

200+ HOUR YOGA TEACHER TRAINING COURSE

fully accredited and certified
12 month course



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Intelligent Yoga Teacher Training

The IYTT diploma is fully recognised and accredited by Yoga Alliance Professionals.

It has been created to develop knowledgeable, responsive and confident teachers who teach yoga based on a solid understanding of both the fundamental workings of the body and an appreciation of its natural intelligence.

This will be an exciting and inspiring course, which encourages trainees to explore their approach to yoga practice. Throughout the course, we'll refer to the most current anatomical and movement research, and support trainees as they deepen and expand their understanding and perception of yoga.



The course will be led by **Catherine Annis**.

Anatomy and physiology will be delivered by renowned teacher **Gary Carter**, providing one of the most comprehensive groundings in anatomy of any teacher training course in the UK.

- Recognised and accredited by Yoga Alliance Professionals
- 200+ hours
- Maximum 18 trainees
- 12-month course
- Blended course delivered in London and online
- Start date September 2024
- Faculty has over 200 years yoga experience
- Price from £3,125

The course is designed for trainees who wish to significantly deepen their knowledge of informed and effective yoga, breathwork, meditation and related subjects.

Mentoring

We believe in creating a trainee-centred course and provide regular mentoring and supervision throughout, to actively support you as you transition from student to teacher.

Asana

Join us to develop a thorough understanding of how yoga can help us work with, and relate to, our bodies, and how to create new, healthier approaches to living and moving.

You will learn:

- How to develop a strong self-practice as the foundation for teaching
- To adapt postures to suit students with different abilities and experience
- Safe practice: identifying postural issues and preventing injury
- Teaching skills: demonstration, sequencing, class organisation and lesson planning
- Essential prāṇāyāma, breath awareness and restorative yoga
- Body-reading and applying respectful adjustments
- How to teach 1:1 private client classes
- Meditation
- The history of yoga and its place in the modern world
- Ethics and responsibilities of yoga teachers
- Business skills and marketing



Faculty

Catherine Annis – senior teacher

Originally a professional dancer, Catherine Annis has been practising yoga since the 1970s and is well known for her creative and practical approach to yoga. Having explored various styles of yoga including Sivananda, Iyengar, Astanga & various forms of Hatha, she eventually gravitated to the teachings of Vanda Scaravelli. Wishing to support others exploring this revolutionary approach to practice, she created the first Scaravelli Inspired Immersion course in 2008. She was invited to join the Triyoga teaching faculty where she taught for several years and continues to sit on the teacher advisory committee.



Catherine has always been inspired by the resilience and adaptability of the human body and it's this interest in anatomy which led her to create the Intelligent Yoga Teacher Training Course (iytt). A 12 month teacher training course, its mission is to deliver the leading anatomically focused training course, supported by world-leading teachers.

Anatomy & Physiology

We're passionate about creating a course which acknowledges and celebrates the intelligence and adaptability of the human body.

Anatomy will be delivered by renowned teachers **Peter Blackaby** and **Gary Carter**. Peter and Gary each bring their outstanding knowledge and experience to the course, and are well known for their ability to make challenging concepts clear and accessible. Their teaching will provide trainees with an unparalleled depth and breadth of anatomical knowledge. This course therefore offers one of the most comprehensive groundings in anatomy of any teacher training course in the UK.

You will learn:

- The basics of anatomy and physiology
- Practical functional anatomy & physiology, including the latest research on fascia
- Body reading and how to identify tension and holding patterns
- The art of re-establishing healthy movement
- Fundamental movement principles and biomechanics
- How the theory of anatomy and physiology applies in the moving body

Anatomy can be challenging. We want to bring it to life, to make it relevant and inspiring, linking an understanding of the physical body directly to the teaching of yoga, so that it becomes a vibrant tool, stimulating a dynamic exploration into the teaching and practice of yoga.





Gary Carter - anatomy & myofascial connections

Gary has taught yoga and movement for 25 years. He studied Shiatsu, Chi Ne Tsang, CranioSacral Therapy and the Anatomy Trains theory with Tom Myers, completing the KMI Structural Integration training. He ran the Science of Movement Course at Middlesex University from 2007- 2011 and studied dissection at the Institute of Anatomy in Vienna. He ran Natural Bodies centre in Brighton for over 20 years and continues to lecture on anatomy at yoga and Pilates teacher trainings across the UK.



Jody Barber - introduction to anatomy & physiology

Jody is a Chartered Physiotherapist of 26 years who has been practicing yoga since 1998. She is also a qualified yoga teacher who has an in-depth knowledge of anatomy, biomechanics, motor control, motor learning and neural plasticity. She practises as a physiotherapist and yoga teacher in the NHS and private practice.



