



“It’s good to see someone doing this properly” - Jambo Turong, Forrest Yoga Guardian & Yoga Educational Advisor

Welcome to the Sandstone Yoga Teacher Training Academy

Thank you for your interest in joining our nationally renowned 200-hour Teacher Training course. We are thrilled that you are thinking of joining Sandstone for this training. This course is fully accredited with Yoga Alliance Professionals (for more details see later) who set the highest standards in Yoga Practice & Training in the UK.

We have built a high reputation for quality teaching and support and we have developed this reputation further through our 200-hour course. Many of other intakes filled and we expect our Academy to be popular in 2019 too; we have built our Academy on firm foundations.

We have put together a well-known and well-respected team of trainers, backed by a professional support team. We hope the following will provide a starting point for your journey into teacher training with us.

Rationale – Our Thinking

We love all things Yoga and want to train students in a truthful and authentic way that prepares them thoroughly for their future Yoga journey.

We have built up a reputation for quality and caring teaching. Our own students have shown a desire for this course as they have developed their love of Yoga through our classes, workshops, retreats and courses, such as our Yoga Foundations course (formally Going Deeper). It is natural that the next stage in their Yoga journey is to train to share a practice they love to inspire others to also share Yoga.

Additionally, as word of our Academy has spread, and we have grown a national reputation we are finding students are joining us from further afield. Some are joining us for their second teacher training course after being unfulfilled and unprepared for teaching Yoga after their first one elsewhere didn’t hit the spot!

"First day of Yoga teacher training at Sandstone Yoga in Aldridge. What a wonderful day! Wonderful teacher and great bunch of students. Jane Hobbs

We are lucky to have our own dedicated studios which are used only for these practices. We also have built a wonderful team of experts who will share their Yoga experience freely with you. You can also meet some of our current trainees in the Academy at one of our events.

This is a Hatha Yoga teacher training course with some aspects of Ashtanga. You will get a good grounding in all aspects of Yoga and be exposed to other styles too. You will be able to teach at a variety of paces, levels and be able to modify for certain conditions.



Dates for 2019

2nd/3rd Feb, 9th/10th March, 13th/14th April, 18th/19th May, 22nd/23rd June, 20th/21st July, 14th/15th Sept, 12th/13th Oct, 9th/10th Nov, 30th Nov/1st Dec.

Who Will Teach Me?

Michelle Nicklin – Course Director & Senior Yoga Teacher

Michelle Nicklin has practiced yoga for over 30 years and is the founder of Sandstone Yoga. She is a Senior Yoga Teacher with Yoga Alliance Professionals and established the only 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 has a monthly column in OM Yoga magazine and has had over 2000 babies born from her pregnancy classes. She successfully franchised her studio model in 2017 & our first franchised studio opened in 2018 in Sutton Coldfield and 3 more studios are now in the pipeline.

Other Teachers include:

Dawn Wright, SYT

Dawn spent many years as a Yoga student, deepening and exploring her own practice both on and off the mat before undertaking teacher training. Always thirsty for more knowledge she holds 3 full teaching diplomas in different lineages, and continues to study with some of the worlds' most respected Yoga teachers.

Her deep and varied experience and training allows Dawn's teaching to be comprehensive and intuitive, with an emphasis on the importance of the link between breath and movement, and safe alignment, within and a nurturing and supportive environment that allows students to progress their own practice.

Dawn is an experienced and highly regarded qualified Senior Yoga Teacher (SYT), tutoring on Teacher training courses and CPD events in the UK, and has in the past assisted and mentored on Claire Missingham's Teacher Training. She runs retreats and workshops around the UK and abroad. Teaching mainly in the Midlands, she also teaches at TriYoga in London.

Ambra Vallo, RYT

Ambra is a former Principal ballerina with the Birmingham Royal Ballet. Throughout her career she enjoyed the chance to perform on stages all around the world. She turned to Yoga on a path to recovery from injuries that naturally result from the strenuous training regime, and as well as becoming a hobby she also credits it with helping to enhance and prolong her career. Slowly over the years she fell in love with the more subtle, spiritual parts of the practice.



