

BEWELL

200 HOURS YOGA TEACHER TRAINING 2023/2024

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IT'S AN EVER-CHANGING WORLD.
WE HAVE SPENT MANY MONTHS IN OUR HOMES...
AND DURING THAT TIME, WE HAVE HAD THE UNIQUE OPPORTUNITY TO DISCOVER A
WHOLE OTHER WORLD....WITHIN.

OUR INNER WORLD, FOR MOST AN UNDISCOVERED TERRAIN, CAN BE EXPLORED
AND ADVENTURED BY MEANS OF SIMPLE YOGIC METHODS...LET US TAKE YOU ON
THIS JOURNEY

MEDITATION, YOGA AND PRANAYAMA (BREATHING EXERCISES) ACT AS KEYS THAT
UNLOCK LAYERS. THESE METHODS ALLOW US TO ADVENTURE INTO THE HIDDEN
DEPTHS OF OUR MIND, BODY AND SOUL.

FUNNILY ENOUGH, IT IS THE DEEP EXPLORATION, UNDERSTANDING, SHEDDING AND
REBUILDING OF OUR INNER WORLD THAT ALLOWS US TO TRULY RELISH IN THE
MOST SIMPLE DETAILS OF THE OUTSIDE WORLD...

COME WITH US ON A JOURNEY, A JOURNEY DEEP INTO YOUR MIND, BODY AND
SOUL. TOGETHER WE WILL EXPLORE YOUR UNIQUE INNER WORLD THROUGH
MEDITATION, PRANAYAMA, YOGA AND THEORY SESSIONS, GROUP DISCUSSIONS AND
WORKSHOPS. YOU WILL EMERGE FROM THIS JOURNEY WITH THE KNOWLEDGE,
SKILLS AND PASSION TO TAKE YOUR YOGA JOURNEY TO THE NEXT LEVEL.

JOIN US IN PERSON TAGHAZOUT, MOROCCO IN NOVEMBER 2023

Time to look inward...

SYLLABUS

What you can expect...



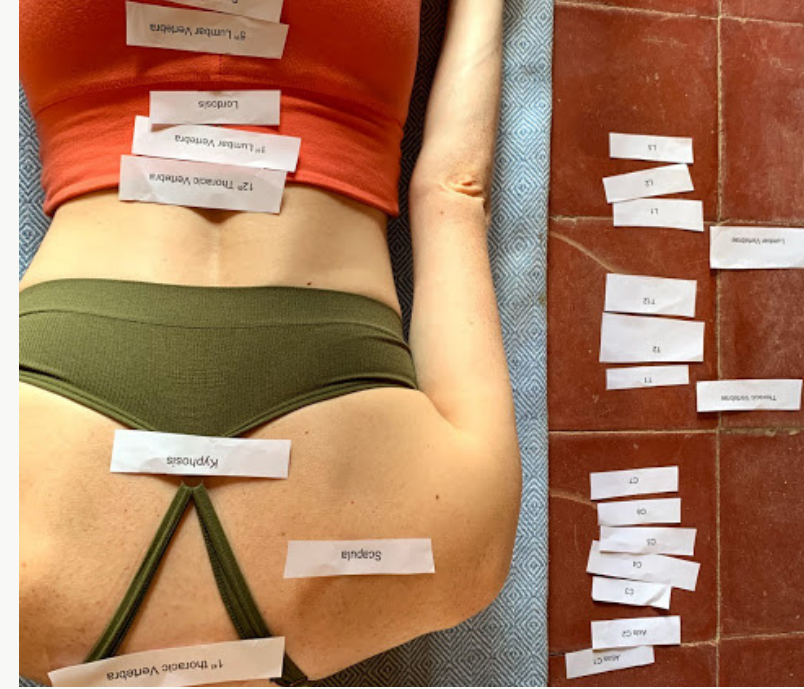
YOUR PERSONAL PRACTICE

A GREATER UNDERSTANDING OF YOUR UNIQUE BODY TYPE. THE INTRICATE DETAILS OF ALIGNMENT WITHIN ASANA (POSTURES) FOR MULTIPLE BODY TYPES. YOGA AS A TOTAL EMBODIMENT PRACTICE AS OPPOSED TO A LIST OF POSTURES. SELF-DISCOVERY OF BODY MIND AND SOUL BY MEANS OF CONSISTENT, DAILY MEDITATION, JOURNALING AND PRANAYAMA (BREATH WORK) DAILY GUIDED MEDITATION, PRANAYAMA AND ASANA TO ALLOW YOU TO DIG DEEP WITHIN YOUR PERSONAL PRACTICE.



TEACHING METHODOLOGY

ASANA (POSTURE) CLINICS - WALK THROUGH THE THEORY OF ALIGNMENT FOR BOTH PERSONAL PRACTISE AND TEACHING PRACTISE. THE WHY AND THE HOW BEHIND EACH POSTURE. SAFETY IN EVERY POSTURE. AVOIDING INJURY AND ENCOURAGING LONGEVITY OF PRACTISE. HOW TO FOCUS IN ON STRENGTH OR FLEX OR BOTH WITHIN ONE POSTURE. HOW TO TEACH VIA GOAL-ORIENTED DEMONSTRATION, OBSERVATION, ASSISTING, AND CORRECTING. UNDERSTANDING THE UNIQUE NEEDS OF INDIVIDUALS RATHER THAN 'BLANKET TEACHING' GROUPS BY LEARNING OFF A ONE SIZE FITS ALL SCRIPT.



