



Nalini Yoga

Teacher Training Course

Student Manual



Course Content

Course Content

- *Overview*
- *Teaching Practice*
- *Anatomy and Physiology*
- *History and Philosophy*
- *Practicum*

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Teaching Hours Log



Course Content Overview

1. Techniques, Training and Practice: 100 hours

Minimum contact hours: 100 hours

Minimum contact hours with senior yoga teacher: 70 hours

Topics ...

*pranayama, asanas, kriyas, chanting, mantra, meditation and other traditional yoga techniques.
(approx 50:50 mix between 'how to do' and 'how to teach')*

2. Teaching Methodology: 25 hours

Minimum contact hours: 20 hours

Minimum contact hours with senior yoga teacher: 10 hours

Topics...

*communication skills, time planning and management, setting priorities and boundaries,
addressing individuals and groups, techniques for demonstration, assisting and adjusting,
teaching styles and qualities of a teacher, the learning process, business aspects of teaching yoga*

3. Anatomy and Physiology: 30 hours

Minimum contact hours: 25 hours

Minimum contact hours with senior yoga teacher: 5 hours

Topics...

*Physical and spiritual anatomy and physiology and their relationships with yoga including
healthy movement patterns, benefits, contraindications, and options*

4. Yoga History, Philosophy, Lifestyle and Ethics: 30 hours

Minimum contact hours: 25 hours

Minimum contact hours with senior yoga teacher: 5 hours

Topics...

*yoga philosophies, traditional texts, such as the Yoga Sutras and Pradipika, Yoga lifestyle
and concepts (ahimsa, dharma, karma, seva), teacher ethics*

5. Practicum: 15 hours

Minimum contact hours: 10 hours

Minimum contact hours with senior yoga teacher: 5 hours

Topics...

*teaching, observation and giving and receiving feedback, assisting students while somebody
else is teaching*

Total hours = 200

Contact hours = 180



Course Content - Teaching Practice

1. Techniques, Training and Practice: 100 hours

Minimum contact hours: 100 hours

Minimum contact hours with senior yoga teacher: 50 hours

Topics ...

pranayama, asanas, kriyas, chanting, mantra, meditation and other traditional yoga techniques.
(approx 50:50 mix between 'how to do' and 'how to teach')

2. Teaching Methodology: 25 hours

Minimum contact hours: 20 hours

Minimum contact hours with senior yoga teacher: 10 hours

Topics...

communication skills, time planning and management, setting priorities and boundaries, addressing individuals and groups, techniques for demonstration, assisting and adjusting, teaching styles and qualities of a teacher, the learning process, business aspects of teaching yoga

Assessment...

Plan, document and deliver a 1.5 hour yoga class

Assessment Criteria...

	<i>Distinction</i>	<i>Pass</i>	<i>Refer</i>
<i>Sequence and flow</i>	<i>All elements in logical sequence</i>	<i>Most elements in safe sequence</i>	<i>Key elements missing, concerns over safety</i>
<i>How to</i>	<i>Clear & precise, consistent layout, breath instruction</i>	<i>Mostly clear and consistent, some breath instruction</i>	<i>Lacking clarity / consistency, little breath instruct</i>
<i>Photos</i>	<i>Clear images and relevant detail, correct postures</i>	<i>Clear image of each posture, correct postures</i>	<i>Unclear images, incorrect postures</i>
<i>Benefits and contraindications</i>	<i>Comprehensive list</i>	<i>Major elements included</i>	<i>Missing key points</i>
<i>Modifications and progressions</i>	<i>Options for each posture</i>	<i>Key options included for most postures</i>	<i>Missing key options</i>



Course Content

- Anatomy and Physiology

3. Anatomy and Physiology: 30 hours

Minimum contact hours: 25 hours

Minimum contact hours with senior yoga teacher: 5 hours

Topics...

Physical and spiritual anatomy and physiology and their relationships with yoga including healthy movement patterns, benefits, contraindications, and options

Elements covered...

The Skeleton - structure, types of bones, functions of bones

Joints - types, how they work, influence of yoga

Ligaments and tendons - definitions, influence of yoga

Muscles - types of muscle, how muscles work, muscle function within yoga

Core strength and Stability - definitions, influence of yoga

Assessment...

Anatomy and Physiology questions and task

Assessment Criteria...

Questions	Distinction	Pass	Refer
10 questions	Correct and complete answers including relevant references and examples	Correct answers with some supporting references and examples	Inaccuracies in answers, lacking supporting references and examples

Task	Distinction	Pass	Refer
How to description	Clear and precise consistent layout relevant photos	Mostly clear and consistent, key photos	Lacking descriptive or visual clarity
Joints and muscles used and their action	All correctly listed, actions explained, supporting images	Mostly correct, actions explained some images	Key inaccuracies, lacking supporting info
Yellow and Red flags plus suitable options	All identified, suitable options suggested	Some yellow flags missed, suitable options	Red flag(s) missed, unsafe options



Course Content

- History and Philosophy

4. Yoga History, Philosophy, Lifestyle and Ethics: 30 hours

Minimum contact hours: 25 hours

Minimum contact hours with senior yoga teacher: 5 hours

Topics...

yoga philosophies, traditional texts, such as the Yoga Sutras and Pradipika, Yoga lifestyle and concepts (ahimsa, dharma, karma, seva), teacher ethics

History of Yoga

Types of Yoga

Yoga and science

The Vedas

The Eight Limbs

The Chakra System

Yoga and nutrition "The Yoga Diet"

Yoga and Religion

Assessment...

