



Yoga Level III

About

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

Aims

- 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.