



SANDSTONE  
YOGA & PILATES



## Hatha Yoga 200 Hour Teacher Training Intensive · Italy 2018



**Michelle Nicklin**, SYT and Founder of Sandstone Yoga & Pilates  
**Ambra Vallo**, E-RYT® 500, international guest Yoga Teacher, former Principal Ballerina with BRB  
**Fabio Filippi**, tireless traveller, photographer and Disciple of Sri Dharma Mittra

**From Saturday 1 September to Saturday 22 September 2018**

*“Thank you for your interest in joining our international 200-hour Teacher Training course. We have been running successful, accredited Teacher Training courses in the UK for three years now with over 30 students already graduated. We are thrilled to be working with the world renowned Ambra Vallo and Fabio Filippi to offer an intensive overseas 200-hour course, in Southern Italy in 2018. From this training program you will become a qualified and inspiring yoga teacher, able to draw on your own practice and learning from three experienced teacher trainers. This course is fully accredited with Yoga Alliance Professionals”*

*Michelle Nicklin, Founder and Owner Sandstone Yoga & Pilates*

## **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. 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. We have also grown a national reputation and some students 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! Our next phase for the Academy in 2018, will be to deliver this same high-quality teacher training in an intensive, time-efficient way over a three-week period in Italy. This program will be delivered in collaboration with two internationally renowned yoga teachers, Ambra Vallo and Fabio Filippi.

This is a Hatha Yoga teacher training course, also draws on the teachings of multiple lineages with some aspects of Ashtanga also. You will get a good grounding in all aspects of Yoga and be exposed to many styles. You will be able to teach at a variety of paces, levels and be able to modify for certain conditions. The course will be taught in English with Italian, Spanish & French translation if needed. Two of our tutors speak 4 languages.

## **Who Will Teach Me?**

**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 also writes for Om Yoga Magazine and has had over 2000 babies born from her pregnancy yoga classes.

**Ambra Vallo** is a former Principal Ballerina with the Birmingham Royal Ballet. Retiring from dance allowed her the time to focus on her passion and to undertake trainings in Ashtanga Vinyasa (500hrs), Dharma Yoga (800hrs), Rocket Yoga (500hrs), Forrest Yoga (200hrs and Advance TT), Tripsichore (200hrs), and Gokul Vinyasa Yoga (300hrs). 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 travelling teaching Workshops and Master classes around Europe and regularly teach in teacher training courses. At the moment she is the yoga instructor at Aston Villa Football Club. She is a mentor of the Sandstone Teacher Training Academy since 2015. Through her fun and spontaneous approach, she continues to enable all her students to develop, not only their physical practice of asana, but also their appreciation of the history and philosophy of yoga. She remains humble and ultimately her teaching is very accessible.

**Fabio Filippi's** curiosity drove him to travel extensively to remote regions of the world to find inspirations, whilst continuously maturing his inner awareness. With his backpack and camera always ready, Fabio seeks to seize the unique moments in life as they happen – cultures, people, religion and countries – reinforcing his belief that exploring the world is the 'school of life' and traveling the best conduit to learning. A devoted disciple of Sri Dharma Mittra, Fabio's journey continues through Dharma's spiritual guidance, practicing daily, sharing classes

and workshops of Hatha Yoga. Always enthusiastic Fabio continues to work as a photographer and video maker.

## How is the Course Structured?

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

Over the three-week period there will be nineteen days of teaching totaling 180 hours. There will be two rest days. A typical day will start at 7am with three hours of Practice and Training. Following a break there will be structured teaching sessions on the remaining modules and from the start of the programme you will be developing your ability to teach others. Teaching will finish each evening around 7pm. Those delegates choosing to stay on-site will receive brunch around 10.30am and dinner around 8pm. The programme will start at 4pm on Saturday 1<sup>st</sup> September and there will also be a closing ceremony.

## 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 are based in the West Midlands and would like to start with a preparatory program, our 9-month Yoga Foundations course is delivered at our Aldridge Studio. For a brochure about this program please email [teachertraining@sandstone yoga.co.uk](mailto:teachertraining@sandstone yoga.co.uk)

## What is Expected of Me?

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 intensive.
- Complete all assignments, teaching practice, log books, etc within 6 months of completing the intensive.
- Accept that you are allowed to resubmit coursework assignments at a cost of £49 per assignment.
- Accept that you are allowed to re sit the Anatomy and Physiology test at a cost of £15.
- Work towards practicing Yoga in its many forms daily.

