



COMPREHENSIVE YOGA FELLOWSHIP

*Founded in 1987 by:- Ted Lovett, Joan Lovett, Gordon Smith & Pam Smith
(CYF incorporates Crewe & District Yoga Fellowship)*

www.yoga-teacher-training.org.uk/

TEACHER TRAINING

CORRESPONDENCE AND PRACTICAL COURSE INFORMATION

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TEACHER TRAINING COURSE

INTRODUCTION: The CYF teacher training course has two distinct parts; the correspondence course, which requires trainees to submit a series of essays in three parts, as set out below and a practical training course, whereby trainees are required to attend five mandatory training days a year, over three years. The course has been established for over twenty years, however, the CYF has recently become registered with the '**Independent Yoga Network**', an organisation which requires its members to meet exacting standards, thus paving the way for the teaching of yoga to be suitably self-governing.

We are pleased to be able to offer our trainees automatic registration (at the current annual cost to the IYN), once they have successfully gained the CYF teaching diploma. Registration with the IYN will allow you to include this information on your curriculum vitae and on any job application forms you may need to fill in for teaching yoga. In addition to the CYF logo, you will also be able to use the IYN logo on any of your stationery, **provided your membership of the CYF is paid up-to-date and must remain so to retain validation of your teaching qualification.**

CORRESPONDENCE COURSE

The correspondence course is logically structured and students' work is personally supervised in a progressive way by tutors who are qualified and experienced in the field of yoga. The cost of the course is kept to a minimum as the Fellowship is organised on a non-profit making basis and all monies, after the payment of essential costs, go to provide amenities for members. The course can be completed in a time scale to suit personal circumstances but hopefully, within two to three years and consists of three parts as set out below:

PART 1: The background theory and philosophy

This comprises of 10 lessons, which includes the supply of the appropriate manual, personal supervision and marking of the written work set for each lesson, plus guidance as necessary.

This part of the course covers the history and development of yoga, discusses the classic spiritual teachings and how we apply them and looks at different types of yoga and their meaning.

Current cost: £100

PART 2: Hatha Yoga, concentration and meditation

This comprises of 15 lessons, which includes the supply of the appropriate manual and the services outlined above.

Part Two of the course looks at the practical application of yoga practice, covering selected asanas (postures), pranayama (breathing exercises), relaxation, concentration and meditation. In addition the use of bandhas and mudras (physical locks and seals to direct pranic energy in more specific ways), and yantras and mandalas (yogic symbols) are discussed.

Current cost: £150

PART 3: Anatomy and physiology and teaching procedures

This is a shorter course of lessons which includes the supply of the appropriate manual and the services outlined in Part One.

The anatomy and physiology covers a basic understanding of the workings of the human body and together with information provided in Part Two of the course, gives the student some insight as to the positive effects that Yoga postures have on the physical body and our psychological makeup.

The Teaching Procedures guides the student in the skills of formulating and conducting lessons appropriate to the abilities of a class and how to develop lesson content over time. It also deals with the practicalities of assessing the suitability of space in which to teach, teaching aids and problems which may occur.

Current cost: £70.

PRACTICAL ASSESSMENT: A final practical assessment of your teaching skills is required when you will be observed teaching a one and a half hour hatha yoga class when you are ready to do so. This will either be at the end of the course, (or sooner if required after due discussion with the training day co-ordinator).

Current cost: Minimum £50 (there will be additional costs according to the distance travelled by the assessors).

In order to gain the diploma awarded by the Comprehensive Yoga Fellowship, **trainees must successfully complete all three parts of the correspondence course. In addition all training and workshop days must be attended (for more information see following pages).**

QUESTIONNAIRE: If you would like to apply to join the CYF teacher training course, would you please fill in the enclosed questionnaire. This will help us to assess whether or not you will qualify for exemption and also to establish your current level of hatha yoga practice.

MEMBERSHIP: To secure a place as a trainee on the CYF teacher-training course, it is necessary for you to hold current membership. If you are not a member of the CYF, please add **£15** to the amount payable for Part One (totalling **£115**).