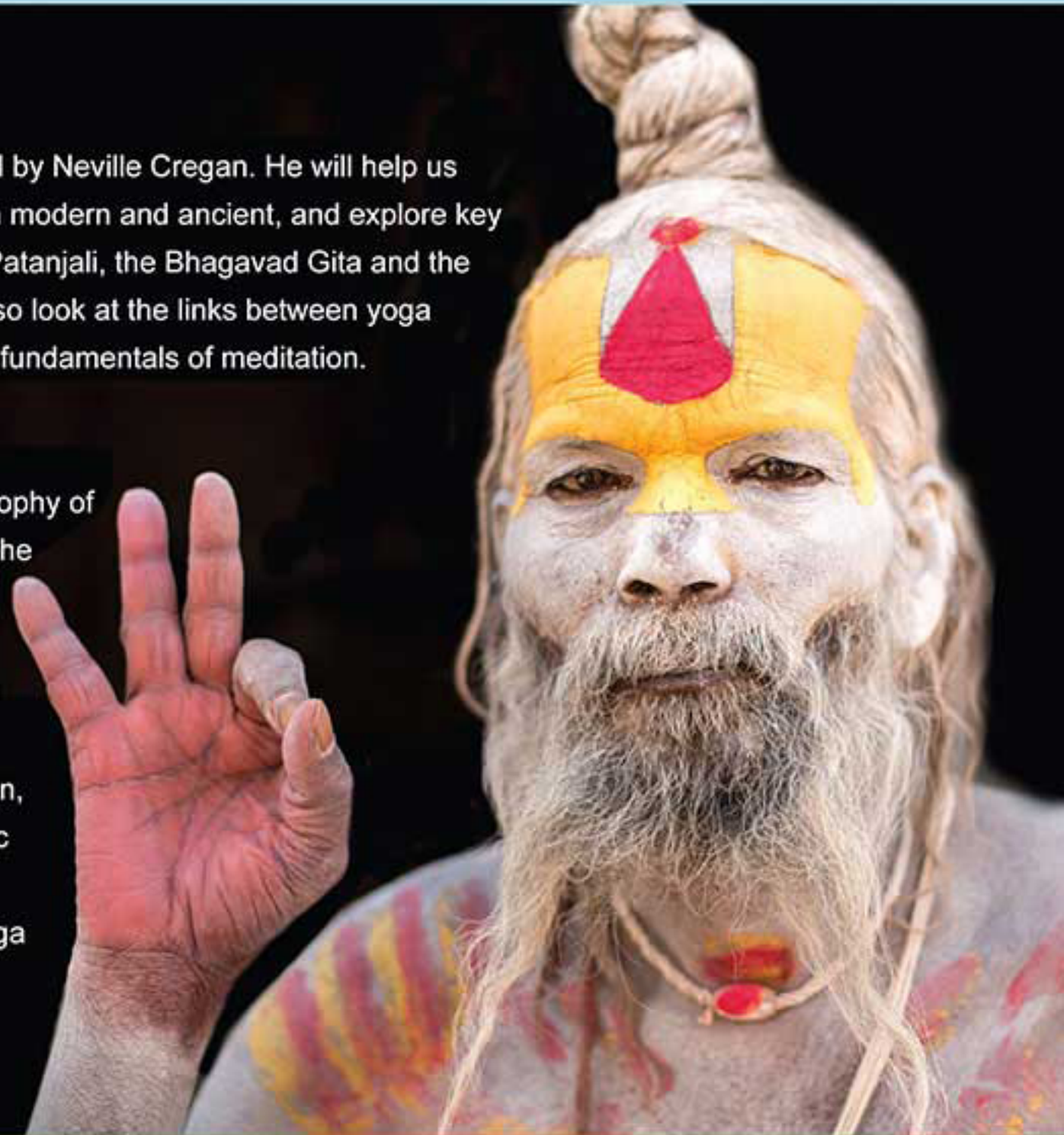
Yoga Philosophy



Yoga Philosophy will be delivered by Neville Cregan. He will help us examine the history of yoga, both modern and ancient, and explore key texts including the Upanishads, Patanjali, the Bhagavad Gita and the Hatha Yoga Pradipika. We will also look at the links between yoga and Buddhism and introduce the fundamentals of meditation.

Neville Cregan

Neville has been teaching the history and philosophy of yoga since 2003. During a trip through India in the 1980s, he accidentally ended up at an ashram, and the experience inspired his curiosity. On his return to the UK, he completed a Humanities BA focusing on Indian religions and philosophy. He is interested in issues of cultural appropriation, and exploring whether modern Western scientific knowledge is changing our approach to yoga. Neville is also an accredited British Wheel of Yoga (BWY) teacher, and a qualified Thai massage therapist and reflexologist.