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)

## Accreditation

This course is accredited through Yoga Alliance Professionals, a UK organization and the qualifications is recognized globally.

## Cost

Early Bird Price £2299 Available until 1<sup>st</sup> April 2018

Full Price £2500 thereafter

## What is Included in the Course Fees?

- Training and assessment by a qualified Yoga Alliance SYT and Course Director Michelle Nicklin
- Teaching by world-renowned yoga teachers Ambra Vallo and Fabio Filippi
- A full manual and other appropriate paperwork, eg, a reading list, all in electronic PDF format

## The Venue

Yoga in Salento (YIS) is an international yoga community, part of Agricola Samadhi, a last generation organic farmhouse located in southern Puglia in the heart of Salento in Zollino or put simply, in 'the heel' of Italy. YIS gives high value to the connection and well-being of body mind and spirit which is achieved through yoga, delicious Italian food and other integrated services such as massage. A recent review on Trip Advisor wrote

"Yoga in Salento is more than merely a place to do Yoga, it is a sanctuary for the soul and body, a peaceful little enclave that is simply beautiful and where you will come away feeling restored, rejuvenated and contented!"

For more details about Yoga in Salento visit [www.yogainsalento.com](http://www.yogainsalento.com)

For more details about accommodation, food and facilities visit [www.agricolasamadhi.it/en](http://www.agricolasamadhi.it/en)

## What's excluded?

- All flights, transfers and travel insurance.

The closest airport to the venue is Brindisi, with direct flights from London Heathrow or indirect flights via Milan and other European hubs, from Birmingham. Alternatively, Bari airport is approximately two hours' drive from the venue.

- Accommodation and food costs. Delegates have a choice between accommodation on site at the Agricola Samadhi which includes brunch and an evening meal or booking other local accommodation.

Discounted on site accommodation has been agreed with the venue as follows:

- Double room with private bathroom: € 1500 + € 559 single supplement for sole use
- Double room with shared bathroom: € 1320 + € 559 single supplement for sole use
- Triple room with private bathroom: € 1250

Will add in here the 2 week price option when Giorgio sends it through

On site accommodation must be booked directly with the venue at [www.yogainsalento.com](http://www.yogainsalento.com)

- A certificate (paying does not guarantee passing. You will need to complete all assignments & tests to the minimum standard within 6 months of the intensive and gain a minimum of 80% attendance on the intensive itself. **Attendance on our courses will not necessarily lead to certification & qualification without passing the assessment criteria as agreed with the accrediting body. We aim to support all students to pass and it is our intention that a positive outcome for all will always occur.**
- Any costs associated with posting assignments or portfolio documentation to the UK
- Any costs associated with re-assessment
- Insurance (UK residents can get this from Yoga Alliance Professionals for approximately £10 for course duration. European residents please contact Yoga In Salento for suggestions for insurance whilst on the course. Again, Yoga Alliance Professionals may also cover you.

## 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 277684 or email [teachertraining@sandstone yoga.co.uk](mailto:teachertraining@sandstone yoga.co.uk) we are happy to discuss any questions you may have.
2. A skype call can be undertaken for international delegates by prior arrangement

We expect payment on all bookings as follows:

### All delegates immediately on booking £700 (full deposit)

### Full Price £1,800

After booking your place and paying the deposit, you may pay your balance in installments of minimum £700 however, all payments must be **received in full** in accordance with the timetable above. This is an expectation from Yoga Alliance Professionals too.

### Ways to Pay

1. You can pay by cash at the studio. You will be given email confirmation and sent the reading list.
2. You can pay by cheque to Bliss Yoga, at the Studio or to 26-27 Anchor Parade, Aldridge, WS9 8QP
3. You can pay directly into our account M Nicklin, 09-01-28, acc 20602906, mark your payment reference ITT and your surname. Eg. ITTSmith

**Account name: MS MICHELLE NICKLIN**

**Account number: 21124668 Sort Code 090129**

**BIC: ABBYGB2LXXX IBAN: GB09ABBY09012921124668**

**Bank Address: Santander, Bridle Road, Bootle, L30 4GB**

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.

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.

## **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 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 organizations, 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](http://www.yogaalliance.co.uk)