

Parampara School of Yoga

Teacher Training and Foundation Studies

Authentically sharing the tradition of yoga with contemporary understanding & interpretation

Embarking upon the practice of yoga creates a refreshing and unstoppable ripple of positivity through our life and that of everything and everyone around us. Whether you'd like to enhance your understanding as a yogi, or feel called to teach yoga, this in-depth and carefully constructed, Yoga Alliance accredited, 200-hour yoga teacher training programme will nurture and support your continuing evolution, as a conscious yogi and teacher of yoga.

Providing an authentic foundation from which to explore your individual teaching qualities, the modules consist of workshops, hands-on practicum, self-study and home study. The programme will equip you with the tools to safely and confidently share your knowledge, joining the age-old tradition of Parampara - the Sanskrit term to describe knowledge or tradition passed undiluted, through successive generations from teacher to student.

Course Leader

Imir Frazer + guests

Syllabus

Yoga Philosophy and the 8 Limbs of Yoga

Meditation and Pranayama

The Physical Body: Anatomy & Physiology, Breath & Exercise, The Nervous System

The Energetic Body: Prana, Nadis, Chakras, Bandhas, Mudras

Asana: Props & Adjustments, Modifications & Teaching Tools

Prescriptive Yoga: Pregnancy, Seniors and All Bodies

Hatha, Vinyasa sequencing, Ashtanga & Yin yoga

Class Planning & Structure

History, The Bhagavad Gita, Sanskrit pronunciation, Ayurveda

Location

Yoga House, Catford, South London



2020

09:00 – 17:00 daily

June: Monday 1st, 8th, 15th, 22nd & 29th

July: Monday 6th, 13th, 20th & 27th

NO TRAINING DURING AUGUST

September: Monday 7th, 14th, 21st & 28th

October: Monday 5th, 12th, 19th & 26th

Investment

£2,750 (A booking deposit of £500 is required to secure your place.)

(Payment plan available)

Contact

Please email imirfrazer@hotmail.com for further information and booking.

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Course Overview

Eligibility

There are many reasons to embark upon a yoga teacher training programme: development of self-knowledge, health and spirituality; deepening understanding of anatomy for improving asana practice; to help those around us; managing personal change; a wholesome career change... whatever inspires us, all reasons are of equal value.

Both students who are relatively new to yoga, as well as those with years of experience will enjoy the immersive, transformative benefits of this course, as module by module our understanding evolves and perspective broadens.

It is not essential to aspire to become a yoga teacher, though upon completion of the course you will be a Yoga Alliance International certified yoga teacher.

Requirements

- Dedicated commitment to the course and coursework, attendance at all training days
- Minimum 12 months regular (e.g. twice weekly) yoga asana practice
- The resolve to face challenges positively with course leaders and fellow participants
- Reference from a qualified yoga instructor

Application

Applicants are asked to complete a registration form and provide a reference from a qualified yoga instructor. Once your place is confirmed a deposit of £500 is required to secure your place. Places are limited to ensure the highest standard of training, with maximum individual attention.

School Founder

Imir Frazer has been studying yoga since 2000 and is registered E-RYT500 with Yoga Alliance. She has completed 200-hour, 300-hour and Ashtanga teacher trainings, and has studied Vinyasa sequencing, Yin, Yogic Arts, Rocket, Tripsichore, Yoga History & Philosophy, Meditation and Anatomy with some of the world's most highly regarded senior teachers.

Drawn from substantial personal inquiry, studies, teaching and practice, Imir has carefully structured this teacher training programme, which is supported by an in-depth and high-quality training manual.

Imir will lead all training days, assisted by high calibre, experienced teachers.

Content

The training follows a carefully streamlined curriculum, developed to provide the strongest foundation for practicing and teaching yoga.

History, Philosophy, Meditation and Prana

Pranayama is the practice of breath control and the manipulation of our breathing rhythm and pranic energy. During the opening days of the course we will explore the objectives and healing power of pranayama.

Meditation brings us into the present, where we experience a heightened sense of mental, physical and emotional awareness. Techniques are studied and used in the daily practice and to prepare the mind for learning.