ANATOMY AND PHYSIOLOGY

EXPLORE THE SKELETAL SYSTEM, THE MUSCULAR SYSTEM, THE ENDOCRINE SYSTEM, THE NERVOUS SYSTEM AND THE DIGESTIVE SYSTEM. TAKE ANATOMICAL THEORY OFF THE PAGE AND INTO MOTION WITH OUR LAYERED TEACHING APPROACH. WE INCORPORATE THEORY BIT BY BIT INTO YOUR EXPERIENCE OF PERSONAL PRACTISE YOGA SESSIONS AND YOUR TEACHING PRACTISE SESSIONS. CROSS EXAMINE THE ENDOCRINE SYSTEM WITH THE CHAKRA SYSTEM. APPLY EVERYTHING LEARNED TO INJURED, PRENATAL, SENIOR, JUNIOR AND SPORTS- FOCUSED INDIVIDUALS.



PHILOSOPHY, HISTORY AND ETHICS OF YOGA

TAKE A JOURNEY THROUGH THE COMPLEX HISTORY AND PHILOSOPHY OF YOGA. DIG DEEP TO ANALYSE THE TIE BETWEEN MODERN DAY YOGA AND THE ANCIENT HISTORY AND EVOLUTION OF YOGIC PHILOSOPHY. UNDERSTAND WHAT IT MEANS TO BE MOULDED AND SHAPED BY THE ANCIENT SCRIPTURES BOTH ON AND OFF THE MAT IN ORDER TO BECOME AN ETHICAL AND INSPIRATIONAL YOGA MESSENGER AND TEACHER.

150 HOURS ONLINE - OUR TRAINERS GUIDE YOU THROUGH STEP BY STEP OVER 8X WEEKS OR MORE...

&

50 HOURS IN PERSON TEACHER TRAINING (THE INPERSON ELEMENT)

THE INPERSONELEMENT LOCATIONS FOR 2023/2024

CHOOSE FROM...

- OVER 5XWEEKENDS SEPT 2023-JAN 2024 @ BEWELL YOGA STUDIO, LONGFORD, IRELAND.
- OVER 10XDAYS IN 2023 13TH NOV - 22ND NOV @ TAGHAZOUT, MOROCCO
- OVER 10XDAYS IN 2024 15TH APRIL - 24TH APRIL @ FUERTEVENTURA

