

An internationally recognised School of Yoga

.....Providing excellence in yoga training

Yoga Therapy & Training Centre (YTTC)

Level Two Yoga Diploma Course

PROSPECTUS

Director of Studies	Nicole Henkel Murphy
Teaching Staff	Nicole Henkel Murphy Roy Griffin Paddy Hamill Michael Mc Cann Sarah Lohan
Duration	6 months
Course Location	Cork
Venue	YTTC Cork, 32/33 South Main Street, Cork
Timing	One day per month excluding National Holidays
Cost	€1025 (one off payment) or €1100 payable deposit €350 + 3 further instalments of €250
Course Commences	Autumn 2010

Yoga is a system of physical, mental and spiritual development, the benefits of which are now recognised by millions worldwide. The word yoga means to unite or to join, it harmonises and integrates all levels of our multi-dimensional being, to enable us to realise our deepest potential and wholeness; health in the deepest sense of the word. Yoga is the oldest system of self-development in the world and is the birthright of each and every one of us.

Learn Yoga and evolve yourself; teach Yoga and evolve Society

(Swami Satyananda Saraswati)

The **Yoga Therapy & Training Centre (YTTC)** was established in 1996 to meet the increasing demand for professional yoga training, and is now Ireland's largest yoga organisation offering all levels of training in a user friendly and professional manner. In the short time since its establishment, demand for training courses has increased and are now available in **many** major cities throughout Ireland.

The YTTC is a Yoga Alliance Registered School and a member of both the International Yoga Federation and the British Council for Yoga Therapy. The Level Two Diploma Course 'dovetails' into the ending of the Level One Course and expands topics already introduced. It is for already qualified teachers who want to further explore the ancient art of yoga and in particular asana, pranayama, mudra and bandhas

Our mission statement:

'providing excellence and professionalism in yoga training; for the greater good of all'

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THE AIM OF THE LEVEL TWO DIPLOMA COURSE IS:

- Providing the basis for deepening and understanding the ancient art of yoga

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OBJECTIVES

- To deepen the understanding of the principal paths of yoga
- To develop a sense of creativity, mindfulness and exploration in asana practice
- To deepen the understanding of the chakra system, bandhas and mudras
- To develop an understanding of a variety of yogic meditations, including mantra
- To deepen the knowledge of anatomy and physiology

QUALIFICATION

The Level Two Diploma will be open to those who have at least 3 years' experience of practising yoga and who have a valid Teacher's Diploma.

DURATION

The course will be delivered on a part-time basis, 1 weekend per month (5 hours per day)

FEE

The cost of the Diploma Course is **€1100**

Payable: €350 deposit on booking, followed by 3 instalments of €250 each over the duration of the course. A discount of €75 will apply if the course is paid in full on the first training day.

SYLLABUS

ASANA:

Reversed Triangle
Ardha Chandrasana
Reversed Ardha Chandrasana
Pariporna Navasana
Warrior 3
Parsvottanasana
Parsvackonasana
Marichasana 1& 3
Eka Paddha Paschimottanasana
Triang Mulkakapeda Paschimottanasana
Paschimottanasana
Supta Virasana
Matsyasana
Chakrasana
Sarvangasana
Halasana
Elbow balance
Hand stand
Headstand

Asana technique and modification

Step by step: working from base of asana

Dealing with asana related injuries

PRANAYAMA

- Nadi shodana- variations
- Nadi shodana- ida/pingal and sympathetic & parasympathetic nervous system
- Anuloma viloma
- Pranayama mudras
- Bastricka
- Kapalabhti

SUBTLE ANATOMY

- An exploration of the chakras and the etheric body
- Location
- Function
- Physical correlatives
- Level of awareness
- Symbolism
- Yantras
- Elements (tattwa)
- Mudra
- Bandha

MEDITATION

- Meditation, Yoga Nidra, Mudra and the Brain**
- Yogic methods of meditation, Ajapa Japa, Antar Mouna
- Energy awareness and working with energies

MANTRA

- The practice of Mantra Japa. The use of a Mala. Classical mantras-OM, Pranava, Gayatri, Shanti Path, Purnamadah, Guru Stotram etc.

REFINED TEACHING SKILLS

- Understanding limitation in asana practice
- Correct adjustment of a student
- Dealing with delicate matters

YOGA NIDRA AND DEEP RELAXATION

- Yoga Nidra
- Progressive relaxation
- Relaxation in daily life; Wu-wei the art of letting go

THE SHAT KARMAS

- Cleansing practices of yoga- including Trataka, Neti, Kapalabhati.

PHILOSOPHY OF YOGA

The principal paths of yoga

Schools of yoga

Streams of Eastern philosophy- Vedanta, Samkhya and Tantra.

ANATOMY AND PHYSIOLOGY

Shoulder/rotator cuff

S-1 Joint

Knee joints

The nervous system and the nadies

Endocrine-Chakra system

Asana related injuries

Marma Points

Yoga & Rehabilitation

Advertising and promotion

Producing a workshop flyer

Costing a workshop/course

The course will be wide-ranging and experiential, and will include a variety of asanas, pranayama, mudras, bandhas and other practices which provide a rich source of knowledge for yoga teachers.

The Level Two Course is not assessment-orientated. While it will provide a valuable contribution to on-going training, it is ultimately for the student's self-development.

COURSE TEXTS (optional)

Meditations from the Tantras

Asana, Pranayama, Mudra, Bandha

Anatomy and Asana

Yoga Sutras of Patanjali

The Upanishads

The Bhagavad Gita

Awareness (Osho)

COURSE TUTORS

Nicole Henkel Murphy

Nicole has been practising auto-suggestive relaxation since she was a child. She came to Ireland to finish her Masters. She fell in love with the people and the country. Nicole then trained with Marie Quail (YTTC) to become a full time Yoga teacher. She studied Anatomy and Physiology and graduated as a Massage Therapist. She became the official yoga teacher for the Munster Rugby Academy and taught the 'Munster Boys' in Cork and Limerick. In 2006 she trained to become a Pre-Natal Yoga teacher and opened up the Cork Movement Centre, now YTTC Cork.

Nicole became Director of YTTC Cork in 2007

Roy Griffin

As the director of YTTC Roy is responsible for the day to day running of the organisation, his role involves overseeing the growth and development of the training programs and maintaining the highest standards of yoga training. Through vision and understanding he and his team have developed a series of progressive training programs that express the teachings of the Eight Limbs of Yoga.

As a young boy yoga came naturally to him, where he developed a strong practice in pranayama and meditation. He began his formal training in 1992 and went on to spend time in Sivananda Vedanta International Ashrams in Canada and the Bahamas where he successfully completed his teacher training in 1998. He founded the Irish School of Yoga in 2000 and in 2007 he became the director of the YTTC. Roy believes passionately about spreading the word of yoga and understands it is through team work that we can affect the most people with positive light.

Roy's teaching style follows the classical principles of Hatha Yoga, combining asana, pranayama, meditation & yoga nidra with safety and awareness. Each posture tells a story and along the way the student finds their natural state of integrity through proper alignment, right thinking and natural breathing. Roy takes his commitment to yoga very seriously but his innate sense of humour is his constant companion.

Paddy Hamill

Currently director of YTTC Lisburn Paddy began his yoga training in 1994 and following several years of practice he embarked on an Iyengar teacher training programme which he successfully completed in 1998. His teaching is characterized by an awareness of correct anatomical alignment - ensuring the student moves safely both into and out of asana while cultivating an appreciation of individual / personal limitations. In 2002 he trained as a YTTC tutor. He has played an integral part in the growth and development of the YTTC throughout Ireland, having contributed to both the Level One and Two courses the length and breadth of the country. As course director he is responsible for the effective delivery of the course and in that capacity he will contribute significantly to many of the modules.

Michael McCann

Michael's interest in Yoga extends back to 1970 when as a youth he met Swami Satyananda Saraswati. His teachers have been Swami Atmananda Saraswati, Swami Satyamurti Satyananda, Norma Duffield of the Yoga Centre of Ireland, Swami Nishchalananda Saraswati of Manadala Yoga Ashram and Marie Quail. He is a YTTC trained yoga teacher and is a senior Philosophy tutor who has a deep interest in Comparative Religions and the body of teaching known as Perennial Wisdom. He has written several articles on all aspects of Yoga.

Sarah Lohan

Sarah was fortunate enough to start yoga and meditation at school and has continued this path throughout her life. She has journeyed to many countries, experiencing exciting cultures, teachings and teachers. She would consider Lama Zopa, Thich Nhat Hanh, Swami Veda Bharati and Swami Ritavan to be her gurus.

Sarah holds yoga qualifications from The British Wheel, The Life Centre, Yoga Alliance, Birth Light and has her teacher's permission to teach Ashtanga. Indeed, she has worked with a range of health professionals delivering treatment programmes for various conditions.

Furthermore, Sarah holds a BA (hons) in Comparative Religions, a PGCE in Religious Studies and has taught Hinduism and philosophy at college. At present she is continuing to develop her skills with Swami Veda's School of the Himalayan Tradition.

A Level Two Diploma is awarded on successful completion of the course.

The YTTC prides itself in providing a relaxed and supportive environment, our tutors are approachable and available at all times to give advice and support. We hope you will make many new friends on the course as feedback from former students tells us that it has been a valuable and life-changing experience.

Applications

All applicants must be members of the YTTC so please complete the membership section on the application form. Members will receive regular issues of 'Yoga for You', the members' newsletter. Each issue is packed with up to date information about courses and events at the centre, details of our ever-popular weekend workshops and news stories of graduates who extend their training by visits to the Ashrams or simply share experiences of how they have progressed since graduation. '

In order to reserve a place on this course, please complete the application form on the next page and return it with your deposit of €350 to YTTC, 32/33 South Main Street, Cork. All payments can be by way of cash or cheque payable to YTTC.

Yoga Therapy & Training Centre (YTTC)

Application Form – Level Two Diploma Course

Name _____

Address _____

Contact Details Daytime: _____ Evening: _____

E-mail _____

Please tell us about your teaching qualification (s)

Training Body _____

Finally, please tell us how you heard about us? _____

Applicants should be a member of the YTTC. If you are not currently a member, please enclose €45 for your membership.

Please return completed application form with deposit of €350 (+ €45 if applicable) to:

Yoga Therapy & Training Centre (YTTC), Level Two Diploma Course,

32/33 South Main Street, Cork. Tel: 086 0433324

www.yogaireland.com e-mail nicole@yogaireland.com

All information provided on this form is treated as confidential.