



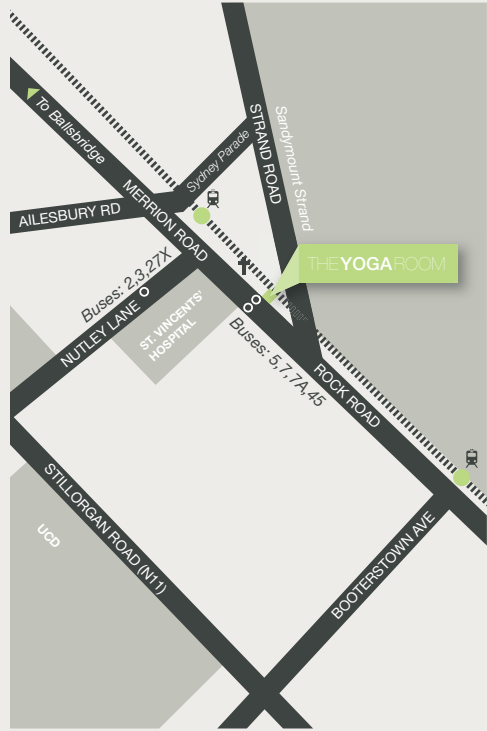
THEYOGAROOM offers 200-hour and advanced level 500-hour certified yoga teacher training programmes, internationally accredited by Yoga Alliance — the largest yoga certifying body in the world. Our fully comprehensive training programmes are taught by an experienced and widely respected faculty from Ireland and the US. The YogaRoom is committed to maintaining a standard of excellence that will provide graduates with experience of the complete yogic path and the knowledge, skills and confidence to teach yoga skillfully, safely and compassionately.

FACULTY

The teacher training faculty at The Yoga Room is comprised of highly trained, inspiring teachers each offering a wealth of knowledge and experience drawn from many disciplines of yoga asana, philosophy, meditation, physical and subtle body anatomy. They have

extensive experience leading teacher training programmes in Ireland and the US. All our teachers are ERYT500 level and together their experience amounts to hundreds of hours and decades living and teaching yoga. (See full faculty listing on our website.)

FOR MORE DETAILS OF THE COURSE CONTENT, FACULTY, DATES AND FEES PLEASE SEE THE 'TRAINING' PAGE ON OUR WEBSITE WWW.YOGA.IE





The YogaRoom teacher training programmes are grounded in the timeless teachings that have grown from the lineage of Krishnamacharya, the inspiration behind many styles of modern hatha yoga including Ashtanga yoga, Vinyasa, Hatha Flow, Iyengar yoga, Anusara and Viniyoga. The trainings work with the main themes emerging from this rich lineage; safe and clear alignment principles, therapeutically adapting the practice according to the needs of each student, linking movement with the breath in a moving meditation and developing an awareness of the energetic body through pranayama and meditation. The synthesis of these elements creates an approach that is both comprehensive and broad in its scope, while acknowledging the needs of the individual.

“I can’t thank you all enough for one of the best years of my life. I already miss it and I am so grateful to have all you amazing new teachers in my circle of friends!”

— ASHLING



- » THE 200 HOUR TRAINING IS TAUGHT IN FOUR FIVE-DAY MODULES; MARCH, MAY, AUGUST AND OCTOBER
- » MODULES TAKE PLACE OVER BANK-HOLIDAY WEEKENDS, SATURDAY TO WEDNESDAY, 8AM–5PM

FOR MORE DETAILS OF THE COURSE CONTENT, FACULTY, DATES AND FEES PLEASE SEE THE ‘TRAINING’ PAGE ON OUR WEBSITE WWW.YOGA.IE

200–HOUR CERTIFICATE PROGRAMME

The 200–hour Teacher Training Programme is for serious students of yoga and aspiring yoga teachers. Whether you are interested in broadening your understanding of yoga or teaching yoga to others, this comprehensive certified programme will launch you on a path to deeper personal understanding and the confidence to share this experience with others.

This integrated and holistic programme is designed to foster a thorough learning environment where students will be given a solid foundation and the resources to develop his/her own individual teaching style. The training is grounded in Yoga’s ancient roots as well as its modern blossoming; giving graduates the tools to adapt their teaching style to every level – from beginner to advanced – and every body type.

“Thank you all for your super instruction and guidance throughout the course. It’s been fantastic.”

— DAWN



- » 500–HOUR CERTIFICATION COMPRISES OF 300 HOURS OF TRAINING TAUGHT IN SIX MODULES OVER THE ACADEMIC YEAR SEPT TO MAY
- » MODULES ARE FIVE DAYS, MONDAY TO FRIDAY
- » TRAINING DAYS USUALLY RUN 8AM TO 5PM

GRADUATES OF THE YOGAROOM 200-HOUR TRAINING ARE ENTITLED TO A DISCOUNT OF FEES ON THE 500-HOUR ADVANCED TRAINING. FOR MORE DETAILS OF THE COURSE CONTENT, FACULTY, DATES AND FEES PLEASE SEE THE ‘TRAINING’ PAGE ON OUR WEBSITE WWW.YOGA.IE

500–HOUR ADVANCED CERTIFICATION

500–Hour Certification consists of 300 hours of additional, advanced training in a modular format that allows for deep study and personal immersion. The aim is to elevate students’ teaching skills and personal practice to a new level through a curriculum that balances experiential ‘on the mat’ learning with lectures, practicums, personal study, group process and personal mentoring. Admission to the 500–Hour Programme is open to students who have completed an approved 200-Hour Yoga Teacher Training Programme according to the standards of Yoga Alliance.

The 500–Hour Advanced Programme will focus on practicing and learning to teach a broad range of advanced asana, pranayama and meditation techniques. The programme is designed to help students build on their learning from their 200–hour programme and

their practice and teaching skills to date. The emphasis will be on developing a stronger technical practice and a more in-depth awareness of physical and subtle body alignment.

Students will learn to integrate the spiritual and philosophical aspects of yoga into their practice and teaching. Special areas of focus will include; advanced asana and class sequencing; incorporating spiritual themes and dimensions in class planning; yoga therapeutics and injury management; Ayurveda; embodying spiritual leadership; conscious communication; energetic anatomy; Sanskrit and yogic philosophy. There will be an equal emphasis on asana, pranayama and meditation practices to allow a deeper understanding of working with the whole energetic system through mindful awareness of prana, the chakra system, the nadis, mudras, bandhas and the koshas.

The ancient yoga texts The Yoga Sutras, The Hatha Yoga Pradapika, The Upanishads and the Bhagavad Gita will be studied with the aim of deepening the relationship with their seminal wisdom and incorporating their teachings into life and work. Facilitated group work will help students consider how they can live their yoga ‘off the mat’ fully alive to their practice and the opportunities of present moment awareness; thereby inspiring others to do the same.

“You’ve enlightened my mind, heart and body with your teachings and wisdom.”

— JESSICA

