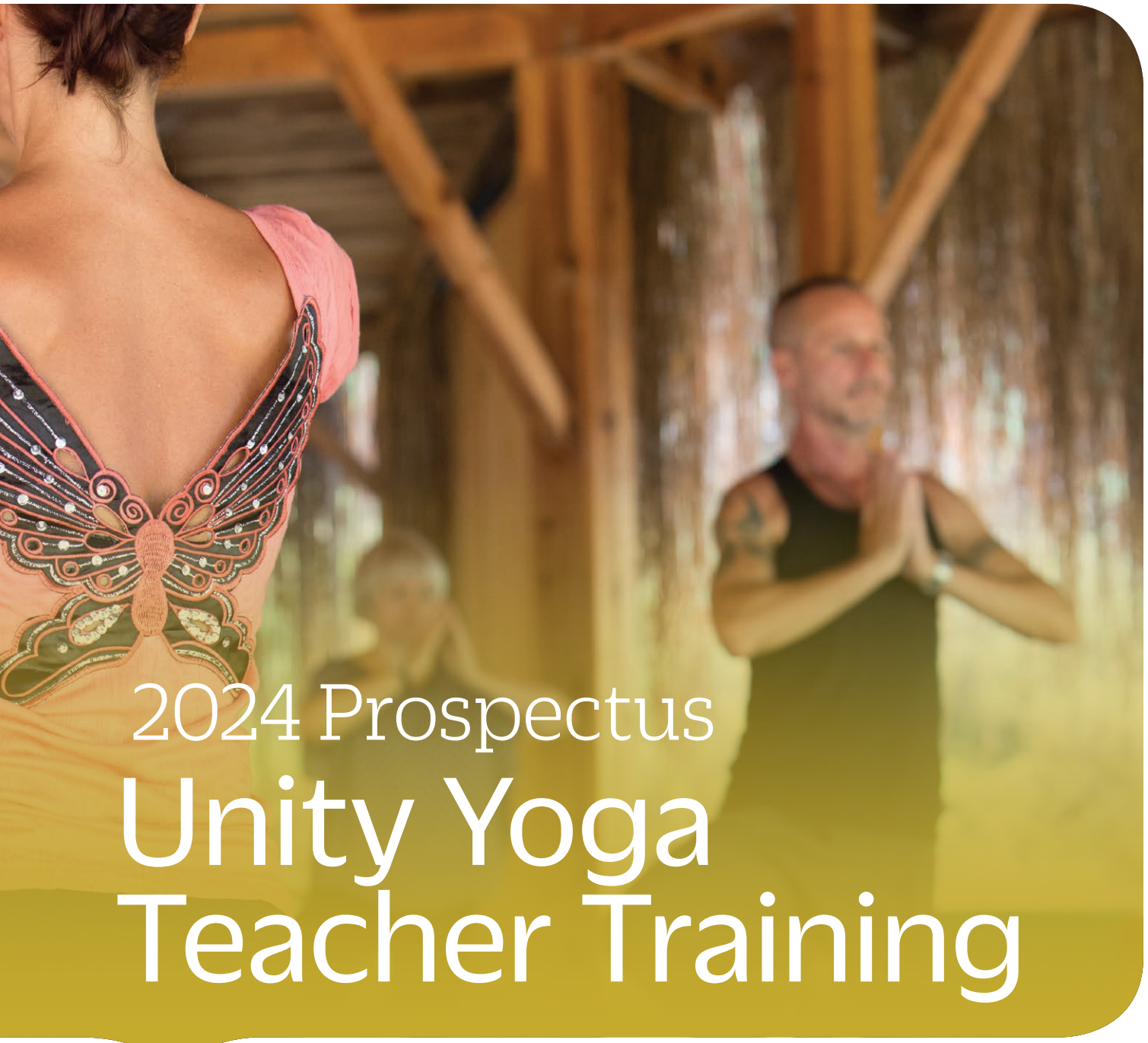


practice with devotion • share with love • live your dream



# 2024 Prospectus Unity Yoga Teacher Training

A personal and professional journey to share the benefits & depth of inclusive yoga.

**300hours | Est. 2002**

Opportunity to extend to 400 hours

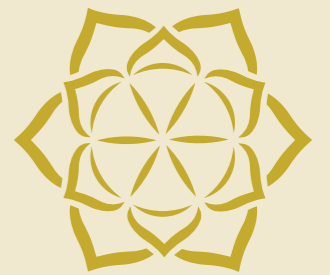
RECOGNISED BY



YOGA TEACHERS  
TOGETHER (YTT)

[www.being-in-unity.com](http://www.being-in-unity.com)

# Unity Yoga Teacher Training 2024 Prospectus



## YOUR NEW YOGA JOURNEY STARTS HERE!

Thank you for your interest in the Unity Yoga Teacher Training diploma. This **300-hour programme** has been running since **2002** with groups no larger than 10 students.

I hope this document will answer any questions you may have about the journey. Please take some time to read it carefully, and if any uncertainties remain or you would like to chat about the course, please don't hesitate to contact the Unity team directly. Course requirements suggest that you have had a regular yoga practice for at least three years. This means practicing around three sessions of yoga per week, including at least one weekly taught class.

This guideline is flexible, so please call to discuss your experience. Often a strong current passion and commitment to the path may be more worthy than hours on the mat.

The course is delivered over regular monthly teaching weekends. There will also be about six to eight hours of home study required per week. It's suggested that you plan carefully to keep on track with the timetable.

If you have any further questions, please email me on [sevanti@being-in-unity.com](mailto:sevanti@being-in-unity.com).

Warm wishes and blessings,

Namaste.

Sevanti

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# What is Unity Yoga?

Unity Yoga is a deep and meditative flow through seated meditation, asana, pranayama and savasana. A fully holistic approach to yoga, exploring the practice of therapeutic, somatic and embodied yoga, inclusive to all.

**It is an enquiry into organic, natural movement; moving inwards through focussed awareness to then open outwards into a spectrum of authentic yogic postures with sensitivity and strength.**

The heart of this practice is about 'being with oneself', letting go and enjoying the process of unfolding rather than judging or forcing. We establish our practice through the recognition of our miraculous, intelligent body and mind, therefore moving naturally and uniquely to our personal form and personality.

Through this sensitive authenticity we are able to explore a diverse spectrum of asanas with various approaches and dynamics.

Meditation, breath, letting go, depth, humility, these are the entry points to a long-term nourishing and inspiring practice.

Our style changes as we change, but this diploma is interested in the underlying thread of yoga, the ability, primarily to connect with our ultimate truth and live our potential of love and joy.

