

Sun Power Yoga Ltd

Teacher Training Courses

ENTRY REQUIREMENTS and FUNDING

Entry to this teacher-training course depends on your experience and commitment.

You will need to have been practising yoga with a qualified teacher for a minimum of 2 years OR 100 hours for CYQ/YMCA or meet some of the entry requirements on sections 2, 3, 4 below.

We do not accept any one who has never taken a yoga class but has only studied from books alone at home.

As an Examining board we must be satisfied that, you are stating the realistic level of your study, as it is always very difficult to solve these problems later.

Unfortunately standards differ a great deal within each school of practice. You will therefore be required to supply a reference from a qualified yoga teacher, any style accepted.

For those who are qualified **Fitness, Medical or Holistic Professionals**; you will already possibly have other bodywork systems to your repertoire. However before coming onto a yoga teacher training course you will be expected to make every effort to find a qualified yoga teacher to work with in addition to your hours in situ.

1. The above also applies to medical professionals such as osteopaths, acupuncturists, shiatsu practitioners, physiotherapists, and midwives.

2. If wanting to enter as a Fitness Professional then we would want to see your qualifications with your application at any REPS level (1, 2, 3,) If you have your EFK LEVEL 3 then this is great asset as your certificate can cross over to the yoga syllabus.

3. Entering as a Dancer is for those with a history of dance and are involved in or have been a teacher or dancer in the past. You may be in a company or a choreographer or a dancer who is interested in introducing yoga as a stress and injury limitation technique.

Sun Aqua Yoga, as above has a required entry level.

You must be a qualified yoga teacher, aqua teacher, and personal trainer **OR** have a **qualification recognised by the Register of Exercise Professionals** with at least 2 years work experience.

'A Yoga Teacher Training Course' is for a minimum 200 hours standard training time.

The Sun Power Yoga Course is guided by the standards of The National Occupational Standards of Great Britain, The YMCA as an approved Centre,

REPS and Skills Active, The Yoga Alliance USA (not UK) , The European Yoga Alliance and the International Yoga Federation; the World Governing Body of Yoga. See our credentials via www.sun-power-yoga.co.uk

The SPY **200hr Yoga Alliance** Course is intensive and logs in at 180 contact hours though this includes 8 days after the course has finished by way of our Subscription scheme, see application for more details The remaining hours are made up in study.

Contact hours mean you are with your primary SPY tutors, assessors, and verifiers during the course and after.

The CYQ/REPS LEVEL 3 also logs in 120 contact hours but after completion of the CYQ coursework, you will log in 240 guided learning hours. This includes, home study, self-practice and revision

You will be qualified and certified by the end of your course to teach. If you REFER, (do not pass this time) you are still able to teach as a Non Qualified Teacher (NQT) until you take another practical assessment.

You can apply to **REPS** if you wish to work in Health Clubs, Gyms, Schools, and hospitals after completing your CYQ qualification and passing your **EFK** (Exercise and Fitness Knowledge) LEVEL 3 written exam.

So as you can see, although your intensive training is three months your mentored studying continues; when we are here to help and support you with problems, ideas, and inspirations!

Remember there is no hurry, take your time, you will be forever learning and studying this wonderful subject.

It is important that if there is anything at all you do not understand...please ask...we are here to help you through the application process!

You gain three accreditations with our school so there is a lot to tell you. It will all be worth it!

FUNDING

We are an approved JOB CENTRE training provider and a learning and Skills Council approved centre. So if you are unemployed there is a chance of funding for our course, please do ask for details