Pranayama and meditation provide a sanctuary in which to open the mind and work through issues and mental blocks that may arise. We will explore tools for self-study and practice, cultivate an ability to use meditation to enhance our practice and apply these to our time off the mat, benefiting day to day life.

Throughout the course we will deepen the understanding of yoga as a philosophy and life therapy, looking at yoga as a spiritual and energetic practice, studying chakras and the subtle, energetic body and referring to classical texts, exploring yoga as a holistic practice, incorporating the 8 limbs of yoga.

Anatomy for yoga

Two highly informative and fun days of functional anatomy, specifically designed for yoga teachers. Drawn from studies with David Keil, author of Functional Anatomy of Yoga, Imir will deliver anatomical content with emphasis on sharpening our skills to assess the needs of students in the yoga class environment. This is applied to our own practice to enable functional exploration.

Asana

Each training day starts with a led class. Morning practice includes a themed sequence of asanas (postures) which will feed into that day's practical exploration. Daily structure is cleverly designed to facilitate learning human body function in relation to yoga asanas.

Absolutely integral to the training is inclusivity and the ability to accommodate all individuals; through in-depth assessment we explore:

- Common injuries, pregnancy, medical conditions, all body types
- Benefits, prohibitions, contraindications
- Modifications, adjustments and creative alternatives

Asana practice and investigation may include Hatha, Ashtanga, Vinyasa, Yin, Rocket, Nidra and more. The training does not favour nor limit students to one philosophy, style or sequence. Instead you will gain a classical foundation from which to incorporate different styles, enabling a broad and well-rounded tool kit.

Becoming a Teacher

A high-quality and thorough training manual is provided, as a valuable on-going resource. In addition, throughout the course you can create an asana library, to assist with on-going class planning and structure. We will also study:

- Observing and understanding physical structure, energy and alignment
- Noticing the mind's impact upon an individual's approach to their practice
- Teaching tools, verbal and non-verbal communication
- Careful and appropriate adjusting
- Self-practice
- Presence, confidence and delivery
- Class planning and structure
- Continued development

Ethics and the Role of a Teacher

As yoga teachers, we have the opportunity to share and encourage. The underlying intention is that of selfless service (karma yoga) to those who attend our classes. We will discuss the role of the teacher in class and within society and the importance of continued self-practice and study, critical thinking, openness, willingness to explore broader perspectives and the confidence to share, through nurturing your personal skill-set.

Investment

- £2,750 (one-off payment) £2,800 (payment plan)
- £500 booking deposit
- Payment by bank transfer

Your place on the course is not secured until the £500 deposit has been paid and your place will be at risk if payments are not completed by the specified date.

Refund Policy

Deposit

A deposit is required to secure your place on the training programme. Once a deposit has been paid you have 14 days to withdraw and receive refund of the deposit. Following the 14 day period deposits **will not** be refunded.

Balance of Course Fees

Should course fees remain unpaid by the payment deadline, your place may be offered to another trainee - any fees paid will be refunded, **excluding** deposit UNLESS after the course start date. In which case you may be asked to leave the training and will not receive a refund of fees paid to date.

Course Fees

Course fees are non-transferable and non-refundable. Final date to withdraw from the training programme and not be responsible for course fees (excluding non-refundable deposit) **is 30 days prior** to the training programme start date. Should you opt to withdraw from the training programme at any point following this, course fees will not be refunded.

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APPLICATION FORM – JUNE 2020	
Full Name	
Date of Birth	
Address	
Mobile Phone Number	
Email Address	
Personal Objective	<p>Please write a few lines about yourself (eg background and interests) and your reasons for taking a yoga teacher training course (eg whether there's a particular group of individuals you'd most like to help, for your own personal development etc.).</p> <p><i>(please continue on a separate sheet if required)</i></p>
Experience & Understanding	<p>Please summarise your understanding of what yoga is and how yoga might differ from interests or hobbies.</p> <p><i>(please continue on a separate sheet if required)</i></p>
Name of Referee	
Fee Payment	<p><input type="checkbox"/> £2,750 (£500 deposit & 1 x £2,250 by 1st June 2020)</p> <p><input type="checkbox"/> £2,800 payment plan (£500 deposit & 4 x £575 by 30th Sep 2020)</p> <p><input type="checkbox"/> £500 deposit paid</p>
Signature & Date	

