



## 300hr Advanced Yoga Teacher Training Course

### COURSE MODULES & CURRICULUMS\*\*

#### **Module 1 | 11th and 12th September 2021** 9am to 6pm: ONLINE RETREAT

*A private inauguration to welcome the students, an introduction to the core teachers Stephanie Shanti and Lila Lolling, to the course as a whole and its structure*

A chance to practice together and share where we are and pool ideas about accessibility, inclusivity and yoga wisdom.

There will be yoga practice, meditation, pranayama, nidra, journalling and philosophy included in this weekend retreat. It is designed to build community for the core students on this training, and to share resources.

15 hours. Only ATTC participants

#### **Module 2 | 25th and 26th September, 2021,** 9am-12pm, 2pm-6pm: ONLINE

*20-hour Myofascial Release for Yoga Teachers with Stephanie Shanti*

This module is a weekend online training plus supporting video content to enable yoga teachers to work with myofascial release techniques using myofascial or tennis balls, foam rollers and yoga blocks to release the myofascial chains of the body.

We will look at fascia research, trigger points and referred pain in the context of yoga practice as well as the nervous system to lead students towards a deeper awareness of the body, how it functions as a whole and how to use yoga as a therapeutic tool to bring overall nervous system balance.

20 hours: 12 hours live on zoom, 8 hours home study

#### **Module 3 | Ongoing dates throughout** the training: ONLINE

*Stress and the Nervous System with Lila Lolling*

10x 90 minute sessions, one per month dates TBC

15 hours. Only ATTC participants.

**Module 4 | from 6<sup>th</sup> October ONLINE,**  
*Restorative Yoga and Chair Yoga online sessions*

10x 90 minute sessions with Stephanie Shanti, on Wednesday mornings from 9-10.30 on the following dates: 6<sup>th</sup> Oct, 3<sup>rd</sup> Nov, 8<sup>th</sup> Dec, 5<sup>th</sup> Jan, 2<sup>nd</sup> Feb, 2<sup>nd</sup> March, 6<sup>th</sup> April and 25<sup>th</sup> May.  
3 hour workshop on 6<sup>th</sup> July from 9am -12pm  
15 hours Only ATTC participants.

**Module 5 | 15<sup>th</sup> -17<sup>th</sup> October (Friday 6-9pm, Sat & Sun 9am-6pm) ONLINE**  
*Yoga Philosophy Teacher Training Certification: Level 1 with Lila Lolling.*

This intensive weekend training and online module will look at the philosophy and psychology of the classical Yoga systems and how to use it as a mirror for your personal and spiritual refinement. You will also learn how to use these ancient teachings as a guideline to aid your students in processing their life karmas, becoming better suited to coach them in their spiritual endeavours.

You will also gain insight into how to structure yoga philosophy workshops, courses, and immersions that will take your offerings to the next level, helping you to grow yourself beyond being solely an asana instructor.  
20 hours.

**Module 6 | 12<sup>th</sup> to 14<sup>th</sup> November, 9am-6pm IN PERSON**  
*Accessible Yoga Teacher Training Certification with Alessandra Uma Cocchi*

This is a three-day practical training and online module gives you a special certificate in teaching Accessible Yoga.

The practical training includes introduction to the concept of accessible yoga, with accessible chair, wall and mat classes, hatha yoga theory and anatomy check-ups, bed yoga instruction, yoga service to the world, touching and consent, raja yoga, yoga nidra and the koshas, and practice teaching of accessible yoga.

Venue: St Werburghs Community Centre, Horley Road, Bristol,  
unless COVID restrictions apply, then it will be moved online

**Module 7 | 4<sup>th</sup> & 5<sup>th</sup> December. 9am-12pm, 2pm-5pm ONLINE**  
*15-hour Special Yoga with Jyoti Jo Manuel, founder of Special Yoga Global*

During this weekend immersion, we will share an introduction to the therapeutic teachings of Special Yoga's programme for children. Our intention is to support all children with a therapeutic approach to yoga, with an additional focus on children with special and additional needs.

Children today are struggling with higher levels of anxiety and mental health issues than ever seen before. Children with autism and learning challenges are at risk of exclusion from education due to what is perceived as unmanageable behaviours. Our time together will give tools and support to understanding children's behaviours as a form of communication and using yoga to support their nervous systems and hearts, to bring lifelong practices to enhance their well-being and work towards reaching their potential.  
15 hours

**Module 8 | 15th & 16th January 2022. 9am-6pm IN PERSON**

*Ethics, Bhakti Yoga, and Yoga for Cancer*

Saturday morning: Bhakti Yoga Workshop with Sivani Mata Frances

Saturday afternoon: Yoga for Cancer Workshop with Morven Hamilton

Sunday: Ethical Relationships in Yoga with Theodora Wildcroft, author of 'From guru to #metoo'.

An exploration of the changing role of yoga teachers and evolving interpretations of Patanjali's yamas and niyamas and a deep dive into our embodied experiences of consent and touch, power and persuasion.

We will learn to write our own codes of ethics and know where we stand, as individuals and as allies teaching for context, consent and agency. A chance to reconciling change with tradition in diverse cultural contexts. A brief introduction to the evolving edge of contemporary yoga, including the concept of 'post-lineage yoga', its opportunities, risks and common features.

