

PRANA HEART

YOGA TEACHER TRAINING

2024/25 Prospectus

300 Hour Advanced
Yoga Teacher Training
Programme





WELCOME TO PRANA-HEART YOGA TRAININGS AT PRANA YOGA STUDIO, HAMILTON

Dear Prospective Student,

Welcome to a pioneering venture in the heart of Lanarkshire...
The inaugural 300-hour Advanced Yoga Teacher Training
Programme at Prana Yoga Studio.

With two highly experienced teachers at the helm; Carla Webster, the driving force behind Prana Yoga Studio and 200 hour programme leader and Maureen Thorpe, founder of the yoga barn and trained yoga therapist, it is with great pleasure that we extend this invitation to you. Our mission is clear: to provide a haven where ancient wisdom meets modern practice, fostering not only personal growth but also the skills to guide others on their transformative journey.

Our curriculum is carefully crafted to blend traditional yoga teachings with contemporary insights from mindfulness and somatic practices. Through an immersive exploration of esoteric anatomy, yoga philosophy, physiology, and the mind-body connection, we are dedicated to revolutionising how we as yoga teachers approach our personal practice, and how we interact with our students. This course in particular will help you learn how, as a yoga teacher, to sensitively and intelligently approach a yoga practice, be it for yourself or others, whilst enduring varying degrees of mental and physical health challenges.





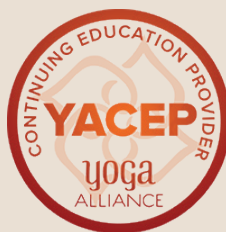
Aligned with the highest standards of yoga education, our programme promises a comprehensive and rigorous learning experience, designed to empower you to become a trailblazer within our yoga community.

We thank you for reading our prospectus, may you find the inspiration and guidance you seek to embark on this enriching journey of self-discovery and professional growth.

With gratitude and appreciation,

Carla Webster E-RYT500, YCEP, Senior Yoga Teacher & Teacher Trainer Pro Accreditation
Founder and Director, Prana Yoga Studio, Hamilton

Maureen Thorpe E-RYT500, Senior Yoga Teacher & Yoga Therapist
Founder & Director, The Yoga Barn, Glasgow



LOCATION

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CONTACT

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INTRODUCING THE PRANA-HEART 300HR ADVANCED TEACHER TRAINING PROGRAMME

Take the journey to advance your teaching repertoire & deepen your yogic wisdom.

Prana-Heart 300 hour Yoga Teacher Training is accredited by **Yoga Alliance Professionals** and is tailored to meet the needs of any current 200hour RYT with a preferred (but not essential) minimum of two years of teaching experience.

This comprehensive course is designed as an in-person, 10 module programme over the academic year of September to May, and includes access to a supplemental on-demand library and live online monthly support sessions. Each module will offer an array of subjects, designed to keep you moving and engaged and nourished on your journey.



“Our objective is to impart a comprehensive understanding of yoga to existing teachers seeking to enhance their personal practice and teaching abilities. By participating in this programme, you will gain the confidence, proficiency, and respect for both traditional and contemporary elements of yoga necessary to teach yoga with excellence and compassion.”



WHY DO A 300 HOUR ADVANCED TEACHER TRAINING?

As yoga teachers, it is essential for us to continuously deepen our understanding of both the ancient traditions of yoga and the latest scientific discoveries regarding mindful practices. This fusion of timeless wisdom and modern science not only enriches our own practice but also enhances our ability to guide and support our students effectively. Here's why this integration is crucial:

1. **Honouring Tradition:** Yoga is an ancient tradition with a rich history spanning thousands of years. By delving into the roots of yoga philosophy, texts, and practices, we gain a profound appreciation for its origins and cultural significance. Understanding the traditional teachings allows us to preserve and honour the essence of yoga while sharing its transformative power with authenticity and respect.
2. **Adapting to Modern Needs:** In today's fast-paced world, people are increasingly turning to yoga and mindfulness practices to manage stress, improve mental well-being, and enhance overall health. Scientific research has provided compelling evidence of the benefits of these practices, including stress reduction, improved cognitive function, and enhanced emotional regulation. By staying informed about these findings, we can tailor our teachings to meet the specific needs and challenges of our modern-day students.
3. **Integration of Mind and Body:** Yoga is inherently a holistic practice that acknowledges the interconnectedness of the mind, body, and spirit. When we learn together we create a powerful community dynamic which inevitably influences how we interact with our relationships, our broader community and our planet.
4. **Credibility and Professionalism:** As yoga teachers, we have a responsibility to uphold the integrity of our profession and provide evidence-based guidance to our students. By staying informed about the latest research and integrating scientific principles into our teaching, we enhance our credibility as knowledgeable and reputable instructors. This commitment to ongoing learning and professional development not only benefits our students but also elevates the status of yoga as a respected discipline in the wider community.
5. **Also:** Let's face it, as spiritual seekers it's a lot of fun learning with other like-minded folk too!