*ALL INTENSIVE COURSES ON LOCATION SUBJECT TO MIN BOOKING LEVELS

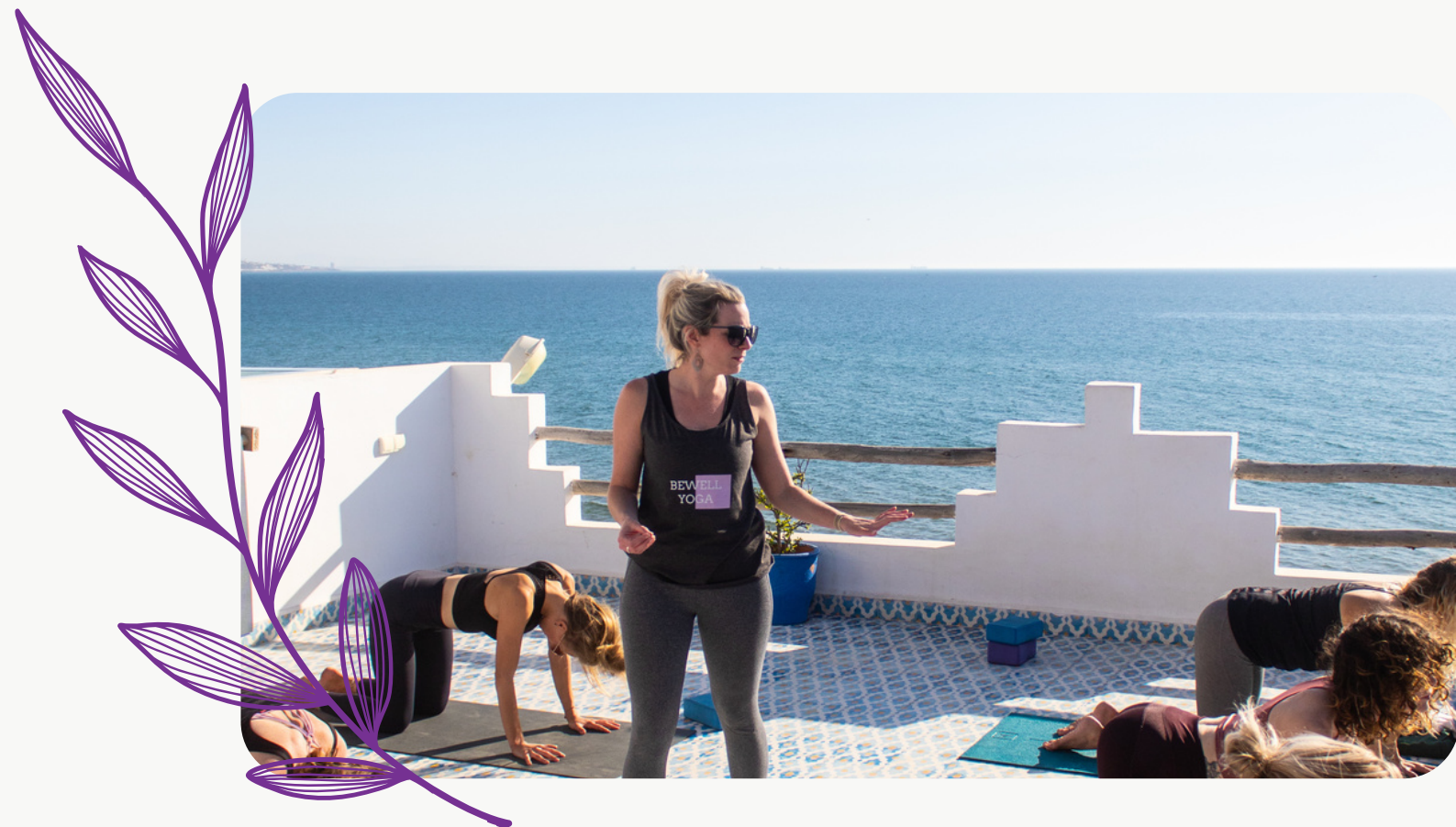


CHECK OUT THE BEWELL WEBPAGES HERE:

PART-TIME SEPT 2023-JAN 2024 @ LONGFORD STUDIO, IRELAND

10XDAY YTT RETREAT MOROCCO NOVEMBER 2023

10XDAY YTT RETREAT @ FUERTEVENTURA APRIL 2024



WHY BEWELL?

1 50+ HOURS OF IN PERSON SESSIONS WITH THE YOGA TEACHER TRAINEE GROUP AND YOGA TRAINERS OVER THE PROGRAM.
24+ HOURS OF OPTIONAL ZOOM 'STUDY GROUP SESSIONS' WITH THE TRAINER

2 MINIMUM ISOLATED 'SELF LEARNING' WITH MINIMUM USE OF PRE-RECORDED LECTURES AND SESSIONS. MAXIMUM LEARNING THROUGH INTERACTIVE WORKSHOPS TOGETHER AS A GROUP AND IN MICRO GROUPS. BEWELL STRONGLY BELIEVES IN THE POWER AND IMPACT OF STUDENT-CENTRED LEARNING. TRAINEES CAN OPT TO ENJOY A RICH AND IMPACTFUL EXPERIENCE ROOTED IN INTERACTIVE PEER LEARNING AND SOCIAL GROWTH. THIS IS CREATED BY MEANS OF AN ENVIRONMENT ENCOURAGING INQUIRY BASED AND COOPERATIVE BASED LEARNING AND SHARING IN OUR LIVE ONLINE SESSIONS.

3 CONSISTENT AND RELIABLE SUPPORT FROM THE TRAINING TEAM FOR ALL QUESTIONS IN OUR LIVE SESSIONS VIA EMAIL ON QUESTIONS MONDAY - FRIDAY.

5 SUPPORT COACHING AND GUIDANCE ON COMPLETING THE PROGRAM WITHIN THE COURSE DATES THROUGH TO SUCCESSFUL GRADUATION AND CERTIFICATION ON THE LAST DAY.

6 CARE, ATTENTION AND SUPPORT FOR EACH TRAINEE AS A UNIQUE INDIVIDUAL WITH A UNIQUE GOAL.

4 4X 45' ONE TO ONE SESSIONS FOR EACH YOGA TEACHER TRAINEE WITH TRAINERS TO REVIEW & GUIDE ON INDIVIDUAL ALIGNMENT IN ASANA PRACTICE, DISCUSS DAILY MEDITATION AND PRANAYAMA PRACTICE, GUIDE ON INDIVIDUAL TEACHING PRACTICE AND SUPPORT ON COURSEWORK.(N/A ON ECONOMY SOLUTION)

7 SIMPLE, NON COMPLEX DIGITAL SOLUTIONS MAKING THE COURSE ACCESSIBLE FOR EVERYONE REGARDLESS OF WHAT DEVICE THEY USE OR HOW MUCH KNOWLEDGE THEY HAVE OF TECHNOLOGY. SUBMIT YOUR WORK IN THE FORMAT OF YOUR CHOICE AND WE'LL DO THE REST.

A photograph of three women practicing yoga on mats outdoors. The woman on the left is in a standing pose, the middle woman is in a seated pose, and the woman on the right is in a seated pose. They are on a patterned mat on a paved surface. The background shows a clear blue sky and some greenery.

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AN INTRODUCTION TO MEDITATION, PRANAYAMA (BREATH WORK), ASANAS, KRIYAS AND MUDRAS THAT YOU WILL BOTH PRACTICE AND LEARNING TO TEACH ON THIS COURSE.

PAGES 20-23 | TEACHING METHODOLOGY

LEARN ABOUT THE BUSINESS OF YOGA, COMMUNICATION SKILLS, GROUP DYNAMICS, TIME-MANAGEMENT AND PRIORITIES, BOUNDARIES, SPECIFIC NEEDS OF INDIVIDUALS, AND SEQUENCING.

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GAIN INSIGHT INTO THE HISTORY OF YOGA, DELVE INTO PATANJALI'S SUTRAS AND LEARN HOW TO DIFFERENTIATE YOUR YAMAS FROM YOUR NIYAMAS.

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ALONG WITH THE MATERIALS THAT WE WILL PROVIDE TO YOU, WE HAVE SOME RECOMMENDED READING BEFORE YOU START YOUR COURSE.

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ANSWERS TO FREQUENTLY ASKED QUESTIONS ABOUT THE COURSE AND LEARNING ONLINE.

