

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	Majella McIntyre
Teaching Staff	Majella McIntyre Madeline Callaghan Paddy Hamill Clare Desmond
Duration	Within 1 year
Course Location	L'Derry
Venue	16b The Diamond, L'Derry
Timing	One day per month excluding National Holidays
Cost	£895.00 (one off payment) or £950 payable deposit £200 + 3 further instalments of £250
Course Commences	<b>Spring 2011</b>

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'*

### **THE AIM OF THE LEVEL TWO DIPLOMA COURSE IS:**

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

### **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 day per month (5 hours per day) within one year.

### **FEE**

The cost of the Diploma Course is **£950.00**

Payable: £200 deposit on booking, followed by 3 instalments of £250 each over the duration of the course. A discount of £55 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 Mukkakapeda 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, Kapalbhati.

## **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**

### **Majella McIntyre**

Majella is a YTTC trained Yoga Teacher, Trainer and Therapist. In 2004 she studied different aspects of yoga in its country of origin, India. On her return she embarked on the YTTC Post Graduate Course; more recently completing a tutor certificate course under the direction of Marie Quail. Her tutors include: Philip Xerri, Shiv Sharma, Elizabeth Connelly and Christophe Mouze. She holds certificates in Yoga for Pregnancy and Yoga for Children.

In 2004 Majella opened the first (and only) fully equipped designated Yoga Studio in the North West offering all levels of yoga training including general yoga classes on a weekly basis.

Registered with the British Council for Yoga Therapy (BCYT) London and the Yoga Alliance International, the courses are fully accredited. As director of studies she will have responsibility for ensuring the safe and effective delivery of the course.

### **Madeline Callaghan**

Madeline has been practicing Yoga and Meditation for nearly thirty years. She studied for her Level One certificate with Marie Quail and also has certificates in Counselling Skills, Conflict Resolution & Mediation Skills. A graduate of the University of Ulster, Madeline has many qualifications including an Honours in Psychology. She has completed a Raja Yoga Course in Africa and has lived in a Ghandi Ashram in Bali where Bhakti yoga was the order of the day.

She attended retreat houses within Ireland where prayer meditation and introspection are an integral part of their daily life. Madeline takes responsibility for the Philosophy and Pranayama modules on the L'Derry courses.

### **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.

### **Clare Desmond**

A graduate from the Acupuncture Foundation affiliated to the Nanjing University of Traditional Chinese Medicine China, Clare is also a registered licensed Chinese Acupuncturist practising in L'Derry. She is a member of the Northern Ireland Association of Traditional Chinese Medicine. This course provided a strong foundation in

both Western Medical Sciences, Anatomy, Physiology, Diseases and Traditional Chinese Medicine. Clare has been practising yoga for several years and holds a YTTC teaching certificate. She delivers both the Anatomy and Physiology Modules on the L'Derry teacher training course.

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 £200 to YTTC, 16B The Diamond, L'Derry BT48 6HW 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 £30 for your membership.**

Please return completed application form with deposit of £200 (+ £30 if applicable) to:

Yoga Therapy & Training Centre (YTTC), Level Two Diploma Course,  
16b The Diamond, L'Derry. BT48 6HW Tel: 028 7126 6955  
[www.yogaireland.com](http://www.yogaireland.com) e-mail [majella@yogaireland.com](mailto:majella@yogaireland.com)

**All information provided on this form is treated as confidential.**