internationally as a performer and creator and has worked with many influential choreographers. Cat attained a Bachelor of Arts Honours Degree in Dance Theatre at LABAN 2008. In 2013 Cat co-founded Eleven Farrer House whose artistic activities are centred on creating high-quality choreographic and performative experiences, emerging from a strong collaborative framework. In 2010 Cat was awarded a scholarship to participate in Oguri and Steinberg's Flower of the Season Festival, creating a solo performance at the Electric Lodge Theatre in Los Angeles. Since then, Cat has worked closely with the directors of Arcane Collective creating the original role for their production Cold Dream Colour, which has toured to The Pavilion, Dublin to the Guggenheim Theatre New York, amongst others. Cat continues to share her knowledge of body work and the meridian system gained through the Shiatsu College's Shiatsu Practitioner course and the Meridian Yoga teacher training programme.