In essence, by embracing both the timeless traditions of yoga and our culture and alongside the ongoing developments of modern science, we cultivate a balanced and holistic approach to teaching and practice. This integration allows us to honour the wisdom of the past while adapting to the evolving needs of the present, ultimately empowering ourselves and our students to embark on a journey of holistic transformation and well-being.



COURSE CONTENT AND BROAD LEARNING OUTCOMES

This comprehensive programme includes a central in-person course, complemented by online study and personal practice, totalling 300 hours of advanced yoga teacher training.

By integrating the holistic structure of the Koshas model into our 300 hour syllabus, our objective is to empower instructors to enhance their personal practice and teaching abilities across all areas of life- meaning we deliver all of our teachings with a view to understanding the human experience on the levels of the physical, energetic, emotional, mental and spiritual layers of our being. From this powerful foundation you will gain confidence and proficiency, and cultivate a deeper respect for both traditional and contemporary yoga wisdom.

This will be an immersive and supportive experience where you will encounter classes, lectures, practical sessions, discussions, readings, case studies, and assessments. Upon completion of the course material and practicums, you will be issued a 300-hour RYT certificate. This certificate can be used towards your senior yoga teacher status, serving as a testament to the newfound knowledge, passion, and insight gained during this academic year of advanced study.

The course offers carefully curated subjects, from the esoteric to the practical, which we deem to be of good service to you and your community of students. To support your preferred specialism you will have the ability to choose one subject to focus your case study on as part of your practicum/ homework requirements. Syllabus



THE CHAKRA SYSTEM & THE SUBTLE BODY

Students will gain a comprehensive understanding of the chakra system & subtle body, will learn how to demonstrate knowledge of the chakra system and its impact on the subtle body, and to apply principles of Tantric wisdom in personal practice and teaching.

YOGA FOR ANXIETY, DEPRESSION & STRESS MANAGEMENT

Students will develop confidence to implement yoga practices to alleviate anxiety, depression, and manage stress effectively and develop personalised sequences for individuals dealing with mental health challenges.

YOGA FOR SACRED CYCLES

Students will first understand the application of yoga for women's health from menarche to menopause and beyond, then, with a focus primarily on the menopausal journey, they will be able to provide tailored yoga practices to support women's well-being during this transitional phase.

YOGA ASSISTS & ADAPTATIONS

Students will demonstrate proficiency in offering hands-on assists and adjustments in yoga postures and skilfully modify yoga poses to accommodate different body types, abilities, and range of movement.

YOGA AND THE CYCLES OF NATURE

Students will use the framework of the Celtic Wheel to inspire and align their personal practice with the cycles of nature and develop strategies for incorporating seasonal and environmental influences into yoga teachings.

LIVING YOGA PHILOSOPHY

Students will be able to articulate a deep understanding of yogic philosophy and its practical application in daily life and use their personal experiences and insights gained through the exploration of yoga philosophy to impart meaningful wisdom to their students.

SEQUENCING METHODOLOGY

Students will garner expertise in sequencing methodology through the creation of well-structured, purposeful yoga sequences for various levels and intentions, and by understanding the art of building sequences that flow seamlessly and progressively.

YOGA FOR THE DIGESTIVE SYSTEM

Students will learn a holistic approach to yoga for the digestive System: and will apply yoga practices to enhance digestive health and address common gastrointestinal issues, and to guide others in cultivating a mindful and balanced approach to eating through yoga.

YOGA FOR CANCER

Students will gain specialised knowledge in adapting yoga for individuals dealing with cancer and develop compassionate and effective yoga practices to support those undergoing cancer treatment.

TEACHING YOGA TO BEGINNERS

Students will employ effective communication and teaching techniques for individuals new to yoga and create a welcoming and supportive environment for beginners.

YOGANATOMY

(David Keil- additional module) Students will deepen their understanding of anatomy beyond fundamental concepts learned in their 200hr TT course, exploring its application in asana construction.

TIMELINE

SEPTEMBER 2024-MAY 2025

10x IN-STUDIO SESSIONS

Modules run Fridays 11.30am-5pm &
Saturdays 8.30am-5pm

DATES

Module 1 6th & 7th September

Module 2 4th & 5th October

Module 3 1st & 2nd November

Module 4 6th & 7th December

Module 5 10th & 11th January

Module 6 7th & 8th February

Module 7 28th February & 1st March

Module 8 28th & 29th March

Module 9 25th & 26th April

Module 10 23rd & 24th May

LIVE-ONLINE SESSIONS

Between September & May there will be at least 10 group sessions live-online plus learning support sessions. More details on commencement of course.

