

# Lucy Crawford Yoga Teacher Training Programme

Based on Ashtanga Vinyasa Yoga



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## Course dates and fees 2018/2019

(Teacher Training 2018 / 2019 (in progress))

Venue:

Hours -10 Colston Yard, Bristol, BS1 5BD

Course Dates 2018 / 2019

Module 1 (7 days inclusive) @ 8 hours per day, 56 hours. £900  
July (21st) 22nd – 28th 2018

Lucy Crawford - Yoga Asana, Experiential Yoga Anatomy & Adjustments  
Caroline Tautz - Somatic Body Awareness & Yoga Asana, Creative Sequencing  
Swami Saradananda - Yoga Philosophy, Pranayama, Meditation and Chanting

Module 2 (6 days inclusive) @ 8 hours per day, 48 hours. £850  
October (13th) 14th – 19th 2018

Lucy Crawford - Yoga Asana, Experiential Yoga Anatomy & Adjustments  
Caroline Tautz - Somatic Body Awareness & Yoga Asana, Creative Sequencing  
Rikke Olesen - Anatomy and Physiology in the practice of Yoga Asana

Module 3 (6 days inclusive) @ 8 hours per day, 48 hours. £850  
January (24th) 25th – 30th 2019

Lucy Crawford Yoga Asana, Experiential Yoga Anatomy & Adjustments  
Caroline Tautz - Somatic Body Awareness & Yoga Asana, Creative Sequencing  
Swami Saradananda - Yoga Philosophy, Pranayama, Meditation and Chanting

Module 4 (6 days inclusive) @ 8 hours per day, 48 hours. £850  
April (13th) 14th -19th 2019

Lucy Crawford Yoga Asana, Experiential Yoga Anatomy & Adjustments  
Caroline Tautz - Somatic Body Awareness & Yoga Asana, Creative Sequencing  
Anne Rasmussen - Mind Stuff from a Western Psychology Perspective

## Course dates and fees 2019

### TT 2019

Venue to be confirmed (taking applications)

#### Module 1 & 2 combined

12.5 days inclusive @ 8 hours per day

100 hours

#### July 15<sup>th</sup> – 28<sup>th</sup> 2019 – Part 1

Lucy Crawford - Yoga Asana, Experiential Yoga Anatomy & Adjustments

#### Module 3 & 4 combined

12.5 days inclusive @ 8 hours per day

100 hours

#### October 1<sup>st</sup> – 14<sup>th</sup> 2019

Lucy Crawford - Yoga Asana, Experiential Yoga Anatomy & Adjustments

#### Timetabling of visiting teachers TBC – which dates they will teach on

Caroline Tautz - Somatic Body Awareness & Yoga Asana, Creative Sequencing

Swami Saradananda - Yoga Philosophy, Pranayama, Meditation and Chanting

Anne Rasmussen – mind stuff from a Western perspective

Rikke Olesen - Anatomy and Physiology in the practice of Yoga Asana

## **Ashtanga Based Yoga Teacher Training Programme (200 hours)**

### **COURSE OVERVIEW**

This Teacher Training course is split into the 4 Modules.

These may be presented in either 4 x 1 week Modules, or 2 x 2 week Modules.

The 200 hours will be presented as a layering process where we will add physical, ideological and spiritual theory, alongside the physical felt sense experience. Each Module will be a layer of the teaching process and the building blocks and will cover a wide range of topics. These will include practical and theoretical teaching skills, a philosophical understanding of Yoga, a practical knowledge of anatomy, the physiology of stretching and some experiential anatomy via somatic awareness processes. We will also examine the breath body and the psychology of mind stuff.

We will cover both the counted method and assisted self-practice as methods of presentation for the classes you will teach to students. We will introduce the idea of creative sequencing as an additional teaching skill that might better suit older or less able students.

We will work from the ground up, methodically introducing layers to each subject area through Modules 1 – 4. This layering of skills is carefully structured and includes hands on adjustment, use of supports with attention to alignment, basic adjustments, specific adjustments tailored to the individual student, relevant anatomy / asana blueprints and attention to breathing and breathing techniques (pranayama).

