



Angela Ashwin Yoga Teacher Training

# Yoga teacher Training Course, 2022

A three year course:

**Year one** emphasises on posture analysis, lesson planning, teaching skills, cautions and modifications, anatomy. This year prepares participants to be safe teachers

**Year two** emphasised the knowledge and experience of the pranic body, prana, chakras, bandhas, mudras, pranayama and the Hatha Yoga Pradipika and other Hatha texts

**Year three** emphasises the spiritual aspect, meditation, transformation, enlightenment, philosophy, Yoga history and a detailed interpretation and practice of Patanjali, the Upanishads and the Bhagavad Gita

Teachers who hold already a Yoga teacher certificate can join year 2 or 3 if they feel those topics are not their strengths.



Tutor: Angela Ashwin

*Patanjali 2, 46-47: "When the yoga practice is performed in its right spirit then an inner infinite core is discovered and the whole universe ceases to be perceived in opposites."*



## Angela Ashwin Yoga Teacher Training

Angela has taught 500 hour yoga courses since 20 years, she specializes on teaching the spiritual meaning of yoga, as it is portrayed in the original texts. Students will learn, through the practice of yoga, to experience the body, spirit and the whole universe in a more meaningful way, and learn to share this with others.



Previous students report that this course changed them as a whole person.

### Quotes from previous students:

- “Yoga's foundations are in those difficult early texts. Angela has the gift for helping students to understand this way of seeing the world which is so different to our own which helps to clarify the intention behind the asana practice.”
- “Angela is a highly knowledgeable yoga teacher-trainer who I found and still find to be inspiring even after my teacher training has finished with her. She has the ability to teach and share her deep knowledge of ancient, classical and modern yoga philosophy, as well as her clear understanding of the physical body. This deeper teaching linked with the physical aspects, enables you to teach a yoga class in keeping with its true roots of knowledge



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**Course dates:** The course starts in spring 2022, a three year course, meeting one Sunday per month 9.30am-5.30pm, including a residential weekend in Mandala Yoga Ashram in the 2nd year.

Year one	Year two	Year three
2022	2023	2024
6th March	23rd April	17th March
3rd April	14th May	21st April
15th May	11th June	12th May
26th June	9th July	9th June
10th July	17th September	7th July
18th September	8th October	15th September
9th October	5th November	6th October
6th November	3rd December	10th November
4th December		1st December
2023	2024	plus two more
22nd January	28th January	
12th February	11th February	
12th March		



## Angela Ashwin Yoga Teacher Training

Venue: Gift of India Yoga School, [Exmouth EX8 3ED](#)



**Content:** It is a three year course

- Year 1 teaches anatomy with an emphasis on the muscular system. Students learn how to analyse classical yoga asanas anatomically and learn how to prepare for them. Lesson planning will be taught and practiced. Yoga philosophy is introduced, and students learn how to set up a yoga class and tips on marketing are covered here.
- Year 2 deals with prana and the energy body. We learn pranayama, mudras and bandhas and study to *Hatha Yoga Pradipika* in detail. In year 2 students start teaching, create a 10 week plan and are supervised by the tutor and visited in their classes by the tutor once.
- The main topic of year 3 is mind, meditation and philosophy and Yoga history. The *BhagavadGita*, the *Upanishads* and the *Yoga Sutras of Patanjali* are studied. Students will also learn how to integrate the philosophy into their class teaching. The tutor will visit the teacher trainee once again in their class.

**To join the course:**

- You need to have been taught Yoga for 3 years or longer, and have attended a foundation training of some sort, or visited workshops and seminars
- Before enrolling I want you to attend at least one workshop with me to be sure you like my style of teaching.

**Students from all traditions are welcome.**

You need to attend weekly Yoga classes and maintain this during the course. You should have established the habit of a personal Yoga practice at home for quite some time.



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### Fees and costs

- The total cost of tuition is £4500 for the three Years:
  - £500 deposit which reduced the tuition fee for Year 1 (payable at application)
    - £1500 for Year 1 (payable by the first day of the course) or £1000, minus deposit
    - £1500 for Year 2 (payable by the first day of Year 2)
    - £1500 for Year 3 (payable by the first day of Year 3)
- This tuition fees can be paid in instalments of £125 a month (details ask for financial agreement)

### Additional costs:

- £50 per year for registration with the Independent Yoga Network IYN
- One day first aid at work course, which you have to arrange before you start teaching.
- Set books, residential weekend
- Tutor assessment costs (£95 per assessment plus tutor travelling costs)

### To receive your certificate at the end of the course you have to:

- Attend at least 80% of the course meetings
- Produce written work of a suitable standard, submitting at deadlines
- Give one or two short presentations per Year to the peer group
- Undergo two tutor-assessed teaching practices

From the second year onwards you are expected to start teaching your own classes. Practical help will be offered to set up your own classes.

You need to have access to a computer and have sufficient computer skills to submit written work electronically to the tutor.



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### Structure of the course

- This is a 500 hour course, 245 hours is for personal study and visiting weekly classes. 255 hours is contact time with the tutor.

The contact time divides into one monthly meetings on Sundays. There is enough time for personal study between the meetings, but they are not spread out too long for the course to lose momentum.

One residential weekend will be held in the Mandala Yoga Ashram in Wales, so that students can experience a yogic Ashram life first hand.