The dynamics and content may vary between Unity Yoga teachers, but the central focus is on the fluidity of natural and authentic movement, relationship with breath and the awareness of our fundamental state of being. A Unity class usually starts with seated meditation, followed by mantra and pranayama. We anchor ourselves deeply in the breath and compassionately observe our physical, mental, and emotional landscape. The body is thoroughly warmed up before flowing through restorative/flowing/dynamic asanas, weaving through an awakening and cleansing journey through the chakras.

The body-mind is respected as a whole system, honouring the felt sense of emotions, thoughts and beliefs stored within the physical body, in a subtle way we enter profound, somatic healing.

With courage, surrender and lightness we tune in to the intelligence of our

system, and the simplicity of letting go of the tension held within the body and mind. Care is taken to be true to our unique body, enjoying a wide range of possibilities and variations to maintain safe and effective alignment. Moving and still postures are carefully chosen to take each practitioner on a deep but fun journey of awareness. The purpose of a Unity Yoga session is to allow each person time to pause, to listen to the body, mind and emotions and to undo any accumulated tension. We can then replace tension with an open heart, spaciousness, positivity and trust. Yoga brings awareness to all parts of ourselves, inspiring balance and clarity and ultimately a greater connection with our higher-self, and all that surrounds us.

Swami Satchidananda (Founder of Integral Yoga) said: '(Yoga) is a flexible combination of specific methods designed to develop every aspect of the individual; physical, emotional, intellectual & spiritual.'

It is a scientific system which integrates the various branches of yoga in order to bring about a complete and harmonious development of the individual.

## INFLUENCES

Sevanti's development of Unity Yoga was inspired by her earlier paths through practices such as Integral Yoga, Sivananda, Ashtanga, Scaravelli, Yin, and Iyengar to name but a few. She likes to fuse dynamics and energies together to allow a blending of yin and yang; a strong, grounded practice with an underlying organic lightness and flow. Overall the Unity style is on the slower end of the yogic spectrum, and it interchanges smoothly between surrendered stillness and flowing, meditational movement.

This diploma invites the discussion and practice of various styles of yoga, therefore students from different paths are welcome to join.

All that is required is a willingness to dive deeply into meditation, to explore the fundamental foundations of yoga thoroughly and to allow their true relationship to yoga to emerge.



## How to know if you are ready for a Yoga Teacher Training course

See Sevanti's article on in the Summer 2024 **Om Yoga Magazine** (Issue 151) is available via our website, or on pages 62-63 here: [www.ommagazine.com/magazines/OM151/](http://www.ommagazine.com/magazines/OM151/)

As each of us change, our practice and teaching also changes. What remains throughout is our commitment to a deeper inner awareness, a lasting spiritual connection and a pull to live a life of love, connection and respect to all beings.

The underlying message of this diploma is that each individual is invited to create/develop their own yoga, one that is authentic to one's true self!

Sevanti teaches the majority of the diploma, but in addition to inviting highly respected and knowledgeable teachers to contribute their specialist areas.

Sevanti brings her background of Contemporary and expressive dance into the diploma, as well as her application of various approaches to massage, healing and bodywork.

She shares her passions from other forms of movement and meditation, such as Sufism, Zen, Tantra and Buddhist practices. She teaches in a friendly, down-to-earth way, enjoying fun and humour along the way!

## ADDITIONAL COMPONENTS

In addition to exploring various style of yoga, we look at a diverse range of Raja yoga teachers, and general Spiritual Masters and teachers. Osho has

influenced Sevanti's journey deeply, some of his messages particularly in relation to freedom and yoga are shared on this course.

The core of practice continuously returns to our own true centering. When we're rooted deeply and gathered into our centre, our whole perspective changes.

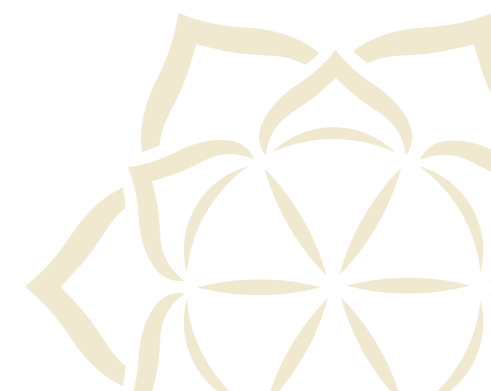
When we pass through the periphery to the heart, through the changeable emotions to our centre where our ultimate truth resides, conflict eases and we are at one with ourselves and our surroundings. Students are supported to establish daily meditation to create a long lasting anchor in one's spiritual practice.

A balanced and complete class requires an interplay of various aspects of yoga. We study in detail asana, pranayama, meditation, mudra, bandha, mantra, kriyas, yoga nidra, tantra, body-mind balancing and yogic theory and philosophy via various approaches.

Anatomy & Physiology and First Aid also contribute to an extensive knowledge and understanding, with class safety of utmost importance. There are also sessions in adjustments, Unity Partner Yoga, Open Floor Dance, ayurveda, diet & nutrition, emotional kriyas and more.

“**The purpose of a Unity Yoga session is to allow each person time to pause, to listen to the body, mind and emotions and to undo any accumulated tension.**

**We can then replace tension with an open heart, spaciousness, positivity and trust.**”



# Yoga For All

A strong emphasis is placed on benefiting the whole community through yoga. Therefore there are specific sessions in teaching pregnancy, children, less-able bodied students, the elderly and deaf students, to name but a few.

Sevanti created The Unity Centre as a not-for-profit CIC, to ensure that the vision was based on people and not profit. Unity fundraises to establish specific projects whereby certain groups and individuals can access free or reduced services. Those with physical, and mental health challenges, and learning difficulties are welcomed

onto various programmes to receive Therapeutic Yoga, plus Art/ Music and Movement Therapy.

## REACHING YOUR COMMUNITY

Understanding how to run one's business, as well as support in promotion and administration is also essential and therefore included in this diploma. A postgraduate course follows, and there are opportunities to teach at the Unity Centre.

Emphasis is placed on the essence of yoga as a lifestyle, a journey not a destination. A path to being more present, honest and more integrated

– with ourselves and the world around us. It is also a path of celebration, a practice to be enjoyed and shared.

Overall, a good teacher inspires by authentic example. Therefore the most essential aspect when considering this diploma is whether one is ready to make their yoga their life; to commit to continuous self reflection, awareness and love.

This diploma is open to those who have a passion to develop to their potential, to connect with their true self. To hear the call to go inwards and to bring that beauty out into the world.



