

YOGA FOUNDATIONS COURSE

THIS COURSE IS FOR YOU!

Starts
21st September
2017
Limited Spaces

What is this course about?

This course captures the essence of yoga and allows you to learn at your own pace. This course is unique in that it will give you a broad understanding and practical tips you can use in everyday life. You will get the chance to enjoy being part of a local yoga community.

What will I experience on this course?

The course content will focus on the following aspects of yoga:

- **Postures – learn at least 30 key postures in depth**
- **Sequences – learn at least 4 sequences (for core strength, for emotional rebalancing, for a healthy back, for stress relief).**
- **Meditation**
- **Deep relaxation techniques**
- **Energy boosting (chakras, mudras)**
- **Spinal Awareness**
- **Breathing Techniques**
- **Mindfulness**
- **Yoga Principles (Philosophy & Sanskrit)**

Is this Course Suitable for me?

This course is suitable for beginners. The course is not competitive and you do not have to have mastered any advanced postures, or be able to meditate, to take part. Pregnant ladies also welcome. **There is no compulsory home study.**

“I can now practise yoga by myself and I can meditate! Amazing!”

Who will teach me?

Michelle is the director of Sandstone Yoga & Pilates and a SYT with Yoga Alliance UK; she runs a vibrant, successful studio in Aldridge. Michelle will teach all aspects of this course. Michelle has been practising yoga for 25 years, teaching and training teachers in secondary schools for 20 years and has been Course Director for a wide range of Sixth Form and Adult qualifications. She trains secondary and primary school teachers to teach yoga; runs popular retreats in Snowdonia; runs pregnancy yoga classes; baby yoga classes and Birth Workshops. She has a number of personal yoga clients and has worked for a professional football team.

Emma Jewkes

Emma has been practicing yoga for around 20 years and has a long and successful career teaching and directing humanities subjects up to A-level in secondary schools and privately. She was one of the first students at the Sandstone Yoga Teacher Training Academy and loves to mix things up in her classes drawing inspiration from her experience practicing a wide range of yoga styles. " There have been many challenges on my life journey so far, yoga has always been the one constant grounding force - I love the way it makes my body strong and my mind calm - it's like going to the gym and having a candlelit bubble bath all at the same time! I never get bored of practicing yoga, there's always something new to learn. I'm very excited to be part of passing on to others the magic that is yoga."

Can I make it?

The course will run one Thursday evening each month from September 2017 to July 2018 between 7.30pm and 9.30pm. **Venue:** Sandstone Yoga & Pilates Studio, 26 – 27 Anchor Parade, Aldridge, WS9 8QP.

2017 Dates:

21st Sep, 12th Oct, 16th Nov

2018 Dates:

18th Jan, 15th Feb, 15th March, 19th April, 17th May, 21st June, 19th July

How do I get assessed? Can I fail?

It is not compulsory to home study. There will be suggestions for further reading and subject-related questions you may wish to answer. **Whether you do this is entirely dependent upon yourself and your motivations for doing this course.**

Sandstone Yoga is now able to offer yoga teacher training. Please email us for more details.

You can book a tutorial / personal yoga session with Michelle throughout the course. All yoga Foundations students will be able to have these sessions at £35 per hour as required.

Participants who attend all sessions will get a certificate from Sandstone Yoga.

Michelle is happy to take time to assess your responses to the guided questions but this cost has not been factored in as not all students may want that option.

How much does it cost?

The total cost is currently £449 per person. It costs £45 to register on the course followed by 3 payments of £154, £125 and £125 due 1st September 2017, 1st January 2018 and 1st April 2018. This includes all handouts/course notes.

We are now accepting deposits for the course either by:

- Cash at reception
- Online via mindbody
- By direct transfer to:

M Nicklin Santander Sort code 09-01-28
Mark your payment reference FOUNDATIONS and your surname

Account number 20602906