### **The art of teaching**

The 'teaching' of anything, begins with the 'practice' of that something. Slowly in our individual practice, we become more aware with self-listening, understanding sensation as the bodies language back to us and integration. When we have a felt sense of something that is of value, we will want to share it with others. The awareness of what we discover in our own bodies becomes the foundation for our teaching. We need to have a good comprehension of both the theoretical and experiential understanding.

### **Becoming a teacher**

It is in the atmosphere of one's own class that we begin the real work of becoming a teacher. Through your own practical teaching sessions and experience of using the tools and resources

provided by this training programme, you will begin to develop as a teacher in your own right. Your own learning however never ceases and we need to remain open to new ideas and be creative, supported by your own individual practice and your teaching practice.

We all have strengths and weaknesses - and as your teachers on this training we will endeavor to polish your natural abilities and enhance the more difficult areas to bring forth a more rounded trainee teacher.

Yoga teaching cannot be based purely on the deliverance of verbal instruction given in parrot fashion. We need to have a clear understanding of the subject matter and experience to back it up and this experience takes time and practice.

When we begin to teach, first and foremost we need to provide a safe space for others to come to. It is a safe holding environment for people to be present with their own process. You will need to create a group space, where people come together to do this work, and you are the holder of this space. You need to consciously set up this space with consistency and clear intention. The teacher role in the asana practice is to impart practical knowledge of asana shape and form, reinforce foundations and to allow free movement of breath. You will need to make use of physical and verbal adjustments alongside your skills of observation and understanding of the asana.

Our aim is to develop teachers who will be well versed in the principles of Ashtanga Yoga (the eight limbs). We take an analytical approach to understand the practice exploring what it is we are doing when we say we are doing yoga. To teach yoga, one must have a passion for this beautiful science and a sincerity to share its wisdom for the benefit of others.

We will extend our trainees to help develop well-rounded teachers who can deliver a yoga class safely and enjoyably to a group. Our intention is to provide each student teacher with a skill base they may draw upon to offer guidance, relevant information, techniques and resources to support the development of each student.

### **Further Notes:**

During timetabled hours, the priority of focus will be placed on delivering the teaching schedule to the group as a whole. The trainee teachers process will need to be managed and contained and will not be brought into the group teaching unless this benefits the group as a whole.

## The Modules - Asana

### Module 1

In Module 1 we will cover the first quarter of the Primary Series up to and including Paschimottanasana and its complement, Purvatanasana. We may include Ardha Baddha Padma Paschimottanasana and Triang Mukhaikapada Paschimottanasana. We will also introduce the inverted asana. The focus of this first module will be on giving an overview of the Primary series (Yoga Chikitsa). We will lay down the foundation stones of the physical and philosophical foundations for the teaching of Ashtanga Vinyasa Yoga. We will begin by looking at the counted method and tristana (the combination of breath, bandha and drishti). Tristana produces an inward focus, naturally drawing the senses away from outer stimuli and inwards toward Pratyahara, the beginning of all meditation.

### Module 2

We will cover the second quarter of the Primary Series up to and including Navasana. We will continue looking at the inverted asana through the finishing sequence adding in possible variations for these poses. The focus of this second module will be hands on adjustment and Anatomy & Physiology to support our understanding of the body. Asana blue prints will help us to understand each pose and we will support this with experiential work.

NB: Module 1 & 2 and 3 & 4 maybe combined if the course is running in 2 parts instead of 4 parts.

### Module 3

We will cover the third quarter of the Primary Series up to and including Uphavishta Konasana. Our focus will be Central Nadi (Shushumna) and its relationship to the CNS. We will cover the idea of engaging both sides of the body at once, working the whole body together, rather than side by side. An orientation to Shushumna Nadi and its relationship with the Central Nervous System, to Ida and Pingala and its relationship to the Autonomic NS through the sympathetic and parasympathetic branches. We will look at variations and supports for the back bending sequences and complete our work with the finishing asana.

### Module 4

We will cover the fourth and final quarter of the Primary Series up to and including Setu Bandhasana and back-bending. We will further our exploration of support adjustments and active working adjustments as we begin to build our own natural intuitive responses to the student in their practice. Tailoring adjustments to the individual develops as we become more confident in the hands on work. We will eventually make a

mental shift toward intuitive response as our knowledge and sensitivity develops. We will recap on adjustments from previous modules to reinforce knowledge building. It is important to remain mindful of the fine balance between strength, alignment and foundational support and stretching and opening. We will complete our foundational work together before finding our own individual ways into teaching and sharing yoga in the wider field.