WRITTEN ASSESSMENTS

Students have until November 2025 to hand in any required written coursework.

ON-DEMAND

From 1st September* until 30 November 2024 students will have access to our on-demand library of videos and learning management system.



PRACTICUM & ASSIGNMENTS



- Practice teaching: in lecture, class and demonstration formats
- Written assignment: case study on chosen specialism
- Written assignments: discussion questions, sequence planning
- Ongoing self-paced learning using dedicated online resources
- Required course reading
- Receiving and giving feedback
- Observing others teaching
- Assisting students while someone else is teaching
- 30 hours of attendance to external yoga classes that are no less than one hour long, with Carla or Mo
- 1+ client session practices between each module
- Home practice and journaling



COURSE REQUIREMENTS & COSTS

COST & TERMS OF AGREEMENT

£3000 in total (less a £660 non-refundable deposit upon acceptance of application*) This amount can be paid in full, or, in 9x instalments of £234 by standing order monthly from 1.9.24-1.5.25.

There will be an additional expense for your yoga anatomy training and cost of course reading list plus any additional class attendance requirements.

The deposit is non-refundable unless we find a lovely yogi to take your place.

*Applications are processed on a first-come, first-served basis. Payment agreements are part of the energy exchange, but we're flexible on terms for exceptional circumstances.

REFUND POLICY

Once you're in, you're in! Your deposit reserves your space, and it's non-refundable. From the first module you are accepting liability of payment for the full course. The total course payment must be made in full by 1.5.25.

STUDENT CANCELLATION

Life throws curveballs sometimes, and we get that. If you need to step away from the course once it's started, we'll work with you to find another option to fulfil your 300hour certification criteria. And, as mentioned above, if you drop out prior to the course beginning your deposit will be non-refundable unless we find someone to take your spot.

CANCELLATION BY PRANA-HEART TEACHER TRAINING

If, for some unforeseen reason, we have to cancel the course, we've got you covered. Any fees paid towards the course will be promptly refunded.

PRACTICE EXPERIENCE

We're all about building a community rooted in shared passion and dedication. To ensure everyone's on the same page, we ask that trainees, unless they have completed their 200 hour YTT at Prana, have a minimum of 2 years yoga practice and 1 year of teaching experience. Rest assured, we'll guide you through an application and informal interview process to make sure this course is suitable and supportive for you.

CODE OF CONDUCT

When you sign up for our training, you're not just joining a course; you're joining a community dedicated to upholding the ethical standards of yoga. Our code of conduct ensures that we create a safe and inclusive space for all. By joining our course, you agree to uphold these values and contribute to the positive energy of our community.

HOW TO APPLY

1. To apply visit our teacher training page at pranayogastudio.co.uk
2. Once your application is received, you will be contacted by Carla or Mo to arrange a meeting to discuss your application, our mutual expectations and requirements, and to answer any questions you may have.
3. Upon acceptance you will receive an acceptance form to sign. This form will list payment details.
4. Your space on the course is secured by the deposit payment.
5. Once the deposit has been paid you will receive a reading list, syllabus and Ts&Cs

Applications are processed on a first-come, first served basis.



ABOUT CARLA & MO

Renowned senior yoga teachers Carla Webster (E-RYT500), the owner of Prana Yoga Studio, and Maureen Thorpe (E-RYT500 & Yoga Therapist) are thrilled to be offering 'Prana-Heart Yoga Training.'

This comprehensive programme includes a central in-person course, complemented by additional in-person and online modules, totaling 300 hours of advanced yoga teacher training. Their unwavering dedication to uplifting and inspiring the yoga community shines through.



Carla Webster E-RYT500, YCEP, Senior Yoga Teacher & Teacher Trainer Pro

Founder and Director, Prana Yoga Studio, Hamilton

Carla is the lead trainer for the Seasonal Yoga Teacher Training programme in Hamilton, and a guest trainer in Glasgow and Edinburgh. By June 2024, she will have trained a community of 200-hour Seasonal RYT's over seven years.



Maureen Thorpe E-RYT500, Senior Yoga Teacher & Yoga Therapist

Founder & Director, The Yoga Barn, Glasgow

Maureen contributes as a guest trainer for the Hamilton and Glasgow SYTT courses and mentors at The Minded Institute as a yoga therapist.

Both Carla and Mo bring extensive experience as yoga studio owners, boasting tens of thousands of teaching hours. They have studied under numerous globally recognised yogis, nurtured thousands of devotees on their yoga journeys over the past fifteen years, and maintained a dedicated personal yoga practice throughout.

**“EDUCATION IS
THE KINDLING
OF A FLAME,
NOT THE FILLING
OF A VESSEL”**

SOCRATES