

200hr Online Seasonal Yoga Teacher Training



The 200hr Online Teacher Training Course is perfect for anyone looking for a flexible way to train as a Seasonal Yoga Teacher.

This course is designed to guide you through a life changing journey of self discovery and equip you with the knowledge and skills you need to help yourself and others.



Overview

The 200hr Online Course, combines live online tuition from our expert Seasonal Yoga teachers (via Zoom), with structured online lessons that you can work through in your own time, at your own pace.



Course structure

- 3 x 12 week semesters
- 2 seasons per semester
- 6 x online modules per season
- 1 final assessment module
- 150 hours of guided online study
- 50 hours of Live Online study (via Zoom)
- Fortnightly zoom live sessions each semester
- Free access to online Yoga classes

The course is divided into three semesters, each covering two seasons over the course of 12 weeks, with a break of 4-5 weeks between semesters.

You can begin the course at any of the 3 semesters, but all semesters need to be completed to finish the course and receive the qualification.



Course Content

You will learn:

- **Over 54 key Yoga Postures (Asanas)**
- **Seasonal Vinyasa Flows**
- **Qigong and Traditional Chinese energy work**
- **Meditation and Yoga Nidra**
- **Pranayama and Breathwork**
- **Yoga History and Philosophy**
- **Yoga Anatomy and Physiology**
- **Seasonal Living Practises**

Posture Workshops

Through live online posture workshops (on Zoom), you will receive detailed teaching points for over 54 key yoga postures and learn how to combine these into Seasonal Yoga flows that stimulate meridians/energy lines in the body.

Anatomy

Anatomy will be taught by David Keil from Yoganatomy.com. David is a world renowned teacher of yoga and anatomy and has been making anatomy interesting and useful for yoga teachers for many years.

Ashtanga

The course includes access to John Scott's '7 introductory tutorials'. (Check with Gee, John Scott/7 introductory tutorials names and bios)

Philosophy

There is a comprehensive yoga philosophy course provided by Seasonal Yoga's Marit Akintewe, which has been used in our trainings for over 10 years. This covers information on the history of yoga, the use of the subtle body in yoga and a full discourse on the yoga sutras of Patanjali.

Pranayama

Marit Akintewe provides teachings on Pranayama and introductory breathing practises with her Breath course. The course teaches ways to improve awareness, understanding and use of the breath, with guidance on ways to use it to facilitate beneficial mental and meditative states.

Meditation

We will guide you through the early stages of mindfulness practice and gradually build up to a yogic form of practice using Advaita Vedantic 'Self Enquiry' meditation.

Yoga Nidra

You will be introduced to the deeply relaxing practise of Yoga Nidra, a form of guided meditation also known as 'yogic sleep' and be given scripts so you can practise seasonal yoga nidra at home.

Seasonal Study

Each module is themed around a season and includes yoga postures, flows, energy work and diet/lifestyle tips relating to that time of year, with ancient seasonal wisdom from Traditional Chinese Medicine (TCM), combined with more contemporary health and lifestyle knowledge.

Free Yoga Classes

Participants on the course will be given free access to brilliant live online yoga classes for the duration of the course to help you establish a strong personal yoga practise as you train.



Assessment

There will be short assessments at the end of each module and then a longer assessment at the end of each semester.

We will also monitor your progress through the online content, noting how much you have completed and your scores on the regular multiple-choice quizzes. We will also meet with you every 2 weeks during semester time to check in with you via online video calls.

You will be assigned optional study buddies from your learning group, to help you connect with other students of the course.



Future Potential

Once you have completed your Blended Online 200 hour training with us, you are qualified to attend our range of excellent, advanced training courses and/or work towards a 300/500hr qualification, where you can explore the Seasonal Yoga system in more detail.



INVESTMENT

The Seasonal Yoga 200hr Online Teacher Training Course is £1,400 (if paid upfront in full) Deposit of £400 required to reserve place then 1 full payment of £1000 3 days before the course commences. or £1450 (paid in instalments)

PAY UPFRONT

£ 1400

PAY IN INSTALMENTS

£400 deposit +
8 x £125

TOTAL: £1450

If paying by instalments, a deposit of £400 is required to reserve your space and then 8 payments of £125, paid monthly, amounting to a total payment of £1,450.

The full payment must be received in order to graduate from the course.

Full deposit refund is possible until 2 weeks before the course commences



COURSE DATES 2023

Course Leaders - Julie Hanson & Lisa Dobbie(Crossan)

Early Summer/Summer

7th May - 29th July 2023

Zoom calls on alternate Sundays, 10am -1.30pm

Training intro day 2 hours 30th April

Late Summer/Autumn

3rd september - 29th November 2023

Zoom calls on alternate Sundays, 10am -1.30pm

All courses will have various teachers - The main teachers are Julie Hanson, Lisa Dobbie (Crossan), Claire Davidson, You will also have Sue Woodd, Marit Akintewe, - Karen Scobie (nutrition) and occasional guest teachers or bringing their own special seasonal slant!

APPLY NOW

Book a call or get in touch
via email to apply

Email:
Contact@seasonalyoga.net

Call:
07980 244 244