



# Teacher Training Diploma 200 hour

VERSION 2.4 (Sept 2018)





## COURSE OVERVIEW

To encourage the practice of yoga and ensure a supply of qualified teachers, FRYOG offers a teacher training scheme, leading to the award of the 200 hour 'International Teaching Diploma'.

The scheme covers the whole range of yoga – physical, mental, ethical, philosophical and spiritual. The Diploma is **not** awarded for any one aspect of Yoga. It covers **comprehensive and holistic yoga**.

The teacher training is provided through special courses run by approved FRYOG tutors. The tutors are located around the country and attendance on a course may involve some travelling. Typically courses are held at weekends.

Before a student can enrol on the 200hr Teacher Training Course they should successfully complete the FRYOG Foundation Course (or similar other Foundation Diploma approved by Tutor) **and apply for a Foundation Course Certificate which must be signed by Tutor**. The student should continue with their regular weekly classes whilst on the course. FRYOG membership is also required for enrolment.

The duration of the 200hr teacher training diploma course is **10 Training Sessions taken over a 12 month period**. The Theory and Practical assessments take place at the end of the course and must be completed within that period.

The Diploma is awarded at the discretion of the Diploma Board Officer based on successful completion of the theory and practical assessments and a satisfactory report from the teacher training course tutor.

FRYOG Diploma holders are entitled to teach yoga using the initials Dip.FRYOG, provided that they maintain their FRYOG membership from year to year and attend at least one FRYOG Professional Development day each year. They must arrange appropriate insurance for teaching yoga. If they intend to teach anyone under the age of 18, vulnerable adults or the elderly, they must obtain a DBS (Disclosure Barring System). An up-to-date First Aid certificate is also advisable. Newly qualified teachers should continue to attend a regular yoga class with a more experienced yoga teacher.

FRYOG is a Yoga Alliance® USA Registered Yoga School (RYS®). FRYOG Diploma holders may apply to become a Registered Yoga Teacher (RYT®) with Yoga Alliance, provided they fulfil the requirements listed above.

In addition FRYOG is a recognised Yoga School with the Independent Yoga Network (IYN) which means that FRYOG teachers can enter onto the Register of Exercise Professionals (REP's) by their recognised route.

FRYOG is also registered with BCYT (British Council of Yoga Therapists) as an Active Member and the ICNM (Institute for Complementary and Natural Medicine).



## **OUTLINE SYLLABUS**

### **Introduction**

#### **Physical Preparation**

- Yogic “cleansing” Practices (Shatkarmas)
- The nature and history of postures and their benefits and contraindications
- Teaching sequences of postures
- The nature, use and control of pranic energy
- Teaching Breathing techniques
- Teaching techniques of complete yoga relaxation
- Functional Anatomy and Physiology relating to common Yoga Postures
- The benefits of the yogic diet

#### **Yoga Teaching Methods**

- Aims of teaching and Lesson Planning
- Class management
- Adaptation of teaching methods for the particular ages and needs of the class
- Teacher/student relationship
- The importance of voice projection
- Class administration

#### **Mental Aspect**

- The nature of the mind
- Teaching Sense withdrawal (pratyahara)
- Teaching Concentration techniques
- Teaching Meditation techniques

#### **Philosophical**

- Reinforcing the yogic philosophies covered in the Foundation Course and introducing the student to practical teaching skills

#### **Literature**

- All classical literature from Foundation Course
- Modern Yoga text books and manuals as recommended by Tutor

#### **Examination**

- Theory Assessments
- Practical Assessments
- Tutor’s Report



## FEES AND EXPENSES

### FRYOG Fees

Membership of FRYOG	£20 per annum
Practical Assessment Fee	£35
Theory Assessment Fee	£55

Plus postage for submission and return of theory work.

In the case of students failing to complete the course or withdrawing from the assessment, fees are not refundable.

### Other Expenses

**Tutor fees** please contact your chosen Tutor for these.

Attendance at a weekend (Friday to Sunday or similar) Residential Yoga Retreat either FRYOG organised or as approved by tutor.

Purchase of recommended set books

Other workshops/events

Regular yoga classes with a FRYOG (approved or similar) teacher

Annual FRYOG CPD (Continued Professional Development after graduation)

Annual Professional Liability Insurance

One-off payment of £10 in order to be included on FRYOG website Register of Teachers.

Annual Yoga Alliance and/or IYN registration (optional)