

Book & Pay in full by 1st June 2018 and save £70

YOGA FOUNDATIONS COURSE

Starts 27th September 2018

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 and 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 anyone interested in learning more about yoga, whether you are a beginner, or you already practice yoga and just want to know more. 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!”

Can I make it?

The course will run one Thursday evening each month from September 2018 to July 2019 between 7.30pm and 9.30pm.

Venue: Sandstone Yoga & Pilates Studio, 26 – 27 Anchor Parade, **Aldridge**, WS9 8QP.

2018 Dates: 27th Sep, 25th Oct, 22nd Nov

2019 Dates: 10th Jan, 7th Feb, 7th Mar, 4th Apr, 2nd May, 6th Jun, 4th Jul

Who will teach me?

Michelle Nicklin SYT

Michelle has been practising yoga for more than 30 years and is the director and founder of Sandstone Yoga & Pilates and is a Senior Yoga Teacher (SYT) with Yoga Alliance Professionals; she runs a vibrant, successful studio in Aldridge and established the first 200-hour Yoga Teacher Training course in the West Midlands in 2015.

Michelle loves working authentically within the yoga business world. Her passion is to develop and mentor yoga studio owners. “I love working with others to create supportive yoga communities. That’s my dharma and I feel so privileged that I get to follow my path”. Michelle also writes for Om Yoga Magazine and has had more than 2000 babies born from her pregnancy yoga classes.

Louise Tonge RYT

Louise has been practicing yoga for around 20 years and in 2016 decided to join the Sandstone Yoga Teacher Training Academy to become a Registered Yoga Teacher (RYT). The teacher training deepened her understanding and love of yoga even further and keen to be able to share this experience, she became the first Sandstone Yoga & Pilates franchisee and opened the Sutton Coldfield studio, which has been thriving since opening the doors in February 2018.

Lis Sheridan RYT

Lis has loved yoga ever since trying her first class whilst at university. She joined the first cohort at Sandstone Yoga Teacher Training Academy in 2015 to become a Registered Yoga Teacher (RYT). She teaches to share the benefits it brings to mind, body and soul, and to help everybody discover what they are capable of, whether they are working on a headstand or achieving a more balanced and empowered approach to their lives. And most of all, she teaches to spread the love of all things yoga!

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.

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.

We are 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.

Sandstone Yoga also offers yoga teacher training. Please email us for more details.

How much does it cost?

The total cost is currently £469 per person. It costs £45 to register on the course followed by 3 payments of £144, £140 and £140 due 1st September 2018, 1st January 2019 and 1st April 2019. This includes all handouts/course notes.

Early bird available until 1st June 2018 £399.

We are now accepting deposits for the course either by:

- Cash at reception in the Aldridge or Sutton studios
- Online via MindBody
- By direct transfer to Sandstone HQ

Name: M Nicklin

Santander Sort Code: 09-01-28

Account Number: 20602906

Mark your payment reference FNDNS18 and your surname