15 hours

Venue: St Werburghs Community Centre, Horley Road, Bristol

**Module 9 | 5th & 6th March 2022. 9am-6pm IN PERSON**

*Womb Yoga and Yoga Nidra with Uma Dinsmore Tuli*

There is a Total Yoga Nidra Immersion Experience online prerequisite to this weekend course.

For the practical course Uma will present 'Honouring the Power of Cyclical Wisdom Through Yoga' enabling yogis and yoginis to access power, vitality and awareness in circles with satsang and mantra, using mudras, bandhas, shakti bandhas, postures and breathing to support vitality and of course, Total Yoga Nidra!

Internationally-acclaimed educator, yoga therapist, spiritual activist and author of Yoni Shakti, Uma Dinsmore Tuli contributes to Stephanie's Accessible Yoga team, offering sixteen hours on these aspects of yoga practice.

Topics Covered:

Day 1 - PRANA SHAKTI CYCLES - Foundation of Womb Cycle Awareness in relation to wellness and yoga therapy. Initiations into power, vitality and wellness.

Day 2 - PELVIC POWER - 'Mending the leaky bucket' Pelvic organ health, mudras, bandhas, shakti bandhas, postures to support vitality.

Online for 14 hours - TOTAL YOGA NIDRA - a means to encounter intuitive awareness to nourish and support all aspects of yoga practice.

30 hours

Venue: St Werburghs Community Centre, Horley Road, Bristol

**Module 10 | 26th & 27th March 2022 9am-6pm IN PERSON**

*Subtle Anatomy and Chakra Development Intensive PART 1 with Stephanie Shanti*

Stephanie Shanti will guide you through the first 4 chakras using ritual, nidra, asana, meditation and pranayama to access the unique levels of consciousness associated with each chakra.

This enables you to work closely on your own personal development as a yoga trainer and look at all aspects of your life associated with these levels of awareness and possible blockages of powerful conditionings of the mind.

Through looking at your learned patterns of behaviour and being you can move towards a more open and receptive way of sharing yoga in the community from the heart.

15 hours

Venue: St Werburghs Community Centre, Horley Road, Bristol

### **Module 11 | 2nd-8th May 2022 IN PERSON**

*PRANA INTENSIVE immersion at Shantacentre with Lila Lolling and Stephanie Shanti*

This is a private, 5-day classical Hatha Yoga immersion that includes asana, meditation, pranayama, silence, communal living, karma yoga, bhakti yoga, nature-connections, and embodied philosophy. Home preparation of purification of the nadis is a requirement for this retreat and needs to be documented in a spiritual diary submitted weekly from Module 1 onwards.

Venue: Shantacentre Yoga Retreat Centre, Italy

50 hours

### **Module 12 | 21st & 22nd May 2022. 9am-6pm**

*Subtle Anatomy and Chakra Development Intensive PART 2 with Stephanie Shanti*

We will work through the three higher chakras using ritual, asana, pranayama, nidra and meditation to gain access to higher levels of consciousness and learning new ways to integrate the lessons learned here with the grounding and embodiment of the lower chakras.

Venue: St Werburghs Community Centre, Horley Road, Bristol

15 hours

### **Module 13 | 15th, 16th & 17th July 2022 (Friday 5-9pm, Sat & Sun 9am-6pm)**

*Presentations and Graduation*

Giving a presentation or a workshop on a topic of your choice from all that you have learned during your course which will be assessed by all on the course and the course supervisor. We will also end this module with a graduation ceremony and blessings for your work in the world.

Venue: St Werburghs Community Centre, Horley Road, Bristol

20 hours

### **Home Study: 15 hours**

- Spiritual diary requirement for purification of the nadis and subtle energy system to be submitted weekly to Stephanie Shanti.
- Required reading: Lila Lolling's *Walking the Ancient Path of Yoga*. You will be required to answer the questions in the book and turn them in by Module 8, May 2022.
- Give a 75-minute workshop on the subject of your choice (from topics within the course). You will need to prepare as if you are offering this workshop to your students as an advanced teacher.

### **Case Studies: 10 hours**

You will need to write up details of 10 hours of teaching practice using the techniques you have learned on this course. To be handed in by graduation.

\*\* We have now organised this course so that more of it can be completed online in case of continued/renewed Covid-19 restrictions.

The start of the course will all be online and interactive.

Then from November onwards if we can meet in person we will, and if that is not possible, the training will be online with the exception of the December Special Yoga Weekend.

If necessary, we will make final decisions about online learning due to continued Covid issues one month before each of the modules is due to start.

This is a specialist Advanced Yoga Teacher Training Course (ATTC) for qualified yoga teachers who currently have a 200-hour certificate, and are seeking a 300-hour, post graduate certificate in the fields of classical and accessible yoga. As a participant of the course, you will also gain two additional specialised certifications, one in Accessible Yoga and the other in Classical Yoga Philosophy.

If you have qualified with Shantacentre Training School at the 200-hour level, you can upgrade at the end of this course to a 500-hour certificate with us.

INVESTMENT: £3500

Deposit £350 then 9 x £350 instalments to be paid each month from September 2021 to May 2022

Course is limited to 10 students.

Early registration is highly encouraged.

To book your space, please go to

<https://www.stephanieshanti.com/events/300-hour-accessible-yoga-and-spiritual-development-advanced-teacher-training-course>