10 REASONS TO TRAIN WITH US

RYS 200 yoga ALLIANCE

OUR COURSE:

1. Is Yoga Alliance approved.
2. Runs on convenient course dates
3. Takes an integrated and embodied approach to learning.
4. Advocates for an informed and creative approach to teaching.
5. Covers a wide vocabulary of teaching skills in Vinyasa Flow yoga.
6. Includes modules in Yin, Restorative and Pre- & Post-natal yoga.
7. Is taught by instructors with extensive teaching experience and specialist knowledge.
8. Welcomes you as a member of TRIPSPACE community with a YTT-PASS to attend fiftheen classes at TripSpace during your training.
9. Provides you with the business skills needed to step into professional life as a yoga teacher.
10. Takes you on a 3 day immersion retreat in rural Norfolk.

❶ Y.A. APPROVED COURSE

TRIPSPACE YTT course meets Yoga Alliance standards and therefore has internationally recognized credentials. Students who complete their training at **TRIPSPACE** are eligible to register with **Yoga Alliance** as Registered Yoga Teachers (RYT200®).

With this high standard of training, our graduates are equipped to apply for teaching roles or establish their own classes with full confidence!

❷ CONVENIENT COURSE DATES

The course runs Aug-Dec 2022 across:
4 day intensive at TRIPSPACE
3 day retreat in rural Norfolk
16x Saturday afternoons
1x Sunday
12x 2 hour online encounters

This carefully designed scheduling permits access for those who have ongoing work or family commitments. Study over this timeframe also allows you to comfortably absorb and embody the theory and practice as we progress through the modules of the course. The course is mainly taught at the spacious **TRIPSPACE** in the vibrant area of Shoreditch, London (easily accessed by mainline train routes and London Transport). The retreat away takes place at West Lexham, Norfolk where you are supported and nourished with delicious food and scenic, relaxing surroundings whilst plunging into the syllabus!

2023 DATES

4 DAY INTENSIVE @ TRIPSPACE 9AM – 5PM
Tuesday 29 **August** to Friday 1 **September**

3 DAYS AWAY on LEARNING RETREAT
WEST LEXHAM RETREATS, NORFOLK, UK
(90 minutes train journey from London)
September Monday 25, 10.30AM
to Wednesday 27, 3.00PM

16x SATURDAY AFTERNOONS/EVENINGS
1.30PM – 8PM @ TRIPSPACE
September 2, 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16

12x TUESDAY EVENING (ZOOM) 7PM – 9PM
September 5, 12, 19
October 3, 10, 17, 24, 31
November 7, 14, 21

1x SUNDAY MORNING (ZOOM) 10AM – 12PM
September 24

CERTIFICATE AWARD CEREMONY
December 17, Saturday, 2–4PM

❸ INTEGRATED AND EMBODIED APPROACH TO LEARNING

The course is designed to integrate all aspects of the yoga tradition (poses, anatomy, philosophy, meditation) in an informed yet non-dogmatic way.

Traditional teachings are aligned with up-to-date anatomical knowledge and the awareness of the contemporary evolution of yoga practices.

Modules on anatomy, physiology and bio-mechanics establish a strong foundation for understanding of the body and intelligent movement so that you can teach knowledgeably, safely and inclusively.

Modules on yogic philosophy and history inform and inspire your teaching and personal practice.

Every day on the training begins with a group practice so you can embody the principles taught in the various modules and deeply advance your own personal practice.

We believe this approach inspires you to develop your unique teaching voice, encouraging you to keep expanding your knowledge whilst building on a solid, rich, and well-informed methodology.

❹ INFORMED & CREATIVE APPROACH TO TEACHING

The training includes modules on a variety of skills in creating and leading classes, drawing on the anatomical and philosophical modules and encouraging you to develop your own creative voice as a teacher.

We focus on a variety of methods of devising and theming inclusive classes and how to use your voice and language in instruction.

You have plenty of time to practice your teaching skills throughout the course so that you feel fully confident for your final assessment and ready to step into teaching!