## Topics Covered

### The counted method

This will be taught as the foundation and basis for teaching this method. The count is like a scaffold, architecture or skeleton to support the teaching of this yoga practice method. Its clear structure gives a sense of containment, which can be really helpful for both the student and the teacher. The count is also important as a tool to assist the mind in focusing inwards on movement, breath and looking place, drishti, whilst moving from position to position. This keeps the attention orienting towards the midline or specifically to hands or feet.

### Working with the body

The body itself is the earth. We need to get to know this earth in ourselves anatomically, connect with it somatically and ultimately extend this self knowledge into our teaching. This knowing things in the body provides us with a ground from which to work with others.

### Observation skills

The patterns in the body develop from our earliest origins and continue to shape us through out lives, just as the tree is shaped by the weather. The conditions that shape us are reflected in our tissue field organization from the earliest beginnings of embryological development. Our movement dynamics, joint shapes and movement possibilities originate here. We will look at the body and its foundations, connections, or lack of connection - as a way forward into an awakened relationship with how things really are. We will use this knowledge to assist each other in a process of re-integration proffering new movement possibilities and more space in the body.

### Adjustments, hands on

We will explore the power of touch and the idea that we can and do impart different qualities when we touch another person. We will look at correct boundary, permission and safety in the field of Asana adjustments. We will then look at the types of adjustment available to us. From foundational adjustments, the use of supports to bring the joints into alignment for better function and the more tailored adjustments for the individual with conditions present. From there we will begin to add in additional adjustment possibilities that are more individually tailored. The approach we take is analytical and detailed and we encourage the hands on part of this work as it creates a feedback loop helping our students to understand their own bodies.



NB: The adjustment work needs time to develop into an instinctive yet intelligent process and we need to acknowledge that this process takes time.

## **Experiential anatomy**

Exploring through touch and movement - some basic experiential anatomy helps us to become familiar with the bony landmarks and handles of the body that are most often used in adjustments. We use the bones to offer directional movements through the body and this skeletal awareness to help us support and develop our understanding of asana foundations. This intentional, directed movement creates support and space in the body for the practitioner. This is a two way process as it brings a reciprocal understanding of how and where we need find more ground for ourselves. We need to know the bony landmarks by touch to be able to use these points of contact to direct our adjustments.

## **Foundation and shape - asana blueprints**

We will analyse and discuss the foundations, shapes and structure of each asana. Once we understand asana we can understand what supports to give for the asana to find more foundation and space. Different bodies require different help and we will look at this from an anatomical viewpoint. There is such an advantage to work from a clear and aligned foundation to bring about an integrated and aligned whole. Our focus is not to make asana perfect but to understand the blueprint and find the best possible alignment for each individual practitioner. We need to see what is possible for the individual whilst maintaining safety. We will study all of the asana in the Primary Series in this way.

## **Use of supports and asana variations**

In the traditional Ashtanga Vinyasa Yoga system, physical supports and aids are not usually introduced. It was thought to deflect from the meditative flow of the practice. On this training however, I would like to open this up and acknowledge that each persons needs are unique and as teachers we need the skills to attend to these needs, supporting the body appropriately towards its best possible alignment. We strongly believe that there is a place for supports to assist and enhance the practice.

## **Building safety and trust in the teacher student relationship**

A more student centered intelligent approach to the yoga practice reduces stress in the relationship between teacher and student. This decreases the possibility of injury. We aim to build trust and safety in the relationships with our students and believe that supporting them with asana variations, other specific stretching and strengthening, is very important. We introduce a wider range of help tools making our teaching informed, authentic and relational.

## **Creative sequencing (Presented by Caroline Tautz)**

This work will enable you to creatively plan classes and to focus on specific areas of the body within the context of vinyasa; moving and breathing. Being creative is a necessary skill in the teaching of yoga.

## **Anatomy & physiology**

Anatomy and physiology will be presented by Dr Rikke Olesen. Rikke will cover the basic functions of our musculoskeletal, respiratory & circulatory systems. The central/ autonomic and peripheral nervous systems in relation to the yoga practice. Rikke will discuss the main connective tissues of the body, bone and joint structure and function as well as the main muscles involved in the movement of specific joints with a special focus on the spine, shoulders, hips and knees.

## **Working with Injury**

It is most likely that we will all come into contact with people who have injury, not necessarily yoga related. This means however, that the yoga practice will need to be modified, or changed in order to meet the conditions present. We will discuss some of the more common scenarios, so that you do have at least some tools to help! Remember - it is not about fixing. It is about making things more stable, supported and comfortable.

## **Yoga philosophy**

The underpinning - The philosophy of yoga: with Swami Saradananda will be taught as a foundation to the Practice. Swami Saradananda will include: Yama-Niyama, practice and discussion of 'ethics' of yoga and yoga teaching; the 3 gunas: the 3 qualities/strands of matter (sattva, rajas and tamas). Introduction to Hatha Yoga Pradipika, Introduction to the Bhagavad Gita, Yoga Sutra: beyond the 8 limbs and an introduction to the Upanishads.

## **Trauma and memory - mind stuff**

This 6 hour Module – is presented by Professor Anne Rasmussen. Anne's classes will focus on two subjects. The first subject is trauma, memory and how this may relate to the students that we meet in class. You will learn about the history of trauma and different types of trauma as well as their associated symptoms. The second subject is mind stuff and the various forms of spontaneous thinking. Research shows that humans spend approximately 50 percent of their time in a wandering state of mind. From a Western perspective, some of this mind stuff is regarded as highly adaptive, whereas other types of mind stuff are associated with mental disorders. We will discuss these perspectives against a more traditional view on yoga philosophy and the idea that yoga is about stilling the mind.

## Teaching skills to be developed by each student

- The Fundamental Foundations - finding earth and space.
- The Counted Method as a teaching technique.
- Asana Analysis - observation and body reading skills.
- Adjustments - how to bring in the element of hands-on adjustments into teaching.
- Trainees Counted/Teaching Practice.
- Somatic Awareness - the art of listening to the body.
- Introduction to Meditation.

## Homework

- This is compulsory and should be completed in the time between modules.
- Practicing the Vinyasa count for the complete primary series.
- Practicing the adjustments we have covered.
- Building a small Assisted Self Practice Group, where the practical skills gained during each Module can be practiced.
- Swami Saradananda will give homework to complete between Module 1 & 3.

## Assessments

At the end of the Course - you will be expected to be able to:

- Count the class through various parts of the Primary Series, (taken from any section of the Primary Series up to and including finishing asana).
- Adjust both fellow students and teachers during Module 4 through the Primary Series.
- Be asked at random to present the teaching with both counting and adjustment in any one or more asana of the Primary Series.
- To be able to have a knowledge of why you have chosen to adjust any asana in a particular way when we ask for your reasoning.

## Daily Timetable (an approximation of a typical day)

This is detailed more specifically once teachers have been timetabled 8 hours per day.

7.00am - 9.00am With Lucy Crawford  
 (2 hours) Tutorial Group 1- teaching  
 1 person will be counting while the others are sitting down listening & observing or adjusting

9.00am - 9.30am BREAK CHANGE OVER (15 minutes)

9.30am - 11.30am With Lucy Crawford  
 (2 hours) Tutorial Group 2 – teaching  
 1 person will be counting while the others are sitting down listening & observing or adjusting

11.30am -1.00pm BRUNCH (1.5 hours)

1.00pm - 3.00pm Teaching Skills - with Lucy Crawford  
 (2 hours)

3.00pm - 3.30pm BREAK (30 mins)

3.30pm - 5.30pm Somatic Awareness / Creative sequencing with Caroline Tautz  
 (2 hours) or  
 Yoga Philosophy  
 or  
 Yoga Anatomy

## The Teaching Faculty

We are a diverse faculty of teachers, unified, not necessarily by our opinions and beliefs, but by the 'shared root' passion for and belief in the practice of yoga. We each continue to share what has been of importance to us and is intrinsic part of each of our own lives. In personal and individual ways, each one of us maintains a daily yoga practice, for some, it is a sitting practice for others it is an asana practice. We have each developed and continue to develop our own styles of teaching with and our own skill base in specific subject areas.

