



SOUTH WEST YOGA ACADEMY

Advanced On-going Training (OGT) workshops 2019-20 and SWYA Advanced Yoga Teacher Training Award

with Andrea Newman & Wendy Teasdill
in Bristol and Glastonbury

Our 2019-20 workshops offer on-going training (OGT) for qualified Yoga Teachers, with the opportunity to achieve an SWYA Advanced Teacher Training Award.

Series 1: Asana			
1a	Hanumansana and taking a leap of faith.	Sat 23 rd March 19	Holymead Hub, Bristol BS4
1b	King pigeon and flights of fancy.	Sat 4 th May 19	
1c	Parsvakonasana and reaching for the moon.	Sat 27 th July 19	
Series 2: Teaching Skills			
2a	Sequencing – taking it further.	Sat 21 st Sept 19	St. Mary's Church, Glastonbury
2b	Integrating less able students into class.	Sat 19 th Oct 19	
2c	Authenticity in practice and teaching.	Sat 16 th Nov 19	
Series 3: Applied philosophy			
3a	Embracing klesha in class.	Sat 1 st February 20	Wildgoose Space, Bristol BS2
3b	Weaving in the sacred teachings.	Sat 14 th March 20	
3c	Unity in diversity – connecting.	Sat 9 th May 20	

All workshops are designed for qualified yoga teachers to enhance your embodied understanding and underpinning principles of the practices that you teach and to develop your teaching skills.

Each day will include asana practice, theory, group work, exploration of anatomy and psychology, discussion and ideas for reflection. You will receive course materials by email prior to the day so that you come armed with questions and ideas to explore, and a workbook for follow-up home study and reflection after the day.

The tutors

Wendy and Andrea concur on fundamental principles, while at the same time also have very different backgrounds in yoga which sparks many interesting discussions. They very much enjoy collaborating and working together to further their own continued research and exploration, as well as creating a stimulating and thought-provoking environment for on-going learning for yoga teachers. Wendy and Andrea are expert tutors with over 50 years of yoga teaching experience between them. Both are qualified yoga teacher trainers and have trained many yoga teachers over the years. All workshops are led by both tutors, unless otherwise stated.



Practicalities

Timings:

Each workshop is 10am-5pm at the venue shown. Directions to the venues will be given nearer the time.

Fees are as follows:

Per session	£95
3 workshops	£255
The whole course	£675

Payment: Fees are payable in advance by BACS to secure your place on OGT days and are non-refundable within one week of the event. (A waiting list will be kept if workshops are full.)

Refunds: A full refund will be given for cancelled bookings more than one month before the event, less a single £25 admin fee. A partial refund will be given for cancellation of booking within one month of the event of the full payment less £25 per day booked. No refunds are possible within a week of the event. Booked places ARE transferable to other qualified yoga teachers if a suitable application form is submitted.

Fees include: attendance at the specified workshop; pre-workshop reading material; a workbook for follow-up home study and reflection; access to a private Facebook discussion group. All these aspects of the training may count as CPD hours.

SWYA 2019/20 Advanced Yoga Teacher Training Award

An SWYA Advanced Yoga Teacher Training Award certificate will be awarded to those who:

- Have attended 9 Advanced Teacher Training days – including one series each of asana, teaching skills and applied philosophy.
- Have successfully completed 9 workbooks - one for each day attended. (Workshops attended may be carried over to the following year.)
- Have previously completed a 500-hour yoga teacher training course with a qualified tutor (BWY Diploma or equivalent) prior to completing the OGT days.

Enquiries please go to the SWYA contact page at <http://www.southwestyogaacademy.co.uk/contact.html>

To apply please download application form on the website if you didn't receive it with this flyer.

Note: Venue and tutor details could change from the information given above due to unforeseen circumstances. It's unlikely but life intervenes sometimes!