We also cover a full range of topics in the business aspects of yoga so that you can present your skills professionally and uniquely and be prepared and excited to build your teaching practice after graduation!

❺ WIDE VOCABULARY OF TEACHING SKILLS IN VINYASA FLOW YOGA

Vinyasa Flow is an energetic and (as the name suggests) flowing form of yoga practice that allows great scope for creativity in sequencing poses and theming classes.

The **TRIPSPACE** course covers all the anatomical and philosophical background principles and class-planning skills to empower you to create and lead inspiring and nourishing classes for your future students.

❻ MODULES IN YIN, RESTORATIVE AND PRE- & POST-NATAL YOGA

Exciting additional components of the **TRIPSPACE** training are the modules on Yin, Restorative and Pre- and Post-natal yoga.

Yin yoga is a slow and meditative practice of longer-held poses with the body in passive mode (for the most part) to benefit the deep, connective tissues of the body.

Restorative yoga is the art of relaxation, with long-held, passive poses supported with props to bring a deep sense of ease to body and mind.

Pre- and Post-natal yoga is the knowledge of adapting poses appropriately for the body in these stages of life to nourish and support the mum-to-be or new mum in her yoga practice.

Each of these sessions grounds you in the principles and practice of these beautiful forms of yoga that may be appropriately added to Vinyasa Flow to enrich the classes you offer and importantly, allow you to include pre- and post-natal students in your classes.

You may then build upon this knowledge to offer specific classes in these individual practices, widening the scope of classes you can offer.

7 INSTRUCTORS WITH EXTENSIVE TEACHING EXPERIENCE AND SPECIALIST KNOWLEDGE

ANN PIDCOCK

Ann was first introduced to Yoga whilst training as a dancer at London Contemporary Dance School.

The instant improvement she experienced in how she was moving made her curious to discover more about Yoga and it's rich myriad of styles.

For Ann one of the most exciting aspects of Yoga is that it has the potential to recognise the whole of a being.

Physical, energetic, mental and emotional.

She has trained specifically with this interest and tailors her teaching to embrace this holistic approach.

She teaches Vinyasa, Slow Flow, Yin, Restorative and Yoga Nidra.

Ann enjoys weaving anatomical exploration into class whilst layering up pranayama, mudra and contemplations to take off of the mat too.

Her flows are welcoming to a variety of levels and always give space for the individual to take what they need and leave what they don't on any given day.

Her original teacher training was with Danny DeVille (15 years ago).

Since then she has learnt from many other wonderful teachers too.

Including Jason Crandell, Judith Hanson Lasater, Richard Miller, Uma Dinsmore-Tuli and Erinn Lewis.

Ann is excited and delighted to support new teachers in their journey towards sharing this amazing tradition.

ROBERTO RUBALCAVA

When Roberto discovered yoga he found a place where everything is fine.

Since then his practice has spanned eleven years and he has been teaching for the last five.

He teaches Vinyasa Flow, Yin, and Restorative yoga.

His interest lies in body alignment, the focusing of breath, mind, heart and energy, while creating challenging and original sequences.

Roberto also completed his 200-hour teacher training at Frog Lotus Yoga International,
he furthered his studies by attending the 500-hr advanced training on Modern Postural Yoga at Vajrasati Yoga with Jim Tarran.

Roberto qualified as a practitioner in therapeutic massage, anatomy and physiology from the London College of Massage in 2011; he is also Reiki Level 2 attuned, a Jiriki practitioner and holds a first aid certificate from the Red Cross.

As Roberto's extensive experience is varied in influence you'll discover the full spectrum when you go to his classes. However, whether you're upside down in a fast-paced dynamic flow, or completely still, in a restorative class, you're always in good hands.

8 YTT–PASS

TRIPSPACE is well known for being a friendly, welcoming, family-run studio.

We offer a wide and high-quality programme and host some of the most experienced teachers in London.

As part of the course you receive a **YTT-PASS** (including free passes on 16 classes and 4 class observations) enabling you to practice in our beautiful studio regularly and observe a variety of exemplary classes... welcome to the **TRIPSPACE** Family!