We share the blessing of this yoga pathway, and practice of yoga as a central cord in our lives. We continue to nourish the metaphorical 'yoga seed' that has been planted in each of us.

### Lucy Crawford

*Asana, Hands on Adjustments, the Counted Method, Experiential Anatomy and Restorative Practice.*

Lucy is the course director and lead teacher, teaching 70% of the course overall. Senior Yoga Teacher (YAP) UK, ERYT (US) Yoga Alliance, CPD proficient (ERYT), Registered BCST, Biodynamic Craniosacral Therapist, Massage / Bodywork Practitioner. Lucy has been practicing and teaching Yoga for 25 years and is dedicated to quality teaching in small groups. Lucy's teaching experience is across the board, teaching workshops, assisted Yoga practice weeks, JSY Yoga teacher trainings and has more recently developed her own more broad based TT Programme supported by other teachers in the field of yoga. Lucy offers CPDs to students as ongoing support and development. Lucy has studied and practiced AVY Yoga since 1993 beginning her practice with Radha Warrell and Derek Ireland in London, before studying directly with Shri K Pattabhi Jois in Mysore from 1993 onwards. Lucy opened the The Space at No 8 in Cornwall with John Scott, followed by the Newlyn School of Yoga, Cornwall, Stillpoint Yoga Retreat, New Zealand. Lucy was co-director of John Scott Yoga and co-developed and directed the JSY Teacher Training Programme from 2003 – 2016. Lucy is a qualified massage and bodywork practitioner since 1990 and is continuing her study of body centered therapy, currently taking the John Gibbons bodywork diploma in Oxford. Lucy is a tutor on the Craniosacral Biodynamics Foundation Training at the Karuna Institute in Devon and has been a Biodynamic Craniosacral therapist since 2004.

## Caroline Tautz

### Somatic Movement and Creative sequencing.

Caroline is a lead teacher on this course and will sometimes assist morning sessions. Senior Yoga Teacher (YAP) UK, Caroline trained in Fine Art before going on to do an M.A. in dance. Subsequently she taught dance and movement to all ages, as well as choreographing and performing for film. In 1995 she completed a bodywork and movement diploma with Ken Eyerman and began practising as a massage and bodywork therapist. Caroline began to study and practice Ashtanga Vinyasa Yoga with John Scott and in 1996 and travelled to Mysore with Lucy and John to continue with Shri K Pattabhi Jois. In 2006/7 she completed a 108 hour Ansara immersion with Bridget Kramer Woods, completed a year long study of yoga sutras applied to daily life, with Swami Saradananda and has since completed a 3 month teaching meditation intensive. Between December 2010 to March 2015 Caroline completed 160 hours of training in Yotopia dynamic flow, basic principles of fascial anatomy. Since 2014 she returns yearly to stay at the Finnish island of Kadermo, with Ashtanga teacher Stefan Engstrom whose approach to anatomy of wholeness, in yoga has been a strong influence.

## Swami Saradananda

### Yoga Philosophy, Chanting, Mudra and Meditation

Swami Saradananda will be presenting Yoga Philosophy, weaving in the history of Yoga and will focus on the Yama and Niyama as a foundation for self reflection. Swami will teach some basic Pranayama and begin developing an orientation to silent sitting (meditation). She will complement this with the introduction of Mudra as another aid to practice. For 26 years she worked with the International Sivananda Yoga Vedanta Centres and ran yoga centres in New York, London, New Delhi and the Himalayas. In 2001, she took a sabbatical to do personal practice in the Himalayas. When she returned to the West, she was the 'author in residence' at the Peacemaker Community in Western Massachusetts, and then became the spiritual director of Haus Yoga Vidya, just outside of Cologne, Germany. Since 2004, she is a free-lance yogi, living in London and teaching in various parts of the world. She is currently working on an MA in the Traditions of Yoga and Meditation at SOAS (School of Oriental and African Studies), University of London - and occasionally takes groups to India.

Her books include: *The Power of Breath* (recently re-issued in its third edition with enhanced artwork), *Chakra Meditation*, *The Essential Guide to Chakras*, *Relax and Unwind with Yoga*, and *Mudras for Modern Life*.