PICTURES: BEWELL 200 HOURS YTT MOROCCO 2019



PICTURE: BEWELL YOGA & DIP @ LANESBORO, LONGFORD

OUR INTUITION, INNER VOICE AND SIXTH SENSE BROUGHT US TO BEWELL FROM DIFFERENT PARTS OF THE WORLD TO STUDY YOGA. WE ALL CAME FROM COMPLETELY DIFFERENT BACKGROUNDS, CAREERS, LIFESTYLES. WE ALL FELT SOMETHING THAT TOLD US -THIS IS THE PLACE WE SHOULD BE. WE TRUSTED OUR GUT INSTINCT ABOUT THIS DECISION. AND WE FOLLOWED THROUGH. EVEN WHEN IT WAS DIFFICULT, WE KNEW WE WERE IN THE RIGHT PLACE, FOR THE RIGHT REASON.

- SARAH, GRADUATE OF BEWELL YOGA TEACHER TRAINING SCHOOL:
MOROCCO JAN 2020

IN THESE UNPRECEDENTED TIMES, I'M VERY HAPPY TO WELCOME YOU TO THE BEWELL 200 HOURS YOGA TEACHER TRAINING.

IT TAKES A LOT OF COURAGE TO SHOW UP AT A TIME LIKE THIS, AND WE ARE SO GRATEFUL TO BE ABLE TO OFFER THIS SPACE FOR YOU TO GROW AND TRANSFORM IN YOUR YOGA JOURNEY.

THE COURSE IS INTENSE. 200 HOURS REALLY MEANS 200 HOURS OF YOUR TIME! HOWEVER, WE'VE PUT THE COURSE TOGETHER IN SUCH A WAY THAT YOU CAN EXPECT EXPERT HELP AND GUIDANCE AS YOU NAVIGATE THROUGH YOUR UNIQUE YOGA TEACHER TRAINING JOURNEY.

ATTENDING IN PERSON OR ONLINE SESSIONS, OR CATCHING UP VIA RECORDINGS OF THE SAME IS NECESSARY. ALL EXERCISES AND ASSIGNMENTS MUST BE COMPLETED TO A GOOD STANDARD IN ORDER TO GRADUATE FROM THE PROGRAM. YOU WILL HAVE A LOT OF DAILY TASKS TO PREPARE IN ORDER TO PRE-FAMILIARISE YOURSELF WITH CONCEPTS BEFORE THEY ARE PRESENTED AND DEEPENED IN WORKSHOPS.

WHAT YOU SOW, YOU WILL REAP.

YOU CAN BE GUARANTEED THAT YOUR BLENDED YOGA TEACHER TRAINING COURSE WILL PROVE TO BE A DEEP AND MEANINGFUL DISCOVERY OF YOURSELF AND THE HIDDEN GEMS OF YOUR BODY, MIND AND SOUL.

Miriam - lead trainer, Be Well Yoga

Testimonials

ONE OF THE PRIMARY GOALS OF BEWELL YOGA TEACHER TRAINING SCHOOL IS TO GRADUATE YOGA TEACHERS READY TO CREATE RELEVANT YOGA SEQUENCES FOR THEIR CLIENTS, INTRODUCE RELEVANT MODIFICATIONS WITH A CLEAR GOAL, AND TEACH VINYASA FLOW AND YIN YOGA SESSIONS WITH CONFIDENCE, EASE AND PASSION.

MORE IMPORTANTLY, OUR MISSION IS TO TRAIN, ENCOURAGE AND GRADUATE YOGA TEACHERS WHO LIVE AND BREATHE TO SHARE A MISSION AND PURPOSE.

BEWELL BELIEVES THAT, USING THE RIGHT TOOLS, EVERYONE HAS THE ABILITY TO LIVE THEIR DAILY LIFE WITH VIBRANCY AND VIVACITY.

WE USE ANCIENT WELLNESS RITUALS TO UNRAVEL THE STRESSES AND BLOCKAGES THAT DAILY MODERN LIFE HAS CREATED...SOMETIMES UNBEKNOWNST TO OURSELVES... AND WE GUIDE OUR CLIENTS TO FLOW BACK TO THEIR UNIQUE AND INDIVIDUAL MAGIC.

"IF YOU WANT TO LEARN SOMETHING, READ ABOUT IT. IF YOU WANT TO UNDERSTAND SOMETHING, WRITE ABOUT IT. IF YOU WANT TO MASTER SOMETHING, TEACH IT."

-Yogi Bhajan



'HAD A GREAT TIME BECOMING A YOGA TEACHER UNDER THE PROFESSIONAL INSTRUCTION AND THE LOVING GUIDANCE OF BEWELL!! THANK YOU!

-ALINA (TAGHAZOUT MOROCCO YOGA TEACHER TRAINING DEC-JAN2020)

"I REALLY LOVED MY TIME ON THE YTT AND LEITRIM PROVIDED A WONDERFUL ATMOSPHERE IN WHICH TO LEARN. THE CONTENT OF THE COURSE WAS ENORMOUSLY ENGAGING, AND I LEARNT A LOT ABOUT EVERYTHING FROM THE HISTORY OF YOGA TO MEDITATION AND PRANAYAMA. MOST OF ALL, I MET A WONDERFUL GROUP OF PEOPLE THAT WILL CONTINUE TO INFORM HOW I THINK ABOUT YOGA, LONG AFTER THE COURSE FINISHES."

