

**“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**

## **Dear Student**

Thank you for your interest in joining our long-awaited 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 UK (for more details see later) who set the highest standards in Yoga Practice & Training in the UK.

We have built a reputation for quality teaching and support and we have developed this reputation further through our 200 hour course. Our first 2 intakes filled and we expect our Academy to be popular in 2017 too. We were over - subscribed in 2016! We believe 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.

**NEW FOR 2017: [WE HAVE A SPECIAL EARLYBIRD PRICE THIS YEAR: IF YOU BOOK AND PAY IN FULL BY 1<sup>st</sup> APRIL 2017 YOU WILL SAVE £200](#)**

## **Rationale – Our Thinking**

We love all things Yoga and want to train students in an 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.

**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 September 2017 Intake**

#### **2017**

Weekends:

**Jun 17<sup>th</sup> & 18<sup>th</sup>, July 8<sup>th</sup> & 9<sup>th</sup>, Sept 9<sup>th</sup> & 10<sup>th</sup>, Oct 7<sup>th</sup> & 8<sup>th</sup>, Oct 28<sup>th</sup> & 29<sup>th</sup>, Nov 25<sup>th</sup> & 26<sup>th</sup>, Dec 2<sup>nd</sup> & 3<sup>rd</sup>**

#### **2018**

Weekends:

**Jan 13<sup>th</sup> & 14<sup>th</sup>, Feb 10<sup>th</sup> & 11<sup>th</sup>, Mar 17<sup>th</sup> & 18<sup>th</sup>**

### **Who Will Teach Me?**

#### **Michelle Nicklin – Course Director & Senior Yoga Teacher**

Michelle Nicklin has practiced Yoga for over 30 years. She is a Senior Yoga Teacher with Yoga Alliance UK. She provides Yoga training for teachers; runs sell-out Yoga retreats in Snowdonia; delivers popular Saturday workshops and has several personal training clients. Michelle opened the only dedicated Yoga & Pilates Studio in Walsall, Lichfield and Sutton in September 2013. Today Sandstone Yoga regularly has over 500 students per week in classes. She runs Birth Workshops and Stress Management sessions for corporate clients.

Michelle has a background in education management teaching A'Levels and GCSEs for over 15 years in Economics and Business Studies. She held several management positions in local secondary schools.

She has worked abroad in Universities in Nigeria developing systems to support nationally-accredited courses and worked with a Midlands-wide remit to deliver the Citizenship curriculum to Primary and Secondary schools.

She has run international student exchange programme's including taking a multi-faith group of 18 year olds to Sydney for the Olympics staying on Aboriginal reserves in the outback. She has published educational resources for use in UK classrooms and undertaken a study of minority ethnic groups within highly-deprived wards in Birmingham, which again was published.

She is regularly featured in and writes for Om Yoga magazine and Yoga magazine nationally. She has over 10,000 teaching hours under her belt and nearly 2000 babies born from her pregnancy Yoga classes.

## **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.

I am so excited to be joining the Teaching Faculty at Sandstone Yoga. Teaching and mentoring Trainee Teachers is such an honour and absolutely my favourite thing to do! Michelle and her team have created a warm and supportive space that is ideal for the growth of Yoga-teachers-to-be. I look forward to sharing their journey with them.

### **Ambra Vallo**

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.

**“Ambra is a humble Yogi and we can all learn from her” Michelle Nicklin**

### **Jim Thorp**

Founder of JT Ethos and ex-professional rugby player leading our Anatomy & Physiology workshops. Jim is the Clinical Head at JT Ethos and the Midland's leading Corrective Exercise Expert specialising in Postural Correction. His A&P sessions receive rare reviews for Sandstone Yoga and 100% positive feedback.

### **How is the Course Structured? Where will I learn?**

#### **Our 2017 course is spread out over 10 months**

Our tuition is over 10 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 8.30am - 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](mailto:teachertraining@sandstone yoga.co.uk)

## How do I Take This Further?

### I want to sign up for the course

1. Pay the £700 deposit now (see further payments overleaf).
2. Come along to our next Discover More about Sandstone Yoga Teacher Training event Saturday 20<sup>th</sup> May 2017 at 2.30pm. This is a must for all interested. After 2 hours with us, you will know whether we are right for you.  
Meet Michelle Nicklin Senior Yoga Teacher on the day. Book via our shop online or reception.

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 [investments@sandstoneyoga.co.uk](mailto:investments@sandstoneyoga.co.uk) we are happy to discuss any questions you may have.
2. Michelle is always happy to chat by prior arrangement.
3. Come along to the above event to find out more and ask questions.

If successful you will be informed within 48 hours and this deposit will be taken forward towards the full cost of the course which is £2,650 for 2017 intake.

**If you are not successful this time then please don't worry we will give you advice and allow you to return FREE of charge to our next event. Our intention is to allow a wide variety of people onto the course, with different experiences and abilities so please don't worry too much about the day. THIS IS THE START OF THE JOURNEY NOT THE END and we know that. You will have already paid your deposit towards our next course.**

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.

**[WE HAVE A SPECIAL EARLYBIRD PRICE THIS YEAR: IF YOU BOOK AND PAY IN FULL BY 1<sup>st</sup> APRIL 2017 YOU WILL SAVE £200](#)**

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 UK too.

We expect payment on all bookings as follows:

<b>Immediately</b>	<b>£700</b> (full deposit)
<b>Three months before course starts</b>	<b>£1700</b>
<b>One month before course starts</b>	<b>Payment in full £250 or £200 depending on whether you have done Yoga Foundations.</b>

Deduct £10 from this final payment if you paid to attend one of our Discover Teacher Training Events.

**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 M Nicklin, at the Studio or to 26-27 Anchor Parade, Aldridge, WS9 8QP**

**You can pay directly into our account M Nicklin, 11-91-00, 03973453, mark your payment reference TT17 and your surname. Eg. TT17 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 UK 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 UK.

## **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 UK?**

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

### **About Yoga Alliance UK**

“Yoga Alliance UK 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 UK 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 UK 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)

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