# Sevanti's Background



From a young age Sevanti was interested in movement and dance, nature, energy and healing. She realised that she had been practicing what she later found to be called 'yoga' in her young teens. She then developed this with various teachers until her three year Yoga Teacher Training with Swami Satchidananda in her early 20s. Sevanti has undertaken various postgraduate diplomas since then and has spent 30 years developing her practice and facilitation. Sevanti teaches yoga, postgraduate yoga, ballet, meditation, Open Floor Conscious Dance, Holistic massage, and Reiki at her non-profit health Centre in Lewes, Sussex.

## STUDY & TRAVEL

Sevanti had previously completed a BA (Hons) in Dance Theatre at the Laban Centre. Her yoga teacher training directed her deeper into the nature of organic movement, breath and meditation. Practicing, learning and teaching around the world from Greece to Thailand, Sweden to Turkey, offered Sevanti over a decade of diverse experience in running retreats for her organisation 'Unity'.

She also directed holistic holidays for companies like 'Skyros'. She also trained in teaching Massage and Reiki, so gradually with her extensive and diverse teaching experience it seemed natural to develop her own professional diplomas, which began in the early 2000's.

Sevanti wanted to share her experiences, wonderful teachers and techniques with local students, in a very thorough, professional but down to earth way. Establishing Yoga Teacher Training and Bodywork Programmes. Sevanti alternates between running the Yoga Teacher Training, Holistic Massage Diploma and Partner Yoga Teacher Training each year.

She has spent many years visiting various ashrams, centres and retreats, so she draws upon many of those experiences, along with her background in movement and dance. These related elements and inspirations are poured into her professional syllabuses. Aspects of Biodanza training, years of dancing Five Rhythms and her love for Sufi practices and other meditational movement techniques all become a part of what she currently shares. Sevanti is an Open Floor

movement teacher which she shares regularly during classes and specific workshops.

Sevanti became validated by the very best accrediting bodies; the IYN, MTI and currently by Yoga Teachers Together. These diplomas have been running since 2002, nurturing around 10 students per course each year from her Unity Studio.

## OPENING THE STUDIO

It had been a dream to open her own yoga studio. Sevanti discovered a light and spacious, nurturing and homely studio space with its own courtyard garden in Brighton and in 2012 she opened the Unity Studio & School. In the autumn of 2019 Sevanti opened the Unity Centre in Lewes. This centre offers classes, trainings and treatments. There's a floatation suite, an Infra-red sauna, therapy and treatment rooms, two yoga studios and a vegetarian/vegan café. The centre offers access and facilities for those less-abled bodied, and has a range of suitable classes and workshops for all.

## UNITY PARTNER YOGA™

In 2000, Sevanti spent extensive hours with her friend and fellow yoga teacher, Sarah Jennings, combining yoga postures into partner work. Sevanti is passionate about the metaphor of Partner and Group Yoga, how it draws people together to go deeper into their practice in a fun and sacred way. She established Unity Partner Yoga™ in 2000. She has taught this in various parts of the world, to diverse ages and backgrounds. Sevanti developed this into a second IYN Post Qualifying course, 'Unity Partner Yoga™ Teacher Training' in 2012.



Above: The Unity Centre Lewes

# Course Outline

**Thursday 9am-6pm, Fridays 9am-6pm, and Saturdays 9.30-6pm**

(Dates are subject to change.)

SESSION

## 1 Thursday 16th – Saturday 18th January 2025

### OPENING CEREMONY

- Overview
- What is Yoga?
- Embodiment
- The 4 strands of Yoga
- The 5 paths of Yoga
- Investigating the 12 core Asanas and their origins
- Prana, Nadis & Intro to 3 bodies
- Tratak
- History & Yoga Today
- A day in the life of a Yogi
- Authentic, natural movement
- Vegetarian food and an ethical shop

## 2 Thursday 13th – Saturday 15th February 2025

- The 3 Bodies
- Pranayama Practice & Pranayama theory
- Mindfulness of Breathing
- Aura & Chakras and the energy body
- Health and safety
- Contraindications
- Principles of organic movement
- Beginning of a Yoga class – sequencing in detail
- Optional and more advanced asanas

## 3 Thursday 13th and Friday 14th March 2025

- The courage to teach
- Anatomy of Yoga
- Prevention of injury
- Principles of organic movement
- Initial Class teaching experience
- Discuss assessment of teaching journal, feedback etc



## 4 Friday 25th and Saturday 26th April 2025

- Bandhas
- Kundalini Yoga
- Yoga Nidra
- Body, Mind, and Balancing
- The impact of stress and yoga for regulation
- Variations of core 12 postures
- Meditation
- Students teach beginners class

## 5 Friday 6th – Sunday 8th June 2025

- The 3 Bodies
- Mantra Yoga
- Meditation
- Discuss Assessment of teaching, journal, feedback etc
- Heart Sutra
- Food & yogic diet
- Dynamics and themes
- Various dynamics of classes
- Assisting postures in class (including Thai Massage workshop)
- Class environment
- Teaching experience
- Various class lengths
- Partner relaxation workshop
- Recap and revision

## 6 Thursday 3rd – Saturday 5th July 2025

- Unity Partner Yoga
- Adjustments: Verbal and Sensitive touch
- Energy Enhancement Meditation techniques
- The 6 Kriyas
- Technical teaching practice
- Yoga for all (children, elderly, less able-bodied, those with learning differences, neurodivergent needs etc)
- Ayurveda
- Mudras
- Personal Training in Yoga: Creating a specific programme
- Prepare to start 8 week intermediate course next session

## 7 Thursday 11th – Saturday 13th September 2025

- Bandhas
- Yoga Sutras of Patanjali
- Bhagavad Gita
- Sound bath
- The role and responsibility of a Yoga Instructor
- Planning workshops and retreats
- Self employment, Tax, Insurance
- Business, Marketing and promotion

## 8 Thursday 9th and Friday 10th October 2025

- Practice in teaching: partner work
- Values and ethics
- Tantra Yoga
- Sharing & Puja
- Review
- Last student classes
- Revision
- Coursework Deadline



Unity offers the option to extend your training to a **400hr diploma**, with an extra year of study. See page 13

**COURSEWORK DEADLINE**  
**Monday 10th November 2025**

**PRACTICAL EXAMS**  
**Thursday 20th – Friday 21st**  
**November 2025**

**ANATOMY & PHYSIOLOGY DATES**  
**A&P session 1:**  
**Saturday 29th March 2025**  
with Earle Abrahamson

**A&P session 2:**  
**Saturday 3rd May 2025**  
with Earle Abrahamson

**A&P session 3:**  
**Friday 13th June 2025**  
with Chris Swain

**AP&P COURSEWORK DEADLINE**  
**Monday 14th July 2025**

**AP&P MOCK EXAM**  
**Friday 18th July 2025**

**AP&P FINAL EXAM**  
**Friday 19th September 2025**

**FIRST AID COURSE**  
**Saturday 21st June 2025**

# To Consider

**As a student, you will be experiencing a powerful group journey together. We honour the yogic principles to create harmony and flow within the group.**

- Our values underpin the flavour of the atmosphere that we create at Unity. Please read through these in our 'Core Values' section and decide if this is in harmony with what you are looking for (overleaf).
- In addition to the internal and external assessment, the student is also assessed informally throughout the course in practical application, in addition to theoretical input and general conduct. The student must demonstrate the appropriate personal qualities expected of a yoga teacher during the course, in order for them to receive their certificate.
- There is a large workload for this diploma. In the past, students have managed to work full time, spend time with their families and study various distances, however please note that your time management may need some readjusting. Becoming a Yoga Teacher is a significant change of life, and the amount of coursework reflects the investment of time and energy required in this chosen path. Careful planning and organisation will be necessary.
- You may require extra personal support through talking and/or embodiment therapies

## We ask that you attempt to

- Show sensitivity to other people's needs and work with love and respect for one's surroundings, fellow students and teachers.
- Discuss problems in a mature manner, with sensitivity, attentiveness and kindness, sharing from an 'I' perspective.

- Aim to be trustworthy, respecting confidentiality around personal information.
- Try new things, and be open to explore.
- Take care of yourself and others.
- Seek support when needed, from friends/family/therapists. This course is a serious undertaking; a deep transformative and personal journey. Therefore we suggest a strong supportive network. Students are responsible at all times for their physical, mental, spiritual and emotional well-being. If you require external support we are happy to suggest various practitioners and therapists who may also offer you additional support.
- Demonstrate self-assurance: adopt a positive standpoint of your abilities to progress. Show confidence in yourself, with patience and awareness.
- Social reliability: respect the schedule and the group by being on time. Respecting confidentiality and maintain boundaries.
- Maintain a professional appearance: care for personal hygiene and tidiness, particularly when teaching a class.



It is important to realise that the student may not be able to graduate if these skills are not met.

These skills are relevant to teaching, but also to the entire course in showing support and respect for fellow students, teachers and clients. These values are essential for a yoga teacher.

## Our requirements

- Join 4-hours of workshops e.g. Partner Yoga or Open Floor with Sevanti outside of the teacher training (this is required).
- Ensure that you pay the required deposit, follow your payment plan and advise the Unity School Manager if there are any problems with financial arrangements. Please ensure that you have sent the relevant forms to the Unity School Manager before the start of the course.
- If you decide to leave the course this must be given in writing to the course tutor, Sevanti, and the Unity School Manager, Lu Margetts. Please be aware that the course is non-refundable and all outstanding payments must be paid to Unity.
- Honour that a signed contract is legally binding. It is therefore essential that each student fully intends to complete the course. Please think carefully about this commitment in terms of your time, energy and finances. If a student leaves the course all payments must be made regardless of the reason for leaving.
- To arrange your own transport and accommodation if required, please note the teacher training will be held at The Unity Centre in Lewes.
- To arrange a Medical or Holistic practitioner to complete your medical form before the start of the course.
- To regularly check emails relating to the course, or inform us if you do not have access to the internet.
- Understand that punctuality is important with every aspect of the course including practical/theoretical sessions, exams and coursework. Missed sessions and lateness can cause disruption to the rest of the group and the tutor. Please communicate with Sevanti or the session teacher ASAP if you are unable to come to a session or are running late.
- If a session is missed a catch-up session will most likely be required at an extra cost as indicated in the financial structure.
- 100% attendance is required. Full attendance in the initial 3 sessions is of utmost importance. Approximately 5-6 hours of home study time will be needed each week, as well as time for planning and teaching 2 x 8-week blocks of classes and 2 x one-to-ones.
- Set homework and coursework must be completed before the set deadline. Please contact Sevanti if there are any circumstances that may prevent the work being completed on time.
- For A&P, there will be about 20 hours of teaching time and regular home study – 20 minutes per day is recommended.
- Download the correct session manual from Dropbox before your session.



- Please follow the guidelines regarding any practical and theoretical coursework. Always ask your tutor if there are any questions.
- Purchase the relevant literature for the diploma and the A&P course.
- Inform us if you have incurred any injuries or pain, which may affect you continuing to study on the course.
- 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 YTT for their insurance policy details.
- Full payment must be completed before the graduation date. We will be unable to release certificates until the full payment has been made.
- To use the Unity name and branding in advertising and promotion.

# What to Expect from Unity

## The Diploma

- Thorough and intensive but enlightening training that will prepare you and guide you through the running and teaching of your own classes.
- A nine-month diploma, with over 214 hours of contact tuition recognised by YTT and with an additional 86 hours of supplementary content
- Monthly long weekend sessions (2 or 3 days) in The Unity Centre in Lewes over 9 months.
- 9am-6pm Thursdays, 9am-6pm Fridays (this includes at no extra cost access to the Unity Yoga class with Sevanti 9am-10.30am before your sessions and a link to join the class digitally on other Fridays) / 9.30am-6pm Saturdays.
- Set coursework (written assignments, asana charts and a journal).
- Teaching 4 months external weekly classes, plus 3 months of one-to-ones, with written feedback.
- A practical exam, anatomy exam and a written paper set as homework.
- Welcoming all styles of Yoga, gathering our prominent interest around the core principles of Yoga; being in harmony and acceptance of oneself.
- Asana, Mudra, Pranayama, Meditation, Kirtan, Ritual, Yantra, Mantra and Sound Healing. A thorough foundation in Yoga, covering a spectrum of subjects.
- Understanding Unity Yoga and Unity Partner Yoga™.



## The Unity Name

Upon graduation from this diploma, students will be able to use the well-respected and established Unity Yoga title for their teaching practice.

Qualified students will also receive the specific logo/letters to accompany the branded title on promotional material and websites.

Our practice and teaching style adapts over time, therefore 'Unity Partner Yoga' could also be listed in the class summary if the student feels they wish to take an alternative title which reflects a fusion of other yoga/dance/bodywork practices.

## ADMINISTRATION

- A telephone or face to face interview prior to acceptance to the course.
- Ongoing support with admin and payment organisation.
- Teaching manuals downloadable from Dropbox.
- Information and support from the YTT.
- A discount on student insurance.

## PLUS

- First Aid course in June 2025.
- The opportunity to teach at Unity with marketing support after the course.
- The possibility of joining our Postgraduate Yoga Programme at Unity
- Yoga specific anatomy and physiology sessions led by two experienced tutors; Anatomy, Physiology and Pathology tutor Earle Abrahamson & Yoga Teacher/Osteopath/A&P Lecturer Chris Swain.