PLEASE CONSIDER THE FOLLOWING POINTS BEFORE MAKING YOUR FINAL DECISION TO APPLY FOR A PLACE ON THE COURSE:

- A total of 29 essays must be completed over approximately three years. Does your timetable allow for this?
- A total number of 200 recorded hours of practical hatha yoga training with a competent qualified teacher are necessary. See section on 'Record of Training Hours Booklet' for how to gain these hours.
- You will be required to attend 6 mandatory practical training days a year (18 in total over 3 years). The 108 hours accrued will go towards the total of 200.
- **Your membership fees must remain up-to-date throughout your training. Should you decide to take a break from the course, (up to one year maximum), it is necessary to maintain payment of membership fees throughout in order to pick up your study from where you left off.**
- A **non-refundable deposit of £10** will be included in the cost of all training/workshop days and any additional days offered by the CYF, (other than our three seminars a year which are included in annual membership fees and are £10 to non-members)
- Whilst students can expect their course fees to remain stable for a period of three years, the CYF cannot guarantee holding costs stable for longer than this. Any rise in course fees will be kept to a minimum.
- The cost of the course (including both correspondence and practical training) at this time is **£820** plus membership of **£15** a year.
- A current basic first aid certificate is required and may be obtained through the CYF or independently as preferred, (see info in **this** booklet)



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THREE-YEAR PRACTICAL TRAINING PROGRAMME

The CYF runs a rolling 3-year programme, which is made up of training days specifically for trainee teachers and workshop days. There are also 3 seminar days a year for all members (and non-members) of the Comprehensive Yoga Fellowship.

TRAINING DAYS:

There are 3 training days per year over 3 years (9 in total). **These are a mandatory part of the course.** A booking form will be provided when programme information is sent out to you and payment for the day is required when you book your place. It is necessary to book in advance of the day and payment will include a **£10 non-refundable deposit**. Please note that in order to obtain your CYF teaching diploma certificate, all nine days must be completed.

Each trainee will be supplied with a ring binder at the start of the course. All course information provided throughout must be kept in this folder.

The cost for each training day will be **£25**, (including the cost of material provided), payable when returning your booking form.

Throughout the three years we aim to cover:-

- Pavanmuktasana (joint freeing exercises)
- all posture groups
- a number of pranayama (breathing) techniques
- relaxation and yoga nidra (deep relaxation)
- concentration and meditation techniques

In addition there will be information on the practicalities of running a class, insurance requirements and some ideas on how to market yourself as a yoga teacher.

Please note: You may join the 3-year rolling programme of training days at any point, however, all 9 training days **must** be completed before the CYF teaching diploma can be awarded. Missed training days can be caught up at a later date or taken as a 1-1 with Deb Jackson (Ed Co)

Repeat Training Days: Trainees and newly qualified teachers may repeat a training day if they wish, at a reduced cost of £20 a day. Priority will be given to those who are attending for the first time. Only new trainees will receive a mail-shot for each training day, however, all members of the CYF will receive an annual calendar of events during December/January of each year.

WORKSHOP DAYS:

There will also be 3 workshop days a year over 3 years (9 in total). These days will also be **mandatory for trainees**. Our workshops are designed to broaden your teaching practice, focusing on more specific areas and will include:

- Yoga for integrating the less able student
- Physiology and anatomy
- Pranayama
- Bandhas, mudras, kriyas and mantra
- Dynamic sequences & planning flowing practices (e.g. surya namaskar, Chandra namaskar)
- Yoga for pregnancy: A workshop highlighting the safe integration of pregnant and post natal women into a general yoga class.(please note this does not qualify you to teach specialised pregnancy yoga classes
- Assisting & Adjusting

Course material will be provided for each of these days and may be kept in the ring binder provided at the start of the course.

A booking form, together with the programme for the day will be sent to you in order for you to reserve a place on the day. The cost for these workshops will be **£25** for the day, including a **non-refundable £10 deposit**, payable when returning your booking form. Please book a place in advance of the day.