## Rikke Olesen

### Anatomy and Physiology

Rikke will be presenting the Anatomy & Physiology component on this training. This work will

support your understanding of the body and will give you a greater depth of field when putting hands on the body in adjustment work.

Rikke is an Ashtanga Yoga teacher, a massage therapist and a medical doctor. She has been practicing ashtanga yoga since 2004 and has utilized yoga as a tool to deal with the workload and stress during medical school, a PhD and her current position as a full time medical researcher at Aarhus University. In 2013 she opened her own yoga school Ashtanga Sadhana, together with a close friend to pursue her dream and passion of sharing Ashtanga yoga. Here she teaches regular Mysore classes and anatomy workshops. Her main teachers and sources of inspiration are Lucy Crawford, David Keil, John Scott and Gretchen Suarez. For further information: [www.ashtangasadhana.dk/laerere/rikke](http://www.ashtangasadhana.dk/laerere/rikke)

## Anne Rasmussen

### Mind stuff from a Western Perspective

Anne was introduced to ashtanga yoga in 2001 by Tanja Sofie Schøndorff and Miles Ratledge. In 2008 she met her main teachers Lucy Crawford and John Scott while studying psychology in New Zealand and was immediately captivated by the unique way of teaching that they offered. She completed their 200 hour teacher training program in 2012 and received the 500 hour certificate in 2017. Anne holds a PhD in psychology and is an associate professor in cognitive psychology at Aarhus University in Denmark. Since 2013, Anne has co-directed Ashtanga Sadhana – a yoga studio in Aarhus, Denmark – together with Rikke Olesen.

Anne will present for 6 days (an hour a day) on the 'the mind' from a Western Psychology perspective, to compliment and to offer a different model of understanding from the traditional Yoga Philosophy.

## Applications

Application forms are provided upon request.

Please fill in and return to Lucy at [info@lucycrawfordyoga.co.uk](mailto:info@lucycrawfordyoga.co.uk).

- Once your application has been received and processed you will be contacted directly by email to let you know if you have been offered a place on the training programme.
- We reserve the right to retract the offer of a place to a student if they have not paid their deposit or full fees by the required date.
- Any private sessions or one on one additional work with a tutor must be paid for before a graduation certificate will be issued.

## Pre-requisites:

Trainees will be assessed for acceptance according to the following criteria:

- At least 3 years of consistent practice.
- An ongoing interest in your own practice development.
- A wish to share with others authentically from a place of understanding in your own body.
- To have a current first aid certificate prior to teaching, upon graduation.
- An open mind in terms of new ideas regarding the practice of this method.
- To be prepared (if physically possible) to work hard to change any practice patterns that Lucy or Caroline see as unhelpful ie: hyper-extension of knees or elbows to prevent injury.

This course is open to practitioners of Ashtanga Vinyasa Yoga who wish to use it to deepen their own personal practice and to broaden their understanding. It is also open to practitioners who wish to begin developing their own practice with a view to teaching this practice as a beginner teacher, safely with others.

Becoming a teacher takes years of accumulated practice, dedication and continued education. Please acknowledge that you will need to commit to continuing your



education by attending CPDs and support for your own practice with an experienced teacher.

Prior to the course commencement - you will be emailed a PDF document detailing the asana that we will be studying and the vinyasa count for these asana. You will be required to make yourself familiar with this before the commencement of the training. You will begin your teaching practice on day 2 of the training.

## What your fees include / don't include

### What is included:

- On-going assessment during the Training by a qualified Yoga Alliance Professionals SYT
- A Teachers Manual (per module) and other appropriate handouts or electronic documents provided by email.

### Course Manual

You will be provided with a course Manual with space provided for your own notes. You will need to bring this with you to each Module.

### Feedback Sessions

As the practice and teaching of Yoga is an accumulative process, trainees will be assessed throughout the course. We will have feedback sessions arranged at the beginning of Module 3. You will be given some verbal guidance regarding the areas where we feel you need to direct more energy.

### Final Assessment

The course will end with a final assessment in the form of practical exam, you will be requested to teach a specific asana with both count and adjustment, and then answer specific questions relating to it. This may involve more than one student and more than one asana.