9 BUSINESS SKILLS

This course is thoughtfully designed to equip you not only with a thorough grounding in the practice and teaching of yoga but also with a detailed knowledge of practical and professional business development skills.

We include modules on how to develop your professional profile as a teacher so that you are able to start establishing your career as soon as you graduate from the training.

Topics we cover include:

•How to identify your unique voice as a teacher and present this effectively across online (and other) platforms.

•How to build long-lasting connections with your students and fellow professionals to support your teaching, classes and your relationships and resources within the wider yoga community.

•How to establish your group and public classes, build a private and/or corporate client base and create and promote workshops and retreats to build a well-rounded and sustainable business as a yoga teacher.

⑩ FOUR DAY IMMERSION RETREAT

After our initial 3 day intensive at **TRIPSPACE** we will take our learning on retreat to West Lexham, Norfolk.

This part of the course is held within a supportive and nurturing environment for the group collectively and individually. Community support and friendships are important elements of a yoga teacher's quality of life and work and we intend that this time on the intensive further develops connections with your peers and teachers that will serve and support you into the future.

The four day retreat intensive will help the group to delve deeper into the syllabus of learning while building stronger human connections. Our wish is that being in such relaxing surroundings with delicious and nutritious meals prepared for you that you are in the most supportive possible environment to fully enjoy all the layers of the beautiful tradition of yoga.

HOW TO APPLY

ENTRY REQUIREMENTS, PROCESS AND APPLICATION FORM:

1. A minimum of 2 years' consistent yoga practice is required for application.
2. Applicants must be over 18.
3. Any significant medical condition must be shared with the course leaders/ organisers to comply with health and safety standards and so that they may support appropriately and discreetly any students requirements in this regard. All information will be kept strictly confidential.
4. Applications are open from the **1st January 2023. Deadline 31st March 2023.**
5. You will hear from us within two weeks from receipt of application.
6. Please read the online prospectus fully. Most information and answers to FAQ's are provided here. If you have any further questions there is opportunity to do so on the application form and our Lead Trainers will be pleased to reply.
7. In order to apply to the course please complete and send the application form to **hello.tripspace@gmail.com**

There is no fee to submit your application form.

FREQUENTLY ASKED QUESTIONS

WHAT DOES THE COURSE COVER?

The training includes the following:

- Regular Vinyasa Flow group practices led by Lead Trainers and guest teachers
- Extensive Asana (Pose) Analysis – including progressions, alternatives and modifications
- The History and Philosophy of Yoga – including the Sutras and 8-Limb Path
- Experiential Anatomy – including principles of alignment, movement fundamentals & biomechanics
- Subtle and Energetic Anatomy
- Pranayama, Meditation, Chanting, Mudras and Mantra
- Teaching Methodology – skills and techniques for teaching creatively, accurately, safely and inclusively to open level group classes
- Creative class-planning techniques
- Modules in the principles, practice and teaching of Yin, Restorative, Pre- and Post-natal Yoga
- Thorough guidance on Assisting Techniques – offering both verbal and hands-on adjustments– and how to offer sensitive and appropriate touch for assisting

- Teaching Practice – developed in manageable increments of 'live' teaching time towards teaching a full 60-minute Vinyasa Flow class
- The course requires some home study – including reading, journaling, preparing, observing and attending classes

Weaving together all of these components inspires you to develop your unique, creative teaching voice whilst building on a solid, rich, and well-informed teaching methodology.

HOW MUCH IS THE COURSE?

The course is £3,350.

To secure your place after successful application, we require a non-refundable deposit of £750.

You have the option to pay in 4 instalments of £650 after the initial deposit.

Please note: price includes tuition and accommodation (shared rooms) and full-board during the 3-day learning retreat at West Lexham, Norfolk . It is NOT inclusive of travel and local transfers to Norfolk.

For more details see next question.

WHAT IS INCLUDED IN THE PRICE?

The course fees include group tuition, individual and group feedback and mentoring, course manuals, handouts, assessments, certificate, a **YTT-PASS** that will include participation in 16 classes and observation of 4 classes at **TRIPSPACE** ***AND*** full boards and shared accommodation at the beautiful West Lexham retreat center.

Additional budget required for:

1. Travel and transfers for the 3 days as part of the intensive learning retreat (Norfolk)

2. Purchase of a few key texts from the recommended reading list (many used copies of books are available online for just a few pence or can be obtained through good libraries)

3. Personal Liability insurance for when you begin to teach. The prices vary according to insurer but average around £100 per annum for a reasonable cover policy

We strongly advise that before/during or soon after completing the course trainees gain First Aid certification

WHAT ARE THE GRADUATION REQUIREMENTS?

Qualification requires:

- Attendance of ALL modules
- Successfully passing the final assessment. This requires teaching a 60-minute Vinyasa Flow class to your peers. This is observed and assessed by the course Lead Trainers
- Maintaining a regular yoga practice
- Observing and recording notes for 3 classes with different teachers at **TRIPSPACE** (included in **YTT-PASS**)
- Attending (and logging) 15 classes at a studio of preference (NB: classes at **TRIPSPACE** are included in the **YTT-PASS**)

WILL I GET FIRST HAND TEACHING EXPERIENCE?

There are plenty of teaching opportunities throughout the course. The standards of the training are high but we wish the learning process to be enjoyable and empowering and to bring the very best out of each one of our trainees.

Beginning early in the course with 1-2-1 peer teaching of a single pose, we progress in manageable increments of practice-teaching time until the final assessment where you will teach a small group of peers in a 60-min Vinyasa Flow class.

The Lead Trainers, Ann and Roberto, support and guide you throughout with plenty of opportunity for you to ask questions, experiment and receive feedback so that by the final assessment you are prepared, confident and teaching in the class scenario that will enable you to step straight into professional teaching after your graduation.

WHAT IF I CAN'T MAKE ALL THE LESSONS?

You will be expected to complete 100% of the course in order to satisfy **TRIPSPACE**'s graduation requirements and to meet the Yoga Alliance standards. The course is designed to take place IRL, so we highly encourage you to attend all sessions unless you are feeling unwell, in which case we politely ask you to take care of yourself.

In the unfortunate event that you might miss a module, due to illness, we will provide you with the video recording of the missed session.

In case you are having to self-isolate: we will bring you in the studio via live streaming!

Please note we might require you also to undertake some extra individual learning and homework to catch up fully.

For any other reason of absence other than illness and self-isolation, we require you to catch up on the sessions privately with the teacher. This will require an extra cost: i.e. missing a Saturday requires 3 hours of private learning valued at £200.

WHERE DOES THE COURSE TAKE PLACE?

The London-based part of the course takes place at **TRIPSPACE,** in the heart of East London (Haggerston, Hackney) in a beautifully converted railway arch beside the enchanting Regent's Canal.

Address: 339 Acton Mews, E8 4EA London

Nearest Tube:
Haggerston Overground Station (Studio is 2 minute walk from station) or Liverpool Street Underground/Mainline Station

Bus:
149/242/243/67 (alighting on Kingsland Road)

The retreat will take place as a 3-day learning intensive, in West Lexham, Nr. King's Lynn, Norfolk.

Its a 25 minutes taxi drive from Downham Market Station which is a 1h 25 minutes train journey from Kings Cross.

West Lexham is a family run, stunning, eco-friendly complex of historic farm buildings repurposed to be a wellness and retreat center. Located in rural Norfolk it is run on +90% renewables and organic principles and set alongside a biodiverse chalk stream. Its ethos is to reuse, rebuild and recycle. As you wander around the site, you'll spot many details that have been repurposed from a former life!

We will be staying in the newly refurbished Village Hall nestled in the grounds of a beautiful stately Georgian Manor Estate with a private boating lake and woodlands.

Accommodation will be shared in twin rooms and one room of four.

Meals will take place in their wonderful Garden Cafe and delicious vegetarian menus will be designed to suit our group.

West Lexham is the perfect setting to allow us to dig deeper into learning and making connections!

Kingsland Road
Regent's
Canal
Haggerston
Station
339 Acton Mews

TRIPSPACE