

Application Procedure

For further details, and to receive an application pack, please contact us, or visit the website. You will need to complete an application form and attend a selection day.

The selection day and application procedure costs £50. The purpose of this day is for students to find out in detail about the course and for the tutors to assess candidates' suitability. Please submit the £50 application fee with the application form. This fee will be deducted from the course fee if candidates are successful and choose to join the course.

About the Tutors



Dave Charlton has been practising yoga since the mid-eighties, as a student of Paul Harvey and more recently, Peter Hersnack. He completed the Viniyoga Britain training programmes in the 1990s. He is now involved in training for both aYs and the British Wheel of Yoga. Dave teaches from his own studio, Living Yoga, near Worcester, where he lives with his wife Gail. Dave has also trained as a counsellor and has an MA in Buddhist philosophy. Along

with Yoga he has particular interests in Tibetan Buddhism, Sanskrit and chanting.



Ranju Roy has been practicing yoga since the mid 1980s, principally as a student of Paul Harvey and more recently Peter Hersnack. He completed the 4 year Viniyoga Britain Practitioner Programme and the Post Graduate course in the 1990s. Ranju has taught many yoga classes and workshops around the country both for aYs (formerly Viniyoga Britain) and for the British Wheel of Yoga. He has travelled extensively in India and is interested in

developing ways of practicing that respect tradition and the realities of the present day. Ranju has also worked for 12 years in the NHS as an art therapist and family therapist and has considerable experience of counselling with both individuals and groups. He lives in Taunton with his wife Lindy and their 2 sons, Kiran and Rohan.

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The Art of Individual Yoga Teaching

Malvern 2011

*"Sadhana,
the realisation of life"*
- Rabindranath Tagore



www.sadhanamala.com

The Art of Individual Yoga Teaching

Eastern Tradition meets Western Culture

The relationship between teacher and student has always been a key element in the journey of yoga – hence the importance of individual tuition. Although most yoga teaching in the West is now done in groups, this training focusses on the traditional idea of the teacher-student relationship and the art of teaching individuals. We will therefore work on providing trainees with the skills to work with clients on an individual basis.

The appropriate application (viniyoga) of Yoga techniques can help to support us in our lives, assist us in recovery from various health conditions and move us towards greater wisdom and fulfilment. The skilful Yoga teacher can address the full spectrum of individual needs and interests, including working with specific therapeutic needs. This training will seek to provide the competences and versatility to achieve this.

Topics covered on this course will include:

Application of asana, pranayama and sound for personal practice
Practice design and development
Professional issues & ethics *Skills in delivering individual sessions*
Working with advanced students *Working with specific conditions*
Relevant topics from the Yoga Sutra

Sadhana Mala acknowledges the importance of the Yoga tradition and time honoured principles of practice, whilst also recognising the inherent wisdom and potential of each individual. This ethical principle is the foundation both for this training and also for working with clients.

The Sadhana Mala Art of Individual Yoga Teaching offers a 21st century Western approach to Yoga rooted in traditional Eastern wisdom and principles of practice.

Course Costs and other Requirements

The cost of the course is £3000 to include all course fees and tuition. Please note that this does not include any food or accommodation costs (estimated at approx £400 for 8 days residential)

Students are also required to have a minimum of 10 hours a year individual tuition/supervision with an agreed teacher..

Students are also required to maintain their teacher membership of the British Wheel of Yoga (provides teaching insurance), and to become members of the Association for Yoga Studies.

The Course Structure

The course consists of a minimum of 250 contact hours over 2 years, with an additional 250 home study and individual tuition hours. Completion of the course leads to certification as a Practitioner with the Association for Yoga Studies.

The course is structured as 8 non-residential weekends in Malvern and a 4 day midweek residential intensive each year. The Malvern venue is 15min from the M5 junctions 7 or 8, and 5 minutes by taxi from Great Malvern station.

Prerequisites

Prior completion of a recognised Yoga teacher training course (e.g. the British Wheel of Yoga Diploma Course) is the most fundamental requirement. We will also be looking for an interest and commitment to the viniyoga of yoga, and some level of experience in this approach (e.g. the aYs or Sadhana Mala Foundation Course).

The course tutors reserve the right to decide on eligibility or appropriateness of any prior training.

Course dates

The selection day is 16 Sept 2011 from 10am-4.30pm in Malvern

The 2011/12 weekends are 5/6 Nov, 10/11 Dec, 21/22 Jan, 24/25 Mar, 19/20 May, 15/16 Sept, 13/14 Oct, 1/2 Dec. The 4 day intensive is from Mon 9-12 June (to be confirmed) at a residential venue near Cheltenham.