Retiring from dance allowed her the time to focus on her passion and to undertake further training in Ashtanga Vinyasa (500hrs), Rocket Yoga (300hrs), Forrest Yoga (200hrs), Tripsichore (200hrs), and Dharma Yoga (800hrs). Ambra's teaching is fun and spontaneous following the lineage of Larry Shultz, Ana Forrest, and Sri Dharma Mittra. Since she retired from professional ballet she has been teaching regularly in teacher training courses, has worked with performers and athletes helping to rethink their traditional training regimes and introduce Yoga to drive better performance and increase their enjoyment of sport and performance. Her aim is to guide others so as they may also experience the many amazing benefits of Yoga to the body, mind and soul.

Aside from being a facilitator, and a practitioner, Ambra also holds a Masters in Philosophy in Sports Psychology. She is a trainee with Yoga Sport Science and loves spending time with her beloved dog Baxter.

Christopher Randall, RYT

Yoga has been important in Chris' life for the last 8 years although he first went to a class about 15 years ago. He finds yoga so beneficial to his mental emotional and physical well-being on and off the mat. Chris trained in India, mother to yoga, and spent time down in Goa working through his journey of self-discovery practicing Vinyasa Flow, Ashtanga and Yin.

Chris also enjoys time in the studio doing Broga Yoga and Jivamukti and he also enjoys a Yin Restorative class - variety and diet of class is good. Chris trained in India undertaking his 200 Yoga Teacher Training qualification in Ashtanga/ Vinyasa Flow Fusion and a 30-hour Yin Yoga Certificate.

Another year on Chris has developed his yoga skills further training to teach Special Children Special Yoga with YogaCampus. Yoga for Chris is about inclusivity and everyone can do Yoga regardless of... Chris strongly believes that Yoga is for All.

Chris has worked extensively in the West Midlands and continues to encourage his yogis to just have fun on the mat and give themselves permission to smile. Life is for living and his mantra is all about surrendering to the now and everyone can JumpThatScooter.

How is the Course Structured? Where will I learn?

Our 2019 course is spread out over 9 months

Our tuition is over 9 months with 3 months to complete the assessment following the final teaching weekend.

There is still plenty of time in between weekends to learn, practice and consolidate. The sessions will be day times from approximately 8.00am - 5.30pm (maximum). We will teach from Studio 1 at our Aldridge studio. The whole studio environment remains under our control and is only used for these practices. It is decorated and lit to provide an uplifting and safe environment to honour the practices we are passing on. We have just heavily invested to extend Studio 1 for the sole purpose of giving Academy students more space.



What will I study?

There are 5 modules on this course:

1. Practice and Training
2. Teaching Methodology
3. Anatomy & Physiology
4. Yoga Philosophy & the History of Yoga
5. Teaching Experience

What Practical Experience do I need?

As a minimum requirement you will need to have practiced Yoga for 2 years. You must be able to practice Asanas and be able to hold them. **You do not need to practice advanced postures nor know Sanskrit to apply.** If you would like to start with our 9-month Yoga Foundations (previously Going Deeper) course, also based at our Aldridge Studio, you can discuss this with our team. Those having completed our Yoga Foundations course will already have the required knowledge to apply to our Teacher Training Academy. Brochure available by email at teachertraining@sandstone yoga.co.uk

EARLY BIRD DISCOUNT – SAVE £250

Book & Pay in Full £2,500 by 1st November 2018

How do I Take This Further?

I want to sign up for the course

1. Pay the £700 deposit now (see further payments overleaf)

Or

I want to Find Out More but am Not Quite Ready to Sign Up.

1. Please call us on 01922 277 684 or email teachertraining@sandstone yoga.co.uk we are happy to discuss any questions you may have.
2. Michelle is always happy to chat by prior arrangement or book in for her class at Aldridge.
3. Come along to the Discover Teacher Training Event on Saturday 30th June 11.30am to find out more and ask questions.



The deposit will be taken towards the full cost of the course which is £2,750 for 2019 intake.

You may have successfully **completed** our Yoga Foundations (previously Going Deeper) course and those that have will receive a £50 reduction in the price of the course.

You may pay your balance in installments of minimum £700. We expect all payments to be **received in full** one month before the course starts. This is an expectation from Yoga Alliance Professionals too.

We expect payment on all bookings as follows:

Immediately	£700 (full deposit)
Three months before course starts	£1800
One month before course starts	Payment in full £250 or £200 depending on whether you have done Yoga Foundations.