### Certificates

Upon completion of the course material and subject to the members of the teaching faculty being satisfied that you have completed all work to the required standard, you will be presented with a Lucy Crawford Yoga (200 hour) Diploma in Yoga Teaching.

### YAP Registration Yoga Alliance Professionals

Once you have been accepted onto the training you will be entitled to register with the Yoga Alliance Professionals (UK) as a student teacher, and will be insured as such for the duration of the training (UK and Ireland Only). Once you have completed the Yoga Teacher Training Programme, you will be able to register as a 200 hour Registered Teacher with the YAP.

### Additional Study

All graduates from this Programme must reach the required level of competence. Every effort will be made by the faculty to give the necessary assistance to each student to help them reach

this required level and attain this qualification. If a member of the teaching faculty feels that additional study is required this can be organized under the guidance of the teacher concerned. Specific tasks to bring the student up to the required level will be set. An interim certificate of attendance can be issued upon request until the required work is completed. Upon completion you will receive the Teacher Training (200 hours) Certificate. Additional contact hours with a tutor will be subject to a fee of £50 per hour, if required.

## IMPORTANT NOTE

The Faculty recognises that each student who successfully completes this training will become a representative of this Yoga Teacher Training Programme and of this system of Yoga. We reserve the right to refuse this qualification to any trainee whose teaching of this method or attitudes do not meet with the ethos and **codes of conduct** (see below).

### What is not included:

- Flights, accommodation and food for yourself
- Insurance (as a student teacher trainee) you can obtain insurance from Yoga Alliance Professionals if you reside in the UK or Ireland.

NB: paying the fees do not guarantee you a certificate as you will need to successfully reach a level of competence and pass practical teaching sessions to pass achieve the 200 hour certificate and attend a minimum of 85% the course. (YAP guidelines).

### Your Personal Details (GDPR)

Upon signing up for the teacher training course your name, email address and phone number will be forwarded to our accrediting body, the Yoga Alliance Professionals YAP, and you will get a free membership with YAP for the duration of your course. Trainee Teachers Insurance Residents of the UK and Ireland are eligible to add Trainee insurance for the duration of their course (£15 available for residents of UK & Ireland). NB: We reserve the right to amend any of the above conditions any time throughout the course.

### Trainee Guidelines

- Each student will be expected to adhere to the student code of conduct as set out by YAP during the course.
- Minimum attendance rate 85% to insure certification
- Once the course finishes, the trainee will be given 6 months to complete any outstanding assignments set by tutors.
- If a student needs any one to one help to do the above an additional charge for this will apply at a cost of £50 per hour.
- Expectations regarding daily practice of students, we understand that it may be impossible to practice daily, but to do a little each day is important. We may give you physical practice as homework.

## Complaints Procedure

There are three stages that we can follow to try to resolve the issue. We will always try to resolve any complaint as soon as possible between the affected parties. You may wish to involve an advocate, friend or someone else to support you at any stage.

### Stage One:

Speak to the individual(s) concerned and try to resolve the complaint informally on the day. If you are not satisfied with the response you have received, try to resolve the issue by following stage two.

### Stage Two:

Outline the details of your complaint by letter or email and send it to the person or persons who will investigate the complaint and ask for their help in doing so.

### Stage Three:

Your complaint will be acknowledged within 3 working days from the date it is received.

As a faculty do our utmost to resolve matters fairly.

In order to ensure the person or persons dealing with a complaint is able to investigate the complaint in an open and meaningful way, we cannot guarantee anonymity.

If the complaint is taken up with the person who caused offence or did something perceived as unreasonable, we can only bring what has occurred to the person concerned and hope that acknowledgement and apology is enough to resolve the issue.