-MARY (LEITRIM VILLAGE YOGA TEACHER TRAINING SEPT-JANUARY 2020)

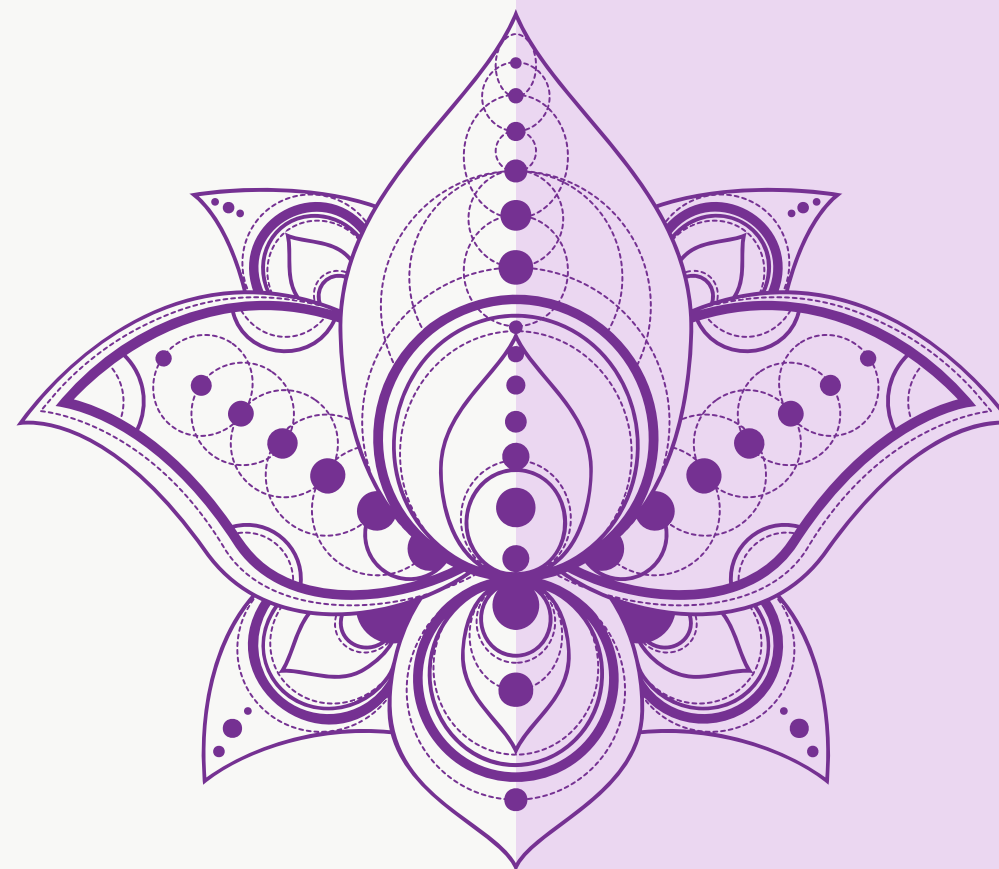


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How it works



TEACHER TRAINEES ENJOY
50+ HOURS OF GUIDED IN
PERSON TRAINING & 24+
HOURS OF OPTIONAL
GUIDED ZOOM STUDY
GROUP SESSIONS



Study as a group...

YOGA ALLIANCE CERTIFICATE

*NOTE THAT TEACHER TRAINEES MUST ATTEND 30+
IN PERSON HOURS (ATTENDED IN PERSON OR LIVE
VIA ZOOM) IN ORDER TO QUALIFY FOR A YOGA
ALLIANCE ACCREDITED CERTIFICATE

WE WILL COVER 50+ HOURS OF YOUR TRAINING
TOGETHER IN PERSON (ZOOM IN AVAILABLE). THE
REMAINDER OF THE COURSE IS COMPLETED
INDIVIDUALLY AND IN STUDY GROUPS ONLINE.

TEACHER TRAINEES ENJOY 4 X ONE TO ONE
SESSIONS WITH TRAINERS. (N/A ON ECONOMY
SOLUTION)

WHETHER YOU CHOOSE TO JOIN US IN PERSON AT THE LONGFORD STUDIO, AT
ONE OF OUR BEAUTIFUL LOCATIONS ABROAD OR JOIN US ON ZOOM FOR THE
IN PERSON ELEMENTS, YOU CAN GET STARTED TODAY. FROM THE MOMENT
YOU BOOK ONTO THE COURSE, YOU WILL ENJOY ACCESS TO MATERIALS FROM
DAY 1 AND CAN BEGIN WORKING ALREADY ON YOUR INDIVIDUAL EXERCISES.

What to Expect

TYPICALLY, YOGA TEACHER TRAINEES SHOULD ALLOW:

- 50 HOURS FOR THEORY READING AND WRITTEN EXERCISES
- 20 HOURS FOR ASSIGNMENTS
- 28 HOURS FOR DAILY MEDITATION AND PRANAYAMA
- 4 HOURS SELF GUIDED PRACTICE
- 40 HOURS ASANA PRACTICE
- 30 HOURS TEACHING PRACTICE
- 8 HOURS LIVE ONLINE Q&A
- 24 HOURS GROUP WORK VIA ZOOM

HOW IT WORKS

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TEACHER TRAINEES ENJOY DEDICATED GUIDANCE FROM YOGA TRAINERS WITH:

- SUPPORT ON ALL QUESTIONS SENT VIA EMAIL (MON - FRI)
- REGULAR LIVE ONLINE Q&AS SESSIONS
- UP TO 4 ONE-TO-ONE SESSIONS WITH THE TRAINERS

WHAT TO EXPECT



MATERIALS FOR INDIVIDUAL THEORY AND EXERCISES CAN BE ACCESSED IMMEDIATELY UPON BOOKING THE COURSE ALLOWING TEACHER TRAINEES TO GET STARTED IMMEDIATELY. IN ORDER TO QUALIFY FOR THE YOGA ALLIANCE RECOGNISED CERTIFICATE, IT IS NECESSARY TO COMPLETE ALL COURSEWORK.

