

**Post Graduate Course in Yoga Therapy**

**Starting February 2017 in Egham Surrey**

**For Already Qualified Yoga Teachers**

This course is for those who are already qualified as Yoga teachers and want to move their career on a step. Yoga Therapy is the adaptation of yoga teaching for people with specific health needs. It is taught by yoga teachers with additional training and experience in the therapeutic application of yoga.

**On the course students will:**

* Learn key yoga therapy skills and holistic principles
* Learn communication skills for one to one work and how to develop the therapeutic relationship
* Study subtle energy systems in relation to health problems and yoga practices
* Study applied anatomy and physiology relevant to common illnesses
* Learn the yoga understanding of disease
* Learn how to run a professional yoga therapy practice

**Course Information**

The course is in accreditation with The British Council for Yoga Therapy and follows the National Occupational Standard for Yoga Therapy and the Core Curriculum set by BCYT. Course work includes set assignments, practical assessment, and case studies and we maintain small groups for optimum learning. Applicants must:

1. Have a yoga teaching qualification from training of a minimum of 200 hours and 180 contact hours; yoga training which spanned 2 years is preferred and highly recommended.
2. Have been teaching as a yoga teacher for a minimum of 120 hours over 2 years
3. Completed continuous professional development, once qualified as a yoga teacher, of at least 15 hours per year
4. Have been committed to regular personal yoga practice for a minimum of 3 years

**Venue**

The venue is the “Synergy Physio and Rehabilitation Centre Egham TW20 9EX”. This is a light and airy studio conveniently located 0.5 miles from Junction 13 on the M25. It is five minute’s walk from Egham BR Station which offers a main rail link into London and Reading, and you can reach Egham by bus from Heathrow airport. Value bed and breakfast accommodation is available within a few minute’s walk.

**Your tutor**

Lead tutor will be Patricia Cronin an experienced yoga therapist who has been teaching on this course for the last four years. She is based at the yogaroot in Egham www.theyogaroot.com

**Dates for the course starting February 2017**

There are 12 Training weekends which are held at two monthly intervals:

Feb 4th 5th,  / April 1st2nd / June 10th 11th / July 22nd 23rd / Oct 6th 7th / Dec 9th 10th

**Total tuition costs are £2280** which can be paid by Bacs transfer of £95 of per month. An additional assessment fee of £150 is also payable to the assessor. A deposit of £200 is required to secure a place.

For more details please contact [Patricia@theyogaroot.com](mailto:Patricia@theyogaroot.com) 07860 581108