- Small groups; a maximum of 12 students to allow a supportive family-like atmosphere.
- Created and run by Sevanti, Founder and Director of the Unity Centre, plus visiting respected & renowned teachers offer sessions in specialised areas such as yoga for neurodivergent people, pregnancy, less-able-bodied, deaf, elderly and children. Teachers include Ellen Lee, who is the current Chair of the Independent Yoga Network.
- Supportive teachers.
- Beautiful space to learn in.
- A fun, awakening and inspiring personal journey.
- An excellent, highly regarded professional certificate with the most supportive and authentic body, YTT.

# Extending your studies

The 400hr diploma is an extension available to students who have completed the Unity 300hr Yoga Teacher Training. This includes the aforementioned:

**300hrs of learning, made up of 214hrs of contact teachings + 86 hours of online classes included Zoom classes, workshops and pre-recorded sessions. Plus, 1hr per person of private mentoring support in-person teaching including:**

- 21 days of practical teaching with Sevanti (and other specialist teachers for specific sessions)
- 3 sessions of A&P teaching with an external, highly qualified and experienced tutor, plus exam
- Downloadable or digitally accessible manuals

## PLUS 100hrs including

**The Unity Post Grad Yoga program, and a choice of one of**

- Unity Partner Yoga Teacher Training
- One week-long retreat
- 2 weekend retreats

**Opportunities to assist with preparing and running Unity events, giving valuable insight into the whole experience of being a teacher. Assistant hours can be pre or post events. Including:**

- Learning how to set up retreats, workshops, social media and marketing
- Mentoring
- Related workshops such as Open Floor conscious movement, barre-yoga, sound baths, massage

**Cost: £1250** with complimentary entry to the assisting workshops



# Anatomy & Physiology



Course tutor  
**EARLE ABRAHAMSON**

Earle is an internationally published author, therapist, psychologist, educator and teaching fellow.

**Earle is an internationally published author, therapist, psychologist, educator and teaching fellow.**

Earle Abrahamson is a professor in the Scholarship of Teaching and Learning at Hertfordshire University. Born and raised in Johannesburg, South Africa, Earle gained qualifications and expertise in physical education, sports therapy, clinical psychology and educational practices.

He has extensive experience as a mentor and has developed mentorship programmes internationally. Earle has been instrumental in designing therapy programmes that promote reasoning and graduate skills employability.

He currently co-chairs The International Society for the Scholarship of Teaching and Learning (ISSOTL), advocacy committee: He holds senior practitioner status in soft tissue therapy with the British Register of Complementary Practitioners (BRCP).

During 2012 Earle gave his services to LOCOG as an accredited sports massage therapist. He was situated in The Velodrome during The Olympics and in The Athletes Village during The Paralympics. He further served as sports massage therapist for the 2017 World Athletics Championships and the 2022 Commonwealth Games in Birmingham.

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Course tutor  
**CHRIS SWAIN**

Chris Swain is a prize-winning graduate of the British School of Osteopathy.

**Chris has been teaching Anatomy & Physiology since 2000 in the UK and abroad.**

Having followed a passion for yoga since 1982, Chris appreciates how knowledge of Anatomy & Physiology can help to prevent injuries and empower practitioners to have a deeper relationship with their own asana practice.

Chris has developed an Anatomy and Physiology course, which is specifically tailored for yoga practitioners and teachers. Chris brings the subject of Anatomy alive, through an interactive style of teaching orientated to practical application.



## Course information

This element of the training will be delivered over 20 hours of teaching time and requires regular home study.

**A&P session 1:** Saturday 29th March 2025 with Earle Abrahamson

**A&P session 2:** Saturday 3rd May 2025 with Earle Abrahamson

**A&P session 3:** Friday 13th June 2025 with Chris Swain

**AP&P coursework deadline:** Monday 14th July 2025

**AP&P mock exam:** Friday 18th July 2025

**AP&P final exam:** Friday 19th September 2025

## Course structure

### A&P MODULE

- **The Skeletal System:** Bones and joints
- **Axial and appendicular**
- **The spine:** Parts of the vertebral column and curvatures of the spine
- **Classifications of bone:** bone structure and growth
- **Classification of joints:** movement and exercise
- **The lever system and movement**

### THE MUSCULAR SYSTEM: MUSCLES AND MUSCLE ACTIONS

- **Classifications of muscles:** Smooth, skeletal, cardiac
- **Locations of major muscle groups**
- **Muscle action:** Anatomical terms
- **Muscle group action on joints**
- **Group muscle action:** primary mover, synergist, antagonist
- **Muscle structure and sliding filament theory**

### THE CARDIORESPIRATORY SYSTEM

- **The heart**
- **The cardiac cycle**
- **Heart rate:** stroke volume and cardiac output
- **The vascular system:** arteries, veins, capillaries, diffusion
- **Systemic and pulmonary circulation**
- **The respiratory system**
- **Alveoli and breathing action**

### THE LYMPHATIC SYSTEM

- **The role of the lymphatic system**
- **Vessels and organs**

### ENERGY SYSTEMS

- **Food and chemical energy**
- **The ATP cycle**
- **ATP and exercise**
- **The energy systems:** Phosphocreatine, lactic acid and aerobic

### THE NERVOUS SYSTEM: AN OVERVIEW

- **The central nervous system and peripheral nervous system**
- **Sensory division and motor division**
- **sections of the motor division**

### THE TERM FITNESS AND PHYSICAL FITNESS

- **Components of fitness**
- **Factors affecting physical fitness and flexibility**





## First Aid

**Course Date:** Saturday 21st June 2025 at The Unity Centre, Lewes.

**Cost:** £100 including certification  
Payment is due by 10th May 2025

### Emergency First Aid at Work (EFAW) for Yoga Teachers and Therapists at The Unity Centre.

Unity will be holding a one-day ITC Level 3 Award in Emergency First Aid at Work (RQF) taught by Flora Schnider (Elements First Aid Training). This practical one day course not only includes the topics required by the Health and Safety Executive (HSE) for the Emergency First Aid at Work (EFAW) qualification certificate, but has been developed further to incorporate common situations that may occur whilst doing yoga and studio work.

### CONTENT

Prescribed by the Health and Safety Executive (HSE) and includes the following:

- The importance of preventing cross infection.
- The need for recording incidents and actions.
- The use of available equipment.
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency.
- Administer first aid to a casualty who is unconscious (including seizure).
- Administer cardiopulmonary resuscitation (CPR).
- Correct use of an Automated External Defibrillator (AED).
- Administer first aid to a casualty who is choking.
- Administer first aid to a casualty who is wounded and bleeding.
- Administer first aid to a casualty who is suffering from shock.
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

All students are required to hold a current First Aid certificate, gained within 3 years of their Unity graduation date in November 2025. Any student with valid certification will not need to take this course. Non-Unity students are also welcome on this course.

## Practicalities

The Unity School Manager will be your first port of call when you enquire about the Unity Yoga Teacher Training and she will provide you with all of the information to ensure that this is the course for you – as well as how to enroll and what to expect on your first day of the diploma.

Throughout the length of the diploma the Unity School Manager will be on hand to help you with any further queries relating to the course administration and finances.

### VENUE

The course is delivered at:

**The Unity Centre, 35 Friars Walk, Lewes BN7 2LG.**

If you need accommodation there are many hotels and B&B's in the area. Please contact the Tourist Information Board ([www.visitlewes.co.uk](http://www.visitlewes.co.uk)). We can also help with queries nearer the course start.

### RETREATS

We highly recommend that yoga teacher training students attend one of our Unity Yoga Retreats. This offers students the opportunity to experience a week of immersion into a yoga retreat. Receiving continuous daily classes and tutor support, as well as learning about organising and running a retreat.

### COURSE RECOGNITION

The course is recognised by Yoga Teachers Together (YTT). It includes a compulsory Anatomy & Physiology module.



## Exams and Coursework

### PRACTICAL EXAM

It is left to the tutor's discretion to decide whether the student is ready to take the practical exam. No refund will be given for non-attendance.

### COURSEWORK AND ASSESSMENT REQUIREMENTS

The course will complete with 2 exams (which will be assessed by the YTT's Quality Commitment and Assurance system), a practical assessment and an Anatomy & Physiology assessment. The standard for graduation is assessed by the following:

- Planning and teaching an 8-week beginners class and an 8-week intermediate class with 10 students and receiving feedback. Diploma students will also need to write-up this feedback.
- 2 private yoga tuitions over 3 months and personal reflective journal.
- Yoga asana charts.
- Beginner, intermediate and 1-2-1 class plans, plus student feedback and practitioner feedback.
- All requested written assignments and ongoing work.
- Final theory.
- Personal reflective journal.
- Students must attend 10 diverse yoga classes as part of their coursework. Sevanti will teach weekly Unity Yoga classes every Friday.

Throughout the course there will be ongoing monthly coursework deadlines. Coursework set the previous month must be submitted during the following session (except when stated otherwise). Some extensions may be granted in exceptional circumstances. However, a late marking fee

might apply. If there is ongoing unauthorised coursework lateness, the tutor has the right to withdraw the student from the course. Please note that the final coursework deadline date and time is mandatory. Unity may offer the flexibility of handing in the coursework earlier, however, if it arrives after the time and date specified then the student cannot be put forward for their exam.

### ESSAYS

When an essay is set, it is due to be handed in the following session directly to Sevanti (hand-written or printed). Sevanti cannot accept emailed copies. Extensions may be possible based on exceptional circumstances, but there may be an additional fee. Please contact the Unity School Manager to apply.

### EXAM FEES

Exam fees are included in the overall course investment. Should either the practical or A&P exams need to be re-taken, the prices are as follows: **Practical: £150, A&P: £150.** The exams will be held at the Unity Centre in Lewes where possible. Exam retakes may be held at alternative venues. If exams are not attended, there will be no refund.

### UNITY POLICIES

Unity operates an Equal Opportunities policy, and students may expect to be treated fairly and reasonably throughout the course. Please notify Unity of any health issues that may affect successful completion of the Diploma. Enrolment onto the course requires full payment, regardless of whether a student leaves before completion and under any circumstances. If a student requires to leave the course they must provide written confirmation to the Unity School Manager.

## Cost and Payment Plan

If the course is not accessible to you because of cost, please inquire as we may be able to offer a part-subsidised place. Sevanti runs The Unity Centre believes in equality and accessibility and strives to make holistic well-being available for all, including

- Those on low income
- Domestic violence or abuse survivors
- BAME/ethnic minorities

For those able to give more, there will be an option to pay it forward, with a solidarity payment (e.g. £20/£50/£75) to enable others to attend.

### ACCESS RATE PLUS

**£2916** 20% off standard rate

**Pay a £700 deposit. Spread remainder over 4 months**

Choose this if This rate is supported by the supporting, standard and sustainability rates. Please feel welcome to choose this rate if the following resonates with your current situation. You might be:

- Experiencing severe financial hardship or instability
- Balancing educational expenses with limited income
- Facing unexpected and long term medical or personal expenses
- Supporting dependents with limited financial resources
- Dealing with unemployment or reduced income
- Living paycheck to paycheck with no savings
- Experiencing financial hardship due to systemic issues related to marginalisation; such as POC, neurodivergent people or disabled people.

### ACCESS RATE

**£3098** 15% off standard rate

**Pay a £700 deposit. Spread remainder over 4 months**

Choose this if:

- Experience housing, employment, or income instability
- Live paycheck to paycheck and lack funds in times of need
- Are dealing with unexpected expenses or emergencies
- Are balancing multiple financial responsibilities with limited income
- Are a student, retiree, or someone on a low/minimum income
- Experiencing financial hardship due to systemic issues related to marginalisation; such as POC, neurodivergent people or disabled people

### SUSTAINABILITY RATE

**£3280** 10% off standard rate

**Pay a £600 deposit. Spread remainder over 4 months**

Choose this if:

- You comfortably meet your basic needs
- You easily afford rent or mortgage payments
- You are able to enjoy new items and experiences
- You have a stable and predictable income
- You have a modest financial safety net for unexpected expenses
- You can save money without strain
- You have discretionary income for leisure activities
- You can invest in personal and professional development
- You wish to contribute to the program while maintaining your own financial comfort

**STANDARD RATE**  
**£3645**

**Pay a £600 deposit. Balance due Friday 6th December 2024**

Choose this if:

- You are comfortable financially (stable access to food, shelter, emergency funds)
- You are passionate about supporting others who are in financial hardship to access the course
- You have a steady and reliable income
- You have savings or a financial cushion for emergencies
- You are able to cover your personal and household expenses comfortably
- You want to contribute to the sustainability of the program and support its accessibility for others
- You value the course and are willing to invest in your personal and professional development
- You want to ensure that others can benefit from the course through your financial support

**SUPPORTING RATE**  
**£3795**

**Pay a £600 deposit. Balance due Friday 6th December 2024**

We are so grateful for those who are able to, and choose to, give so generously. Several people on a lower income are able to join this course directly because of your contribution.

This rate is for you if:

- The support rate applies to your personal situation
- Your company covers part or all of your participation
- You are dedicated to making the teachings more accessible to others and support the financial sustainability of the program
- You have a strong desire to give back to the community
- You value the impact of the course and want to ensure it reaches a more diverse and inclusive audience
- You are committed to philanthropy and supporting educational initiatives

**The course includes:**

- 21 days of practical teaching with Sevanti (and other specialist teachers for specific sessions)
- 3 sessions of A&P teaching with an external, highly qualified and experienced tutor, plus exam
- Downloadable or digitally accessible manuals
- Payments are non-refundable and non-transferable

**EXAM FEES**

Exam fees are additional to the overall course investment. The fee for the exam, and for any additional exam retake required, is as below.

• **Practical: £150** • **A&P: £150**

**FIRST AID TRAINING**

All students are required to hold a current First Aid certificate, gained within 3 years of their Unity graduation date (July 2028). A dedicated one-day course will be held in March 2025, which will be an extra fee of £100. All students must attend unless they can provide valid certification.

**ENROLMENT**

**Enrolment on this course is a serious commitment. You are welcome to contact Sevanti beforehand to discuss any concerns or questions you may have about the course.**

To complete your enrolment please return the following:

1. Online application form – Please complete this at [www.being-in-unity.com/training/unity-yoga-teacher-training/](http://www.being-in-unity.com/training/unity-yoga-teacher-training/). Scroll to the bottom of the web page to find it.
2. Once we have received your application form we will arrange an interview with Sevanti. This will be conducted face-to-face, but if this is not possible then we will arrange a telephone interview.
3. If you are accepted onto the course we will require the signed contracts, plus the deposit.
4. Medical Certificate – please send this to us along with your deposit or let us know if this will be sent by your GP. If you know of any health reasons that could cause you to leave the course, please let us know before the deposit is transferred.
5. First Aid booking form (if required).

You are advised to keep copies of these documents. You can send these by post to:

Lu Margetts, Unity School Manager, The Unity Centre, The Old Turkish Baths, 35 Friars Walk, Lewes, BN7 2LG or by email to: [school@being-in-unity.com](mailto:school@being-in-unity.com).

Your application may be subject to interview. If so, you will be contacted to arrange a suitable time. Upon satisfactory completion of your application, you will receive confirmation of your place on the 2024-25 Unity Yoga Teacher Training (YTT) Diploma.

In the event that your application is not successful, your deposit will be returned.

# Unity Yoga Teacher Training 2024 Application Form

Name

Address

Postcode

Telephone

Email

**Previous yoga experience:**

Please include how long you have been practising, which styles and how regularly

How did you find out about the Unity Yoga Teacher Training?

**Medical Certificate is required to complete your application.**

- Certificate enclosed  GP sending directly

**TOTAL INVESTMENT**

Please tick the box next to your chosen payment option:

- Access rate plus**
- Access rate**
- Sustainability rate**
- Standard rate**
- Supporting rate**

By signing this contract I agree that should I need to leave the course for any reason the full fee must be paid and that no monies are refundable.

Please read the student learning contract and terms & conditions.

If you have chosen to pay in instalments the standing order must be active and guaranteed for the full cost of the course.

I understand that if I miss any study sessions then I must arrange alternative catch up sessions, which will incur an additional cost. 100% attendance is required to complete the course.

By signing this contract I agree that should I need to leave the course for any reason the full fee must be paid and that no monies are refundable. Any payments made to Unity from the student is also accepted as agreement of this contract and that the student understands the terms and conditions.

Please note this diploma requires a minimum of 10 students to run.

Sign

Date

**Payment details (please tick)**

- Bank transfer to:

**Jo-Anne Elizabeth Atwood**

Co-operative Bank

Sort Code **08-91-04**

Account number **0342 5190**

## Student Learning Contract

**I wish to enrol in the Unity Diploma in Yoga Teacher Training 2024-2025. I understand that Unity will provide training over 21 days (excluding the exam) during these 9 months. The dates are all on weekends as follows.**

The dates are as follows.

- Teaching runs Thursday and Fridays 9am-6pm, and Saturdays 9:30am-6pm
- Two-three days per month starting in October 2024. Dates may be subject to slight changes.



**Session 1:** Thursday 3rd – Saturday 5th October '24

**Session 2:** Thursday 7th – Saturday 9th November '24

**Session 3:** Thursday 5th and Friday 6th December '24

**Session 4:** Thursday 16th and Friday 17th January '25

**Session 5:** Thursday 27th Feb – Saturday 1st March '25

**Session 6:** Friday 14th – Sunday 16th March '25

**Session 7:** Friday 25th – Sunday 27th April '25

**Session 8:** Friday 6th and Saturday 7th June '25

**Coursework in:** Tuesday 17th June 2025

**Exams:** Friday 4th and Saturday 5th July 2025

**A&P session 1:** Saturday 30th November – with Earle Abrahamson

**A&P session 2:** Sunday 26th January 2025 – with Earle Abrahamson

**A&P session 3:** Sunday 9th Feb 2025 – with Chris Swain

**AP&P coursework deadline:** Monday 3rd March

**AP&P mock exam:** Friday 21st March

**AP&P final exam:** Friday 4th April

**First Aid Course:** Saturday 21st June 2025 11am-6pm

Dates are subject to change by Sevanti; students will be immediately informed if any changes occur and all students will be accommodated for .

Please note this diploma requires a minimum of 10 students to run. If it is likely that the course will be undersubscribed, we will inform all enrolled students and a refund will be issued.

### Attendance

I understand that 100% attendance is required. I will attend the course on the specified dates and times unless I am prevented by exceptional circumstances. In this instance I will contact the course tutor. If I continue to miss the set dates or am disruptive to the group, Unity has the right to terminate my participation on the course. If a day of the course is missed, I will most likely be required to have a catch-up session (this may be subject to an additional fee).

The length of the catch-up session is dependent on the subject and work missed, at the discretion of the main tutor.

### Catch-up sessions

Depending on the content of the work missed, I understand that Sevanti, Earle or Chris may require me to take a catch up session. This may be a one-to-one, or shared with other students.

Attendance on Anatomy & Physiology teaching days is compulsory if for whatever reason you are unable to attend the session then there will be an extra charge for a one-to-one catch up session.

**1 day missed:** up to 3-hours study for £120

**2 days missed:** up to 6-hours study for £220

**3 days missed:** up to 8-hours study for £280

### Exam resits

Should either the AP&P, or practical exams need to be re-taken, the prices are as follows:

**Practical** £150

**AP&P** £150

**Practical Mock Exam Resit** £150

If a student does not pass their practical mock exam they cannot be entered in for their final exam.

The exams will take place at the Unity Centre, Lewes. No refund will be given for non-attendance.

### Punctuality

Students are required to arrive on time, there will be penalties if students are continuously late or disruptive to the group, Unity has the right to terminate the students participation on the course.

## Deferral of Diploma, Exams or Coursework

If a student needs to defer their exams, coursework dates or entire course there will be an additional fee.

Students that request to defer the course for one year must write to Sevanti and the Unity School Manager detailing their reason for deferring their training on the Unity Yoga Teacher Training Diploma (YTT). Payment will be required upfront to guarantee a place on the following year's diploma, and cost may be subject to change.

### Fee for deferring the full diploma

If a student requests to defer the full training until the following training year we will require the payment of £3645/£3795 to be paid 2 months before the start of the next diploma.

### Fee for deferring the practical components

If a student requests to defer the practical elements until the following training we will require the payment of £3795 to be paid 2 months before the start of the next diploma.

### Deferring A&P or the practical exam

Deferral of an exam is £150 and we will require 6 weeks notice for referral.

### Deferring coursework

Deferral of coursework is £100 and we will require 6 weeks notice for referral.

### Essays

If a student requests to hand in an essay after the deadline there will be an additional fee of £30, subject to the tutor's availability.

### Home study

I understand that approx 5-6 hours of home study time will be needed each week, as well as time for planning and teaching 2 x 8-week blocks of classes.

### Health & Well-being

I understand that a holistic perspective is respected on the course, including physical, mental, emotional and spiritual aspects of yoga. Therefore, I realise that I will be considering my own state of health and wellbeing on all levels during the course. I accept that the course is not a substitute for personal therapy, and if necessary I will seek out counselling/psychotherapy/physical or spiritual guidance.

Should I need to leave the course, I agree that the full course fees must still be paid and that no monies are refundable.

I have provided Unity with a Medical Certificate before enrolment, to validate that I am in good health on all levels and that there is no knowable reason why I would need to leave the course.

I have discussed the course with Sevanti, and have all of the documentation including the Terms and Conditions.

Sign

Date

## Unity Yoga Teacher Training 2024: Medical Certificate

Dear Doctor

The patient named above wishes to enrol on the Unity Yoga Teacher Training Diploma, starting in October 2024. This is a formal and rigorous course of study, leading to a professional qualification, enabling successful graduates to teach yoga without supervision.

The course runs from October to July, with 20 hours of contact time per month and 5-6 hours of anticipated home study time per week.

While there will be personal benefits to the student, this is not a personal development programme. It is important that enrolling students are in good physical and mental health; both for their own wellbeing during the course of study and for the wellbeing of their future students.

Patient/Student name

Patient/Student address


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Postcode

Are there any medical conditions that may affect participation or attendance?

### GENERAL PRACTITIONER DETAILS

Please return the completed form to your patient, or send a scanned document directly to Lu Margetts at [school@being-in-unity.com](mailto:school@being-in-unity.com)

While an email copy is preferred, if not possible please alternatively deliver to: The Unity Centre, 35 Friars Walk, Lewes BN7 2LG.

Name

Telephone No.

Email

Address


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Postcode

Sign

Date

## First Aid Training Booking Form

**First Aid Course: Sunday 23rd March 2025  
11am-6pm TBC**

Note: if you already hold a valid First Aid certificate and do not require this one-day course, please enclose a copy of the certificate with your application.

Name

Address


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Postcode

Telephone

Email

Sign

Date

**Lu will be in touch with information on making payment for the First Aid course.**

## Equality and Diversity Questionnaire

The information provided will be kept confidential and will be used for monitoring purposes only. Please only answer the following if you feel comfortable to do so.

If you have any questions about the form contact Sevanti or Lu Margetts.

Please return the completed form to Lu - school@being-in-unity.com or drop this into the reception at Unity for the attention of Lu.

### EQUALITY INFORMATION

#### 1. What age group do you belong to?

- 18–25
- 26–35
- 36–45
- 46–55
- 56–65
- 65 +
- Prefer not to say

#### 2. Are your day-to-day activities limited because of a health problem or disability (this could include any problems related to old age)?

- Yes, limited a little
- Yes, limited a lot
- No
- Prefer not to say

#### 3. If you answered 'yes' to question 2, please give more info your disability:

#### 4. What is your ethnic group?

#### 5. What is your gender?

- Male
- Female
- Prefer not to say
- Prefer to self-identify, please write in

#### 6. What are your pronouns? (e.g. She/her, they/them)

#### 7. What is your religion?

#### 8. Which of the following options best describes your sexual orientation?

- Heterosexual/straight
- Lesbian
- Gay
- Bisexual
- Prefer not to say
- Prefer to self-identify

#### 9. Do you look after, or give any help or support to family members, friends, neighbours or others because of either long-term physical or mental ill-health/disability, or problems related to old age?

- No
- Yes, 1-19 hours a week
- Yes, 20-49 hours a week
- Yes, 50 or more hours a week
- Prefer not to say

## Terms and Conditions

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

Unity reserves the right to change the date and venue of any class / substitute a guest tutor if unforeseen circumstances arise. Unity will work to accommodate all of the students if a date needs to be changed.

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

A signed contract is legally binding. It is therefore essential that each student fully intends to complete the course. Please think carefully about this commitment in terms of your time, energy and finances. All payments 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 YTT for their insurance policy details.

Adherence to the stated 'To Consider' elements of the course is a requirement of this training and of successful completion.

Unity reserves the right to ask a student to leave at any stage if it is felt that the professional and appropriate personal qualities expected of a yoga teacher have not been adhered to (The full course fees will still be due).

## Unity Core Values

### To Host with Warmth

We wish for all of our students, clients and visitors to feel welcome and honoured at Unity. We offer a homely studio which provides a nurturing, sacred and positive environment, for group and individual work.

### To Serve with Professionalism

We are proud of the high standard in our well-established professional trainings, classes and workshops. We welcome other tutors and practitioners who work with a similar passion and commitment to their work.

### To Work with Love

We deeply believe in the need for self developmental work and personal expression. We feel this work can thrive efficiently in a clear, loving and down to earth environment.

We heartfully aim to work with fairness, respect and kindness to all.

### To Improve with Enthusiasm

To maintain our inspiration and vibrancy, we are constantly working on exciting projects for the improvement and development of our premises, services and events.

We gratefully welcome all constructive feedback, and aim to deliver the very best standard possible.

### To Unite with Affordability

We welcome a community of local and visiting people.

We offer a fair price, with flexible payment plans available for those who require assistance.



**[www.being-in-unity.com](http://www.being-in-unity.com)**

Unity Centre, 35 Friars Walk,  
Lewes, BN7 2LG.

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