SEMINAR DAYS:

We also offer 3 seminar days a year, which are included in the membership fees. We hope you will be able to attend, although these are not mandatory. The more practical training hours you are able to accrue, the deeper your understanding of teaching the postures will become, experiencing different styles and widening your knowledge of the philosophy and other aspects of yoga. We ask Trainees to try to attend at least 2 days a year during the whole of their training. In addition to these 3 days taught by CYF Qualified teachers the CYF run 1 extra seminar, presented by a teacher from outside the organisation.

FIRST AID CERTIFICATE:

It is recommended that yoga teachers hold a first aid certificate. The CYF advises that this should include 'CPR', (cardiopulmonary resuscitation). A one-day course is sufficient and there are two options available to accommodate this:

1. You can make your own arrangements to attend any recognised first aid training day. This can be done at a time and place that is convenient to you. If you choose this option, **please ensure the first aid teacher signs your Record of Hours Booklet** (see below), to confirm you have successfully completed the day.

If you make your own arrangements, the current cost for the one-day (to include CPR), is in the region of £100 (there is a slight variation depending on which organisation you choose to train with).

2. The CYF will organise a one-day course. This day will be available once during the 3-year training programme. As your first-aid certificate is valid for a three-year period, it is probably best that we arrange for this day to take place during the third year of our training programme. This will give you the best value out of your first aid qualification.

All first aid certificates must be renewed every three years. This involves a one-day refresher course. We will need confirmation of your renewed certificate in order for you remain insured with the CYF.

If it is that you feel you would like a more in-depth first aid qualification, it will be your responsibility to make arrangements for this.

If you already hold a current first aid certificate we will require sight of this to exempt you from taking part in the training day.

Should you choose to attend the training day organised by the CYF, the cost will be in the region of £40, depending on how many trainees attend the day. A minimum of 10 people are required for the day to run.

RECORD OF TRAINING HOURS BOOKLET:

If you choose to train with the CYF, to be granted the diploma you will be required to complete a minimum of 200 training hours. This must include all our mandatory training and workshop days. The remaining hours can be made up from our extra training/workshop days, seminars/extra seminar day and any hatha yoga classes you attend. Please remember that you are required to attend one hatha yoga class a week on a regular basis throughout your training, taught by a qualified yoga teacher. Any other appropriate workshops, retreats etc., run by recognised yoga organisations will also contribute to valid training hours.

A **'Record of Training Hours Booklet'** will be provided and all your training hours must be signed for by whoever is responsible for running the day/event or teaching your class. In the case of our own training and workshop days, either the tutor(s) running the day, or the tutor/teacher taking your individual group may sign for the day.

Please note that it will not be necessary for you to have every hatha yoga class you attend signed for. There is provision in your booklet for any two teachers (in case you have more than one teacher), to sign once a month.

Before your certificate can be awarded all training hours must be completed, signed for and your booklet returned to the Education Co-ordinator or ed co secretary. Your Record of Hours Booklet will be returned to you if you require it.

We are aware that trainees may have their own ideas and opinions of what to expect from a training day. With this in mind, please let the Ed Co know if you have any problems with the training days or any suggestions for future inclusions in the course

Whilst every effort will be made to accommodate these requests, we may need to address the matter with the individual trainee.

Reflective Journal:

Each trainee will receive a reflective journal. This book should be used after each practical training day to reflect and review the day. The trainee can add any additional information to aid their learning.

THE COST OF THE COURSE TO YOU AT A GLANCE:

Part One	Philosophy	Current cost: £100
Part Two	Hatha Yoga, concentration & meditation	Current cost: £150
Part Three	Anatomy, physiology and teaching procedures	Current cost: £70
	Final Practical Assessment	Current cost: £50 minimum (an additional cost will be payable on a sliding scale if the assessors need to travel further than 20 miles).
	Training and Workshop days (18 in total, 6 mandatory a year spread over 3 years and an extra optional day each year). 1-1 training days and workshops (4 allowed)	Current cost: £25/day (Includes a £10 non-refundable deposit) £50/day (includes a £10 non refundable deposit)
First Aid	Available through the CYF, includes CPR. At present, available once during the three year training.	Current cost: approximately £40 for the day, (according to numbers booked)
Seminars	Included in membership fees, 3 per year.	£10 (non-members)
Membership		£15 per year
Insurance through the CYF:	Available to qualified teachers whose membership must be current and paid up-to-date.	Current cost: £41.20 per year
Insurance for trainees through the CYF:	Available to trainees who have successfully completed 18 months practical training and at the discretion of the course co-ordinator (only available if membership is current and paid up-to-	Current cost: £41.20 per year (Conditions apply, See page 15)

	date). See note below	
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Early Insurance requires the trainee to have completed manual 1 & jump to & complete manual 3 alongside a micro teach. Insurance can then be issued as a trainee teacher before continuing with the manual 2 and the rest of the practical hours

PLEASE NOTE: The CYF endeavours to keep membership/training costs to a minimum, holding current prices for as long as possible, however, should it become necessary the CYF reserves the right to alter costs accordingly.
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Timetable for the training days, workshops and seminars is as follows:

Teacher Training Days: (9 in total) First Sunday in March, May (avoiding Spring Bank Holiday) and November, (check 'events' on the back page of this booklet).

Workshop Days: (9 in total) 2nd Sunday in January, First Sunday in April (avoiding Easter when necessary) and December, (check 'events' on the back page of this booklet).

Seminar Days: (3 per year) First Sunday in February, June and October.
Please note: **one extra seminar day** per year may be available which will be **free** to members.

First Aid: One day during the third year of training, at present arranged to take place in January.

Whilst we endeavour to keep exactly to this timetable, some changes may inevitably occur. If this is the case, you will be informed in advance of the day.

This is a great deal of information to take on board. Please read it carefully to digest what is required for the course. Remember there will always be members of the committee, your personal tutor, other tutors and teachers to answer any questions and offer you support throughout your training.

The CYF is a small and friendly organisation and we want this time to be enjoyable and fun. It will, hopefully, be a personal journey of self-development, one to be savoured and relished. Our aim is for our teachers to conduct their classes safely and with due care (ahimsa) and in the true spirit of yoga (satya).

USEFUL INFORMATION

CYF COMMITTEE MEMBERS:

Chairman: Deb Jackson
Vice Chairman: Joyce Watson
Secretary: Beverley Stacchini
Treasurer: Gill Drummond

Education Co-ordinator (tutoring & course information): Julie Gater
Education Co-ordinator (training days): Deb Jackson
Education Co-ordinator support: Ann Wilks

Editor: Helen Steadman
Webmaster: Alan Paddick
Insurance Liason: Holly Daglish
Seminar/Events Co-ordinator: Pamela Sunderland
Liaison & Catering: Alison Lawson
Support Committee Members:
Angie Crosbie
Emma Farranger

Please note: Should a trainee have any cause for complaints regarding their course in any respect, please contact either
Deborah Jackson (Education Co-ordinator)
Julie Gater (Education Co-ordinator Secretary) or
Should you need to take your complaint further, please contact Deb Jackson
(Chairman) or Joyce Watson (Vice Chairman)

TUTORS:

Emma Nelson, 38 Stanley Park Drive, SALTNEY, Chester, Cheshire. CH4 8PG
Tel: 01244 630505

Lea Harding-Garzia, 44 Victoria Road, SALTNEY, Chester. CH4 8SS
Tel: 01244 683974

Barbara Tomkinson, 69 Fields Road, ALSAGER, Stoke-on-Trent. ST7 2LX
Tel: 01270 875045

Ann Wilks, 19 West Street, NEWCASTLE, Staffs. ST5 1BH
Tel: 01782 628568

Deb Jackson, 247 Campbell Rd, Stoke, STAFFS, ST4 4EN
Tel: 07515103411

Angela McAree, 57 Stubbs Gate, NEWCASTLE, Staffs. ST5 1LU
Tel: 07748963495

Phil McAree, 57 Stubbs Gate, NEWCASTLE, Staffs. ST5 1LU
Tel: 07748963495

Chelsea Canovas, 26 Crosby Close, Upton, Wirral. CH49 4P
Tel: 07856 055168

Julie Gater, Spring Farm Cottage, Sookholme Road, Sookholme, MANSFIELD
NG19 8LP
Tel: 07507 565920