## Suggested Reading List

YOGA MALA	Shri K Pattabhi Jois
LINO MIELE	Ashtanga Yoga
ANATOMY TRAINS	Tom Myers, Fascial awareness models
YOGA ANATOMY	David Keil
YOGA ANATOMY	Leslie Kaminov
SOMATICS	Thomas Hanna
AWARENESS THROUGH MOVEMENT	Moshe Feldenkrais
MUDRAS FOR MODERN LIFE	Swami Saradananda
THE POWER OF BREATH	Swami Saradananda
LIGHT ON PRANAYAMA	BKS Iyengar
THE YOGA SUTRAS OF PATANJALI	Shri Swami Satchidananda
YOGA SUTRAS OF PATANJALI	Swami Venkateshananda
I AM THAT	Talks with Sri Nisargadatta Maharaj (Acorn Press)
INTRODUCTION TO VEDANTA;	Understanding the fundamental problem Swami Dayananda; (Orient paperbacks)
FROM THE RIVER OF HEAVEN Hindu and Vedic knowledge for the modern Age	(Passage press) David Frawley
SEVEN SYSTEMS OF INDIAN PHILOSOPHY	Pandit Rajmani Tigunait. (PHD/Himalayan Institute press)
VISIBLE BODY (phone or laptop)	Online Anatomy Atlas tool

Please be free to look at as many commentaries on the Yoga Sutras as you wish, if you find any particular commentary particularly useful, please do let us know and we can share that information. The same applies to any particular book you have found useful.

## Terms and Conditions

### Course Fees

Full Course Fee       £3500

All four Modules must be attended to complete the 200 hour course.

A minimum of 85% attendance required for certification.

### Booking Terms and Conditions:

Please note the terms and conditions set out below are legally binding.

### Booking Deposit

The booking deposit of £900 secures your place on the course and your acceptance of the terms and conditions.

### Course Fee Payment

The remaining £2600 must be paid 30 days before the start of Module 1.

### Refund Policy

- Your deposit of £900 is non-refundable.
- The £2600 remaining course fee will only be refunded if notice is given in writing 30 days prior to the start of Module 1, and on condition that the place is filled by another student.
- If the place is not filled you will be given a 50% refund of the £2600.

### Cancellations Policy

- Cancellations must be made in writing 30 days before the start date of the first Module of the training, to Lucy Crawford Scott at [info@lucycrawfordyoga.co.uk](mailto:info@lucycrawfordyoga.co.uk)
- Once the course has started, any change in circumstance that prevents you from attending will result in the loss of your course fee.

### Cancellation of Course by the faculty

- Course leaders reserve the right to cancel the course.
- If this happens you will be refunded 100 % of the course fees that have been paid to us.
- Your travel and accommodation costs will not be covered if a Training Course needs to be cancelled. NB: So please when booking, make sure you take this into account.
- Course leaders reserve the right to terminate a student's place on the course if it is deemed necessary.

NB: All modules are compulsory as stipulated by the Yoga Alliance Professionals.

## Student Code of Conduct for Lucy Crawford Yoga 200 hour Foundation TT

Dear student

I wish to extend a warm welcome to this 200 hour Ashtanga based Teacher Training Programme. We hope that you will enjoy the course and find it useful and informative. In order to maintain high standards it is important that each participant can reach a certain minimum standard. Whenever we feel that this is not the case, we will talk to you personally and try to put into practice, helpful strategies for you as an individual, to keep you on track.

Students who do not meet the required standards will be asked to improve on any areas of weakness, and demonstrate that they have done this, before being issued with a certificate. The assessment is on a continuous basis and you will receive feedback on your progress. All successful students can be registered on our database of accredited teachers. This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behavior by which all Yoga Alliance Professionals Registered Yoga Teachers, agree to conduct the teaching and business of Yoga.

As a Registrant of Lucy Crawford Yoga 200 hour Teacher Training, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. To ensure that safe and effective teaching is available to the public.
2. To provide the public with access to safe and effective yoga teachers.
3. To maintain and uphold the traditions of Hatha Yoga. To teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow such traditions.
4. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
5. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
6. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
7. Encourage diversity actively, by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
8. Respect the rights, dignity, and privacy of all students.
9. Avoid words and actions that constitute sexual harassment.
10. Follow all local government and national laws that pertain to my yoga teaching and business.

I agree to comply with the conditions and requirements as set out in the course curriculum, and accept that failure to do so will disqualify me from any accreditation. I furthermore vow to uphold the standards of the teachings I have been given, and to maintain and promote the good name of yoga at all times. I accept that failure to do so may lead to the annulment of any accreditation obtained from the Lucy Crawford Yoga – 200 hour - Teacher Training Programme.

Print Name

Course and starting date

Signed and dated