You can pay either by cash at the studio. You will be given email confirmation and sent the reading list.

You can pay by cheque to Bliss Yoga, at the Studio or to 26-27 Anchor Parade, Aldridge, WS9 8QP

You can pay directly into our account M Nicklin, 09-01-28, acc 20602906, mark your payment reference TT19 and your surname. Eg. TT19 Smith

Applications will be taken on a first come, first served basis.

You are guaranteed a place on the course once your fees are paid in full. We reserve the right to offer your place to another candidate if you fail to make payments as agreed. Certificates will be issued only if there are no payments outstanding, eg, for private sessions, etc.

At Sandstone Yoga we give you clear deadlines, communicated via email, for payment terms. Should you miss a payment date and we have to chase payments we reserve the right to add a £10 charge for late payment.

We are very conscious that many of you are planning to take Yoga into your workplace or into charity groups you work with. We welcome applications from those who will be fully or part-funded by employers/interested parties such as:

- The NHS
- Schools
- Charities



Voluntary Groups
Social Enterprises
Funding Bodies

Feel free to share this information pack with such parties. All fees can be invoiced for appropriately. Your supporters can get the benefits of your training before the course finishes as you will be allowed to teach Yoga and be insured to teach Yoga before the end of the course (subject to criteria).

What is Included in the Course Fees?

- Training and assessment by a qualified Yoga Alliance SYT and Course Director Michelle Nicklin and others.
- A full manual and other appropriate paperwork, eg, a reading list, all in electronic PDF format
- Free use of Sandstone equipment whilst in our venue during Teacher Training Weekend sessions
- All assessment sessions for the 200-hour course

What is Not Included in the Course Fees?

- Food, drinks or snacks - please only bring vegetarian food into our studios.
- Insurance (you can get this from Yoga Alliance Professionals for just £10 for course duration)
- Studio classes, workshops, retreats or any other service offered by Sandstone Yoga.
- A certificate (paying does not guarantee passing. You will need to complete all assignments & tests to the minimum standard within 6 months of your final weekend; teaching practice and gain a minimum of 80% attendance)
- Any re-assessment sessions organised after the formal weekends finish.

What is Expected of Me During the Course?

You will be expected to sign our Code of Conduct on enrollment on the course.

In addition to this you are expected to:

- Attend a minimum of 90% of the course weekends.
- Complete all assignments, teaching practice, log books, etc within 6 months of completing the final weekend.
- Accept that you are allowed to resubmit coursework assignments at a cost of £49 per assignment.
- Accept that you are allowed to re sit Multiple Choice tests at a cost of £15.
- Work towards practicing Yoga in its many forms daily.
- Make every effort to communicate your intended absence at any of our course weekends.



Once you have demonstrated that you have successfully met our assessment criteria you will be issued with a certificate. You will be able to register on our database of accredited teachers. You can also register from the first day of the course with Yoga Alliance Professionals.

How Am I Assessed?

You will complete the following:

- Multiple choice test on Anatomy & Physiology
- 2 written assignments
- Tutor assessment of your teaching practice
- Log of your teaching experience
- Lesson plans with a case study (a person of your choice)
- Posture sheets (not assessed but advised you complete)

Who are Yoga Alliance Professionals?

We are delighted to be able to offer this course accredited through Yoga Alliance Professionals. This is taken directly from their website:

About Yoga Alliance Professionals

“Yoga Alliance Professionals maintain a register of Teachers, Trainee Teachers, Teacher Trainer Schools and Yoga Studios. We also offer comprehensive support for teachers and schools to help develop their full growth potential.

Our primary concern is safeguarding students and teachers within the Yoga world, in a currently unregulated industry. We feel it is crucial for all Yoga teachers to be accredited by Yoga Alliance Professionals because we ensure ALL of our members are properly insured to teach and because we ensure ALL of our members meet the highest of standards to teach Yoga.

We were set up as a response to the needs and wants of Yoga professionals who felt the arbitrary standards set by existing organisations, was unacceptable. Importantly, Yoga Alliance Professionals do not run our own teacher training, so we are fully free to support all of our members in a non-biased basis, which is important to maintaining independent regulation of Yoga in the UK.”

For more information see www.yogaalliance.co.uk

THIS QUALIFICATION IS GLOBALLY RECOGNISED, NOT JUST IN THE UK!