Gill Drummond, 113 Wroxham Road, Great Sankey, Warrington. Cheshire, WA5
3NT.
Tel: 07980 956484

VENUE ADDRESSES:

SEMINARS:

Acton Parish Hall
Chester Road
Acton
NANTWICH
Cheshire CW5 8LG

TRAINING & WORKSHOP DAYS:

Ananda Yoga Kula
9 Glebe Street
STOKE-on-TRENT
Staffordshire
ST4 1HP

EVENTS OVER ONE YEAR (2018)

SEMINAR DAYS FOR 2017 (members: cost covered by membership fees. Non-members £10 for the day).

Acton Parish Hall will be open from 9.45am for early arrivals. The morning hatha session begins at 10.30am. Tea and other hot drinks will be available on arrival. Please bring your own lunch, yoga mats, props etc. The day will end at 4pm.

1st Sunday February - Seminar

1st Sunday June - Seminar

Sunday July - Extra Seminar day with guest teacher.

1st Sunday October - Seminar

TRAINING AND WORKSHOP DAYS FOR 2018

Training and workshop days begin at 10am and finish at 4.00pm. Yogi Smiths Studio will be open from 9.30am for early arrivals. Please try to arrive on time to benefit from the full programme.

The programme for 3 years is as follows :-

2nd Sunday Jan – Training Workshop. Assist, Chakras, First Aid

1st Sunday March – Training Days pavanmuktasana, backbending, inversions and hip openers

1st Sunday April (unless it is Easter) – Training Workshop. Integrating the less mobile, pranayama 2 & Physiology , Planning The flow

Sunday 13th May –Training day- Forward bends, Twists, inversions and hips

Sunday 4th Nov – Training Day-Side Bends, Balances, loose ends

Sunday 2nd Dec – Training Workshop. Anatomy & Pranayama 1, Bandhas, Kriyas, mudras & mantra, integrating pregnant and postnatal

Optional Workshops are-Year 1 The business of Yoga and philosophy. Year 2 Children's Yoga. Year 3 TBC

GUIDELINES FOR COURSE COMPLETION:

It is expected, under reasonable circumstances, that the course is completed within **4 years**, an estimation of roughly 1 essay every 6 weeks and completion of training days and workshops. This is documented in the student's record of hours book. After this time, with consideration of extenuating circumstances (see point on suspension of course below), trainees must reapply and restart the course repeating all training days and workshops. Essays will be resubmitted to the Education Co-ordinators and a new tutor to decide if those essays need rewriting.

The course runs in tandem with trainees being expected to complete essays in reasonable time along-side training days.

Suspension of the course can be considered on an annual basis on written application to the committee. If trainees are struggling in any way then their personal tutor or the Education Co-ordinators need to be informed so that support and guidance can be put into place.

If trainees forget their record of hours book at any CYF event then the book cannot be signed off until the digital register is checked to clarify dates.

Regular tutorials will be offered at CYF events so that tutors assisting with the days and the Education Co-ordinators can connect and support trainees. On request from Deb is happy to meet trainees and discuss any issues they have with their correspondence course.

EARLY INSURANCE

Students may apply for insurance.

To apply for trainee teacher insurance the trainee must:

- Have completed 18 months of practical training hours
- Have completed manual 1 of the correspondence course
- Suspend manual 2 so that they can complete manual 3/A&P & teaching procedures, of the correspondence course
- Complete a micro teach observed by a CYF Tutor

They must then return to manual 2 and complete their 200 hrs practical training before they can fully qualify.

The 15 minute micro teach is observed by a tutor. Feedback will be given by tutor and peers. The required standard must be reached before insurance is issued.

It will be at the discretion of the CYF whether they are granted permission to teach or not.