Accreditation

The IYTT diploma is fully recognised and accredited by Yoga Alliance Professionals.

Upon successful graduation from the 12 month course, IYTT trainees will receive the following certification:

1. Intelligent Yoga Teacher Training Diploma certificate
2. Eligibility to join Yoga Alliance Professionals at Associate - Level 1 status

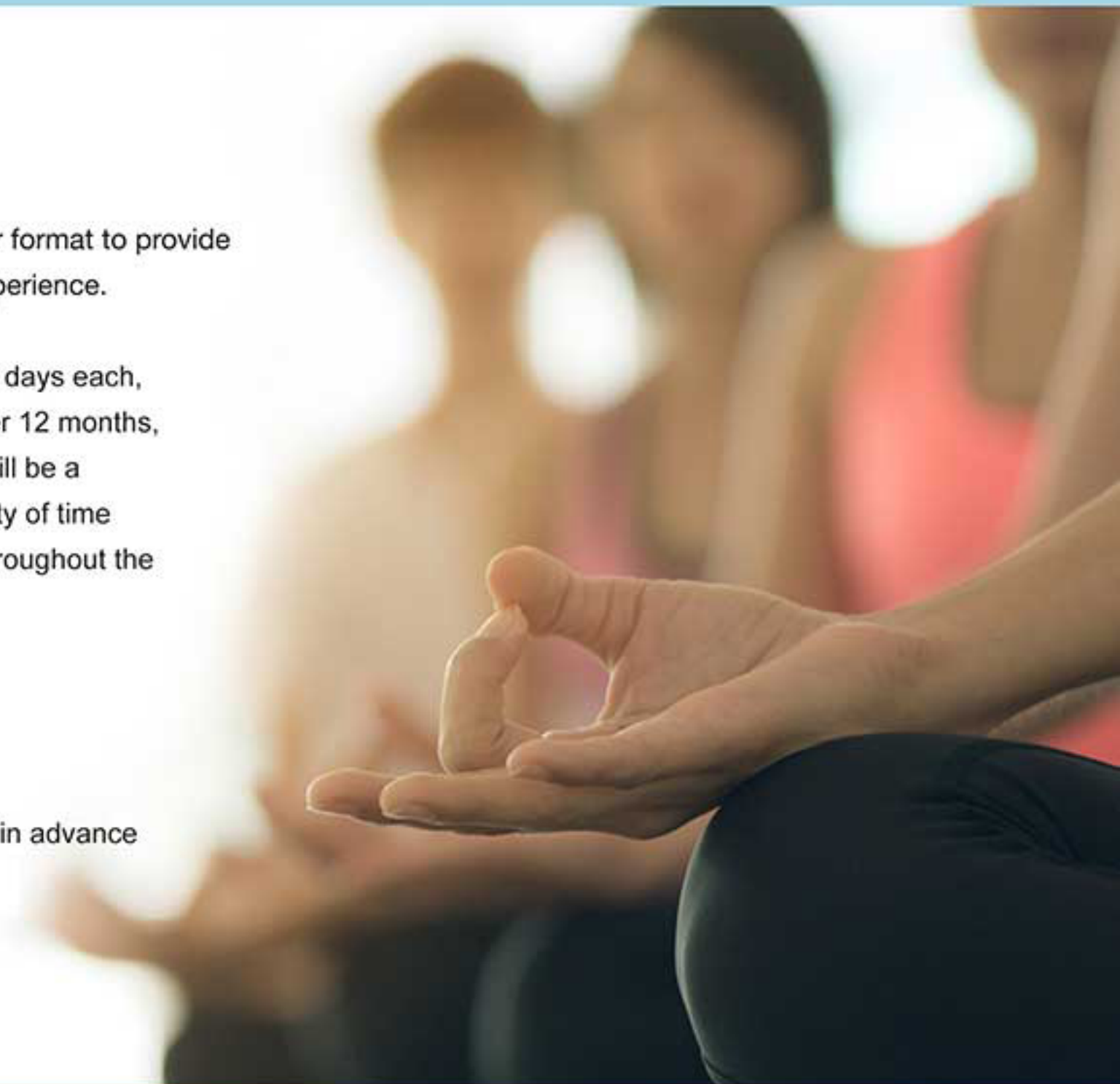


Dates & Price

The IYTT has been designed in modular format to provide an immersive and cohesive learning experience.

There are 5 modules in total. Four are 5 days each, and one is 3 days. The course runs over 12 months, starting from September 2024. There will be a maximum of 18 trainees, to ensure plenty of time for individual attention and mentoring throughout the course.

- September 2024 - September 2025
- Course investment: £3,300
- Reduced to: £3,125 if you pay all fees in advance





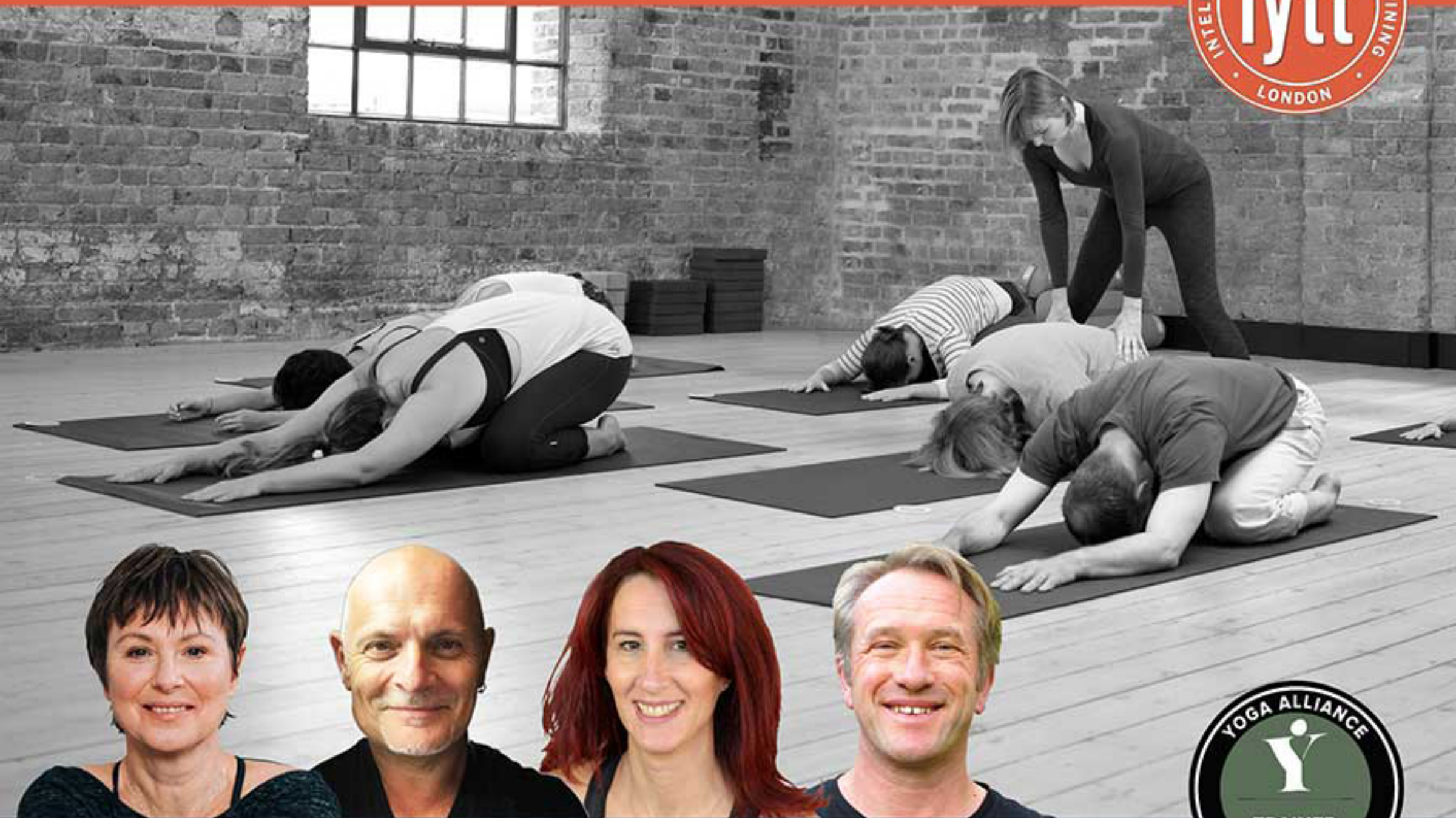
Venue & Location

Three of the training modules will be delivered online. All other modules will take place at the Light Centre (Monument) studio in the City of London. The Light Centre is one of London's leading yoga and Pilates studios, with branches in Belgravia, Marylebone and Monument and offers discounted membership terms for all IYTT trainees.

The venue is very centrally located, close to the main transport hubs, with easy access to tube, buses, overland and coach routes and is surrounded by an array of cafés and shops.

The Light Centre
36 St Mary at Hill
City of London
London
EC3R 8DU

INTELLIGENT YOGA TEACHER TRAINING



Catherine Annis

Gary Carter

Jody Barber

Neville Cregan