- Help and feedback will be given throughout the course. Written work and teaching practices are discussed with the tutor. Personal advice and support will be given in between the meeting days whenever necessary, per e-mail, phone or in person.
- Students are encouraged to develop a personal style. You learn to teach safely and effectively and find your personal way to do this

### Why train with Angela?

I trained as a diploma course tutor with the BWY 20 years ago and have since taught six teacher training courses, each over three years.

This course is not run as a BWY course. I will teach this course in association with the Independent Yoga Network. The quality will be the same as the BWY courses, if not better, less admin and paperwork and more philosophy integrated into the practice.

With my experience I can offer a very high quality training. My students learn to connect modern anatomy, knowledge of the yoga practices with ancient Indian philosophy, of which I have particular expertise. I hold a university degree in theology and philosophy, and are regularly invited to teach CPD days all over Britain.

The course offers detailed knowledge in the Yoga practices as well as the philosophical texts. These two areas are often not connected very well in other courses. However students will learn how to see the philosophical texts as practice manuals and how to apply the philosophy on their mats, and teach it as such.

Below are some quotes from previous diploma course students:

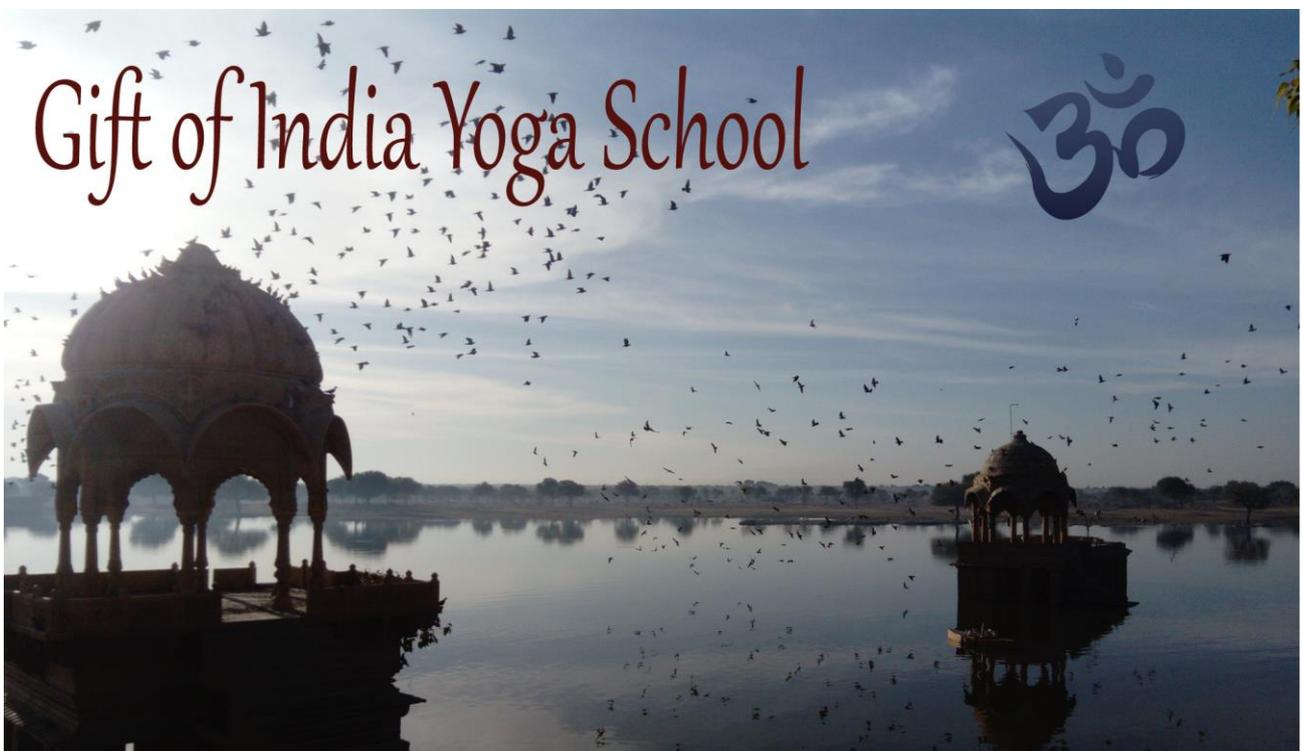
- "I think the course has been brilliant, I have learnt so much. Angela is a very good tutor and has so much knowledge and is able to pass this on to students; she is helpful, disciplined, but also has softness about her."
- "The course has been a great journey, on a personal level and as a yoga teaching journey. It has helped in my transformation to become a more confident teacher and a more aware person."
- "I have found the course hard work at times – but the results have worth all the hard work. The times has flown by. Angela is a very dedicated teacher and this shows in her classes. She has truly helped me get through this course with her knowledge and dedication, thank you Angela."



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- “I have really enjoyed studying with Angela and have found her inspirational. The course is hard work but is so rewarding and takes you into a deep knowledge.”
- “Angela will always be there for any support during and after the course and is always willing to listen and help with your studies and teaching. Last but not least, Angela’s love and dedication of yoga and teaching is felt from day one. Om Shanthi.”

Angela Ashwin



Please **contact me** for more details or further queries.

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