



# THE RADIANT HAND SCHOOL OF YOGA

## YOGA LEVEL III – TEACHER TRAINING COURSE

### **About**

As part of the Teacher Training Course, this progressive and **academic workshop** is a continuation of An Introduction to Yoga Levels I & II, and is the next step after the Foundation Course (Yoga's I & II) towards your Teaching qualification. To attend the Yoga III workshop, you must have attended An Introduction to Yoga Levels I and II. This course is also available for anyone who wants to develop a deeper interest in yoga.

### **Aims**

This in depth and progressive teacher training course develops the knowledge learned in An Introduction to Yoga Level I and II, in a comprehensive and structured way. Yoga Level III furthers your Journey in Yoga, physically, mentally and spiritually, developing your understanding of many aspects of yoga.

This **academic workshop** will involve 4 hours of formal contact time a week for 6 weeks (inclusive of 1 week as a study week), at least 2 hours of optional contact time, daily self practice and self study using a variety of techniques that will be taught to you as part of the course. Yoga Level III incorporates the following:

- Developing the history of yoga, what should a yoga teacher know?
- Seeing beyond! To see or not to see, the focal points in Hatha Yoga or 'drishti'. Taking daily yogasana practice deeper.
- Developing asanas, creating a structured all round practice. Looking at all the elements studied in Yoga I & II, and taking them further, developing a greater repertoire of asanas for your reference.
- Chakras; developing a deeper understanding of the energy centres in Hatha Yoga
- Pranayama, Meditation & Relaxation; The Breath, The Mind, The Body. Developing our understanding of harmony and peace, in all three concepts, how to end a session/ practice.
- Upon completion of the course you will receive a Diploma towards your Teacher's Training qualification. Full attendance on all dates is required.

### **Cost and booking details**

Please contact The Radiant Hand on 020 8682 5186 or email [info@theradiantand.co.uk](mailto:info@theradiantand.co.uk) for details of cost, course dates and booking details.

### **Requirements**

The requirements are that you have attended and passed Introduction to Yoga I and II, and that you have your own yoga mat, towel and blanket.