WHAT TO PREPARE FOR:

- ONE TO ONE ACTIVITY YOGA TEACHER TRAINER TO YOGA TEACHER TRAINEE (IN THE FORM OF REVIEW , FEEDBACK AND DISCUSSION OF UNIQUE GOALS)
- INDIVIDUAL WRITTEN ASSIGNMENTS AND EXERCISES TO BE COMPLETED AND SUBMITTED
- GROUP PROJECTS (WHERE POSSIBLE TO FORM GROUPS) TO BE COMPLETED AND SUBMITTED FOR REVIEW
- ONLINE TEACHING PRACTICE TO BE RECORDED AND SUBMITTED FOR REVIEW AND ONE TO ONE DISCUSSION
- SELF PRACTICE TO BE RECORDED AND SUBMITTED FOR REVIEW AND ONE TO ONE DISCUSSION
- PRE-RECORDED PRACTICE VIDEO ASSIGNMENTS TO BE COMPLETED AND RECORDINGS SUBMITTED FOR REVIEW AND ONE TO ONE DISCUSSION



Miriam O'Reilly

@BEWELLYOGACOMMUNITY
200E-RYT/500 RYT/YACEP
LEAD TRAINER AND OWNER OF BEWELL YOGA



“

MY WELLNESS JOURNEY BEGAN IN LAKE COMO ITALY, WHERE I LIVED AND PRACTICED FOR 8 YEARS. THIS JOURNEY HAS TAKEN ME ON TRAINING COURSES AND RETREATS IN ITALY, SPAIN, MOROCCO, SRI LANKA AND BALI IN SEARCH OF LEARNING ANCIENT WELLNESS SKILLS ROOTED IN YOGA, MEDITATION, AYURVEDA, MINDFULNESS, VEDIC PHILOSOPHY AND SOUND HEALING.

I QUALIFIED AS AN INTERNATIONALLY RECOGNISED RYT-200 YOGA TEACHER IN JANUARY 2015 HAVING STUDIED INTENSIVELY IN UBUD, BALI. I SPENT SOME TIME OFFERING VINYASA FLOW YOGA LESSONS IN AND AROUND LAKE COMO, MILAN AND TICINO, SWITZERLAND BEFORE MOVING BACK TO IRELAND IN SUMMER 2019 TO FOCUS ON BEWELL-IRELAND AND BEWELL-YOGA TEACHER TRAINING SCHOOL.

I ENJOY SHARING WELLNESS 'TOOLS AND TIPS' WITH STUDENTS. MY PASSION IS EMPOWERING PEOPLE ON THEIR PERSONAL JOURNEY TO WELLBEING ,AND COACHING PEOPLE ON DAILY HABITS AND PRACTICES TO HELP THEM REACH THEIR HIGHEST POTENTIAL.

”

- LEAD TRAINER & OWNER - BEWELL-YOGA TEACHER TRAINING SCHOOL (RYS ACCREDITED YOGA ALLIANCE 200HOURS TRAINING SCHOOL)
- YOGA TEACHER @ WWW.BEWELL-YOGA.COM REGISTERED YOGA TEACHER (ERYT-200/RYT-500/YACEP) - YOGA ALLIANCE INTERNATIONAL
- GUIDED 120+ STUDENTS THROUGH THE 200 HOURS COURSE AS LEAD TRAINER
- 10X YEARS WORK EXPERIENCE IN MARKETING, RETAIL, BUSINESS DEVELOPMENT IN MULTINATIONAL COMPANIES INTERNATIONALLY
- 6 YEARS - RETAIL AND MARKETING WITH VF INTERNATIONAL, SWITZERLAND.
- 1.5 YEARS - ADVERTISING SALES FOR SPECIAL ECONOMIC COUNTRY REPORTS PUBLISHED WITHIN THE NEW YORK TIMES AND THE WALL STREET JOURNAL
- GRADUATE OF LAW AND EUROPEAN STUDIES LLB
- SPEAKS ENGLISH, ITALIAN AND SPANISH



EMMA SHERIDAN

@EMMASHERIDANYOGA
500RYT | 200E-RYT | YACEP



EMMA STARTED A YOGA PRACTICE IN 2008 WHILE LIVING A FAST PACED LONDON LIFE THAT WAS MOSTLY FRUSTRATING, OVERWHELMING AND UNINSPIRING! 'YOGA GAVE ME A RARE CHANCE TO SLOW DOWN, BECOME INTROSPECTIVE AND CONNECT TO MY BODY IN A WAY I HAD NEVER EXPERIENCED BEFORE.



EMMA HAS LED GROUPS ON RETREATS TO THE MOST BEAUTIFUL AND EXOTIC DESTINATIONS, SHARED CLASSES IN RUSTIC YOGA SHALAS IN INDIA, RAN WORKSHOPS IN SLICK STUDIOS IN SOUTH EAST ASIA, AND TRAINED AND MENTORED TEACHERS FROM EVERY CORNER OF THE GLOBE.



OVER TIME THE PRACTICE TAUGHT EMMA HOW TO HAVE EASIER AND STEADIER ACCESS TO PRESENCE, AWARENESS, INTUITION AND SELF-CONNECTION. IT SPARKED AN INNER SHIFT THAT MADE HER HAPPIER, MORE PEACEFUL, AND MORE IN TOUCH WITH THE LOVE AND WISDOM AT EACH OF OUR CORE.

WITH A DREAM TO LIVE A HEALTHY, PURPOSE-FILLED LIFE IN SERVICE OF SOMETHING BIGGER, SHE PACKED UP HER LONDON LIFE AND EMBARKED ON HER FIRST TEACHER TRAINING IN 2010 WITH ABSOLUTE YOGA IN THAILAND.

SINCE THEN, IT HAS BEEN A JOURNEY OF CONTINUOUS LEARNING AND GROWTH AS SHE EXPANDS HER UNDERSTANDING OF THIS AGE OLD PRACTICE. EMMA COMPLETED MY ADVANCED TEACHER TRAINING WITH HIGHLY REGARDED INTERNATIONAL TEACHERS JULIE MARTIN AND EMIL WENDELL IN INDIA IN 2014, AND HAS ACCUMULATED OVER 1000 HRS OF TRAINING IN TOTAL. SHE HAS SPENT YEARS ON A DEEPLY RICH AND REWARDING YOGA ADVENTURE, EXPLORING VARIOUS LINEAGES AND METHODOLOGIES, AND WILL ALWAYS REMAIN A STUDENT OF THIS EVER EVOLVING PRACTICE. EMMA DRAWS FROM CURRENT RESEARCH, SOMATIC MEDITATION, TANTRIC YOGA PHILOSOPHY, AND THE MANY INSPIRATIONAL TEACHERS, GUIDES AND MENTORS SHE HAS MET ALONG THE WAY, IN THE HOPE SHE CAN OFFER MEANINGFUL LEARNING EXPERIENCES TO HER STUDENTS.



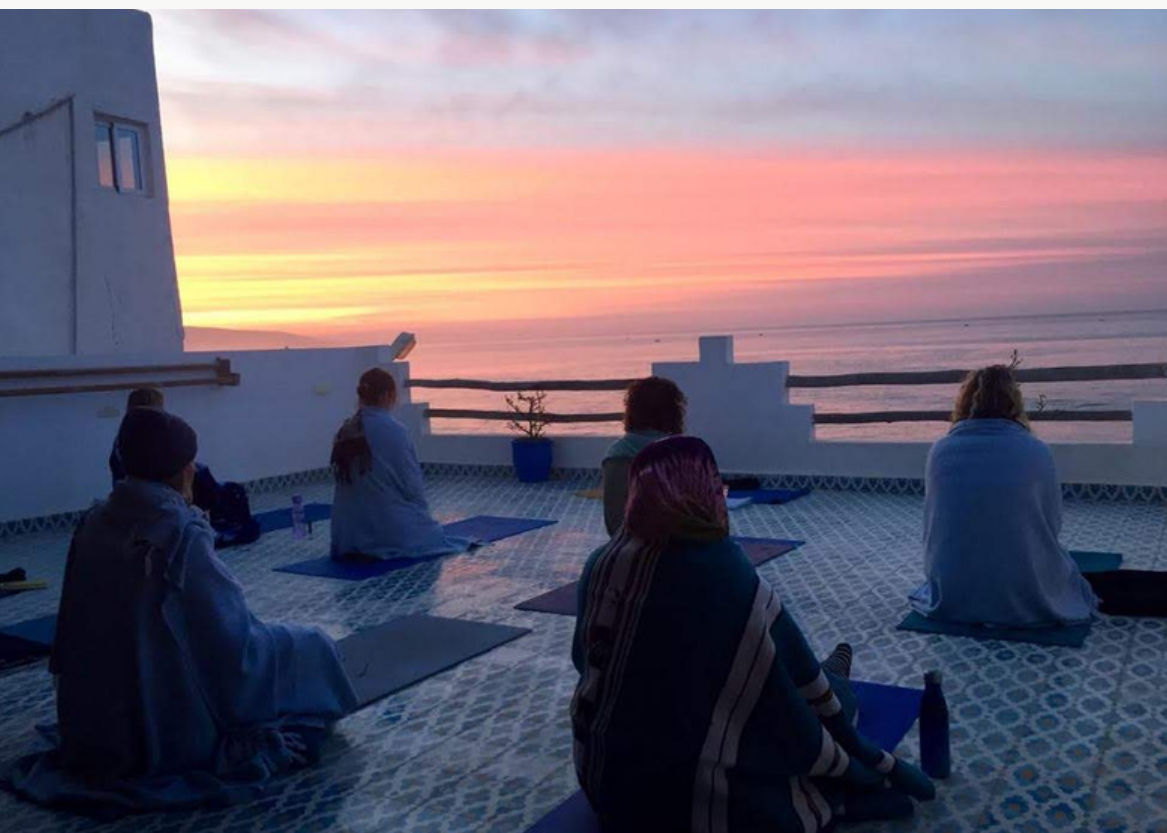
NOT ONLY HAS SHE EXPERIENCED FIRST-HAND THE TRANSFORMATIVE POWER OF THIS PRACTICE, BUT AGAIN AND AGAIN SHE HAVE WITNESSED PEOPLE FROM ALL WALKS OF LIFE MOVE BEYOND THEIR LIMITATIONS AND SPARK A CHANGE THAT LEADS TO MORE COMPASSIONATE, AWAKE AND CONNECTED HUMANS. 'THIS IS THE REAL REASON WHY I LOVE WHAT I DO AND WHY I WANT TO SHARE IT WITH YOU!'

TEACHING, TECHNIQUE, AND PRACTICE





Technique, training and practice...



OUR GOAL IS TO DEEPEN YOUR KNOWLEDGE OF A VARIETY OF MEDITATIONS AND TECHNIQUES. IN TURN, YOU WILL DEVELOP ADEQUATE KNOWLEDGE, EXPERIENCE AND IDEALLY A REGULAR MEDITATION PRACTICE. AS A RESULT, YOU WILL BEST UNDERSTAND WHAT MEDITATION TECHNIQUE TO SHARE WITH YOUR FUTURE STUDENTS.

YOUR PERSONAL MEDITATION PRACTISE

YOU WILL FOCUS ON 4 MEDITATION STYLES FOR YOUR PERSONAL MEDITATION PRACTICE. THROUGH DAILY PRACTICE AND DAILY JOURNALING YOU WILL BEGIN TO OBSERVE YOUR MIND, YOUR BODY, THE OUTER WORLD, THE PRESENT MOMENT AND EVENTUALLY YOUR INNER WORLD THROUGH THE LOOKING GLASS OF THE PRESENT MOMENT. IT IS ONLY BY DOING THAT WE CAN TRULY TEACH. OUR COURSE INVITES YOU TO STEP UP TO YOUR MAT DAILY, REGARDLESS OF HOW YOU FEEL AND COMMIT TO THE PRACTICE, COMMIT TO THE EXPERIENCE AND COMMIT TO DOCUMENTING YOUR EXPERIENCE.

MEDITATION- TEACHING PRACTICE

THROUGHOUT THE COURSE, YOU LEARN HOW TO PLAN, AND GUIDE MEDITATION BOTH WITHIN A YOGA SESSION AND AS A STAND-ALONE PRACTICE. YOU WILL EXPLORE THE WORLD OF THE YOGIC PHILOSOPHY AND TAKE THE THEORY OUT OF THE TEXTBOOK AND APPLY IT INTO BOTH YOUR MEDITATION PRACTICE AND YOUR MEDITATION TEACHING PRACTICE.



PRANAYAMA

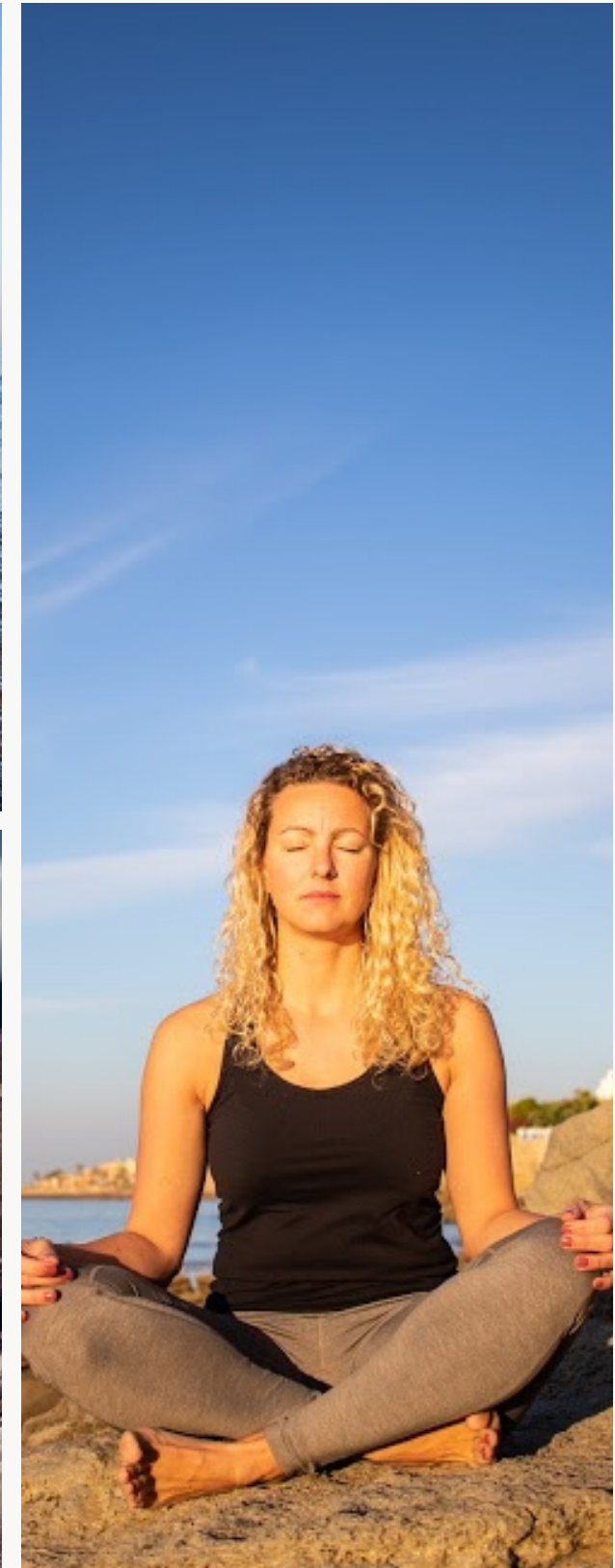