History and Philosophy questions

	<i>Distinction</i>	<i>Pass</i>	<i>Refer</i>
<i>10 questions</i>	<i>Correct and complete answers including relevant references and examples</i>	<i>Correct answers with some supporting references and examples</i>	<i>Inaccuracies in answers, lacking supporting references and examples</i>



Course Content - Practicum

5. Practicum: 15 hours

Minimum contact hours: 10 hours

Minimum contact hours with senior yoga teacher: 5 hours

Topics...

teaching, observation and giving and receiving feedback, assisting students while somebody else is teaching





Student support

We hope you enjoy your time as a both a student and as a teacher of Nalini Yoga. Should you have any concerns please get in touch with us we are here to help! You can contact us at

*Fay at **fay-yoga@hotmail.co.uk**
Garry at **garrysherwin@hotmail.co.uk***

All concerns will be dealt with in confidence

Continual Professional Development

Following completion of your Nalini Yoga course you are encouraged to continue growing both as a Yogi and as a teacher. You will be required to complete your contact hours through attending classes with qualified teachers. You can also acquire these hours through attending Nalini Yoga workshops.

If you wish to take further courses will support you in these the best we can

Concerns with the course

We hope you have a great experience on the Nalini Yoga teaching course. If you are unhappy about any element please, in the first instance, discuss it with Fay and Garry. If you are not satisfied with the response then you may take your concerns to the Yoga Alliance



Terms & Conditions

A non-returnable deposit of £500 is required to secure each place, the remainder to be paid by end of course - arrangements can be made by contract to pay in installments. Please note: Under no circumstances will there be refunds after the course has begun and prior to a month before commencement. Practical or written re-sits incur a £50 administration cost. These terms may change at the discretion of Nalini Yoga please check at time of booking.

Code of Conduct

Nalini Yoga teachers should

- teach only in areas only of their competence, based on their education and training*
- not give a medical diagnosis to a student - refer to a medical professional*
- hold themselves to the highest standard of integrity in all interpersonal interactions*
- not teach when feeling unwell or under the influence of medication*
- not discriminate based on age, gender, ethnicity, culture, sexual orientation, or disability*
- not engage with any sexual harassment*
- respect privacy of students in accordance with the Data Protection Act*
- practice in business with honesty and integrity*
- maintain liability insurance*

Grievances

If a complaint is made about a student (either verbally or in writing), it will be dealt with in the following way:

- the student will be temporarily suspended while the matter is investigated*
- correspondence between investigator/s and the suspended teacher will be witnessed by one or more students*
- witness statements will be gathered from the teacher, the complainant and if possible one or more other participants present during the incident(s) where the said 'offence/s' were committed.*
- character references from within the school and students from classes will be sought*
- consideration will be made and if possible witness statements should be gathered regarding other incidence of a similar nature to that being alluded to by the complainant.*
- the investigator/s will use information gathered from the above sources and their own experience of the teacher being complained about to make an informed choice about how to proceed with the situation.*

Following investigation, there will be one of three outcomes

- 1. No further action - the investigator/s conclusion is that there is no case*
- 2. A 'Yellow' card issued to the teacher (a conditional warning with signed agreement from the student to indicate the teachers full awareness compliance required for their continued membership).*
 - one off incidence of sufficient gravity such as*
 - breach of the code of conduct*
 - public slandering of the school or members therein*
 - teaching practices not condoned by the school*
 - teaching to an inappropriate level*
- 3. A 'Red' card issued to the teacher (expulsion)*
 - repeated yellow card warnings*
 - proven sexual, race, disability related harassment*



Registration

Personal Details...

Name:

Address:

Tel Number:

Email:

Emergency Contact...

Name:

Tel Number:

Yoga Experience...

For how long have you been practicing yoga?

How many times per week do you currently practice?

Where have you been practicing yoga?

Who is/are your teacher(s)?

Disclaimer

Health requirements / conditions...

Please detail any requirements or conditions you know of which may affect your yoga practice and/or teaching (Please note Nalini Yoga is physically demanding and more dynamic than some other forms of yoga. Not all exercises are suitable for everybody and may result in injury. Any participant in this Nalini Teacher Training Course assumes the risk of injury resulting from yoga practice and . To reduce the risk of injury, consult your doctor if you are unsure of your own health concerns in relation to performing this Teacher Training Program. This style of Yoga is NOT SUITABLE FOR PREGNANCY OR INJURIES.

I HAVE READ AND UNDERSTOOD THE ABOVE. ALL MY ANSWERS ARE TRUE TO THE BEST OF MY KNOWLEDGE – I TAKE FULL RESPONSIBITLY FOR ANY INJURIES OCCURING WHILE ON THE NALINI YOGA TEACHER TRAINING COURSE.

SIGNUATURE:

DATE:

