

UNITY
PARTNER YOGA
TEACHER TRAINING
2012/2013

A 6 day course exploring the many aspects of teaching
Unity Partner-Yoga in a fun and sacred way.



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UNITY

Partner Yoga Teacher Training 2012/2013

Thank you for your interest in the course. This document outlines:

- The course syllabus
- Student learning contract (please copy, sign and return)
- Protocol
- Professional Skills

The venue for the course is:

The Unity Studio, 130 Lewes Road, Brighton, BN2 3LG

This Teacher Training is open to Teachers and Yogic Practitioners of 3+ years. A certificate recognised by the IYN is presented to existing Yoga Teachers only.

Accommodation: There are many hotels/B&B's in the area. Please contact the Tourist Information, and Sevanti can also help with queries nearer the time. It may be possible for 2 people to lodge at 130 Lewes Road during the course.

If you have any further questions, e-mail sevanti@being-in-unity.com

Warm wishes and blessings

Namaste

Sevanti

Unity Partner Yoga Teacher Training 2012/13

Syllabus

Times: 9.30am-6pm daily

Each of the first 4 days of the course comprises of the following:

A daily class, led by Sevanti (for individual practice)

Group sharing

Partner-listening

Theoretical investigation into the meaning of Unity, and the concept of Partner Yoga

Practical exploration & understanding

Relaxation

Teaching modules:

Meditation

Pranayama

Mantra

Tantric exercises

Trust exercises

Improvisation of duo-yoga (mirror/contact)

Partner Yoga Asanas: Warm ups, seated, standing, inverted, balances

Choreography of a Partner Yoga sequence

Partner-Massage (Seated/Thai-based Acupressure, Holistic Oil Massage)

Partner-Relaxation (Energetic healing and passive movement)

Yoga Nidra

Teaching Trios, quartets and larger groups

Partner Yoga for Friends, Romantic Partners, Family Members & Children

Partner Yoga for Pregnancy

Variations to suit all ages and abilities

Safe Practice

Class/workshop planning

The 5th & 6th day of the course follows 2 months after the initial 4 days, as a progressive module, and to present their classes and hand in their coursework (Teaching 6 weeks of Partner Yoga 2 hour classes)

Unity Partner Yoga Teacher Training 2012-13

Student Learning Contract

I wish to enrol on the Unity Diploma in Partner Yoga Teacher Training:
(tick as appropriate)

- Option 1
21-24 June 2012 1st Module
2-3 July 2012 2nd Module & Exam
- Option 2
17-20 January 2013 1st Module
8-9 March 2013 2nd Module & Exam

I understand that Unity will provide training over 5 days (excluding the exam).

Course Recognition

The course is validated by the Independent Yoga Network (IYN). A teaching certificate is required to do this course, please contact Sevanti to discuss.

Assessment

The course will complete an exam class.

Unity Policies

I understand that Unity operates an equal opportunities policy, and that I may expect to be treated fairly and reasonably throughout the course. I have notified Unity of any health issues that may affect my successful completion of the Diploma. I understand that enrolment onto the course requires full payment, regardless of whether I leave early, under any circumstances.

Attendance

I will attend the course at the specified times, unless I am prevented by exceptional circumstances. In this instance, I will notify the UNITY tutor, Sevanti as soon as possible. I understand that a certificate will only be presented on completion of 100% of the course (subject to holding a teaching qualification already).

Health & Well-being

I understand that a holistic perspective is respected on the course, including physical, mental, emotional and spiritual aspects of massage therapy. Therefore, I realise that I shall be considering my own state of health and well-being on all levels during the course.

Course Fees

Unity Partner Yoga Teacher Training

£450

I have discussed the course with Sevanti, and have read the Protocol and Professional Skills notes which follow.

PLEASE ENSURE THAT YOU HAVE SUFFICIENT FUNDS TO PAY FOR THE COURSE BEFORE YOU SIGN THE CONTRACT.
A SIGNED CONTRACT IS LEGALLY BINDING.

NAME (Please print)

ADDRESS

.....

EMAIL

TEL NO

DATE

SIGNATURE

Please keep a copy of this contract, and return the original along with your booking form and deposit payment.

Unity Yoga Teacher Training 2010-2011
Protocol

UNITY reserves the right to refuse enrolment if an applicant is deemed unsuitable for the course

UNITY reserves the right to ask a student to leave at any stage if it is felt that the professional skills have not been adhered to

UNITY reserves the right to change the date and venue of any class / substitute a guest tutor if unforeseen circumstances occur

All fees must be paid by the dates agreed. Any student withdrawing from the course after registering will be liable for the total fee.

IT IS ESSENTIAL THAT STUDENTS INTEND TO
COMPLETE THE COURSE BEFORE ENROLLING. ALL
PAYMENT MUST BE RECEIVED REGARDLESS OF
WHETHER THE STUDENT LEAVES THE COURSE
FOR ANY REASON.

Students will need to take out 'student insurance' for the duration of the training. Please ask for details at the start of the course.

Ideally, please enquire with IYN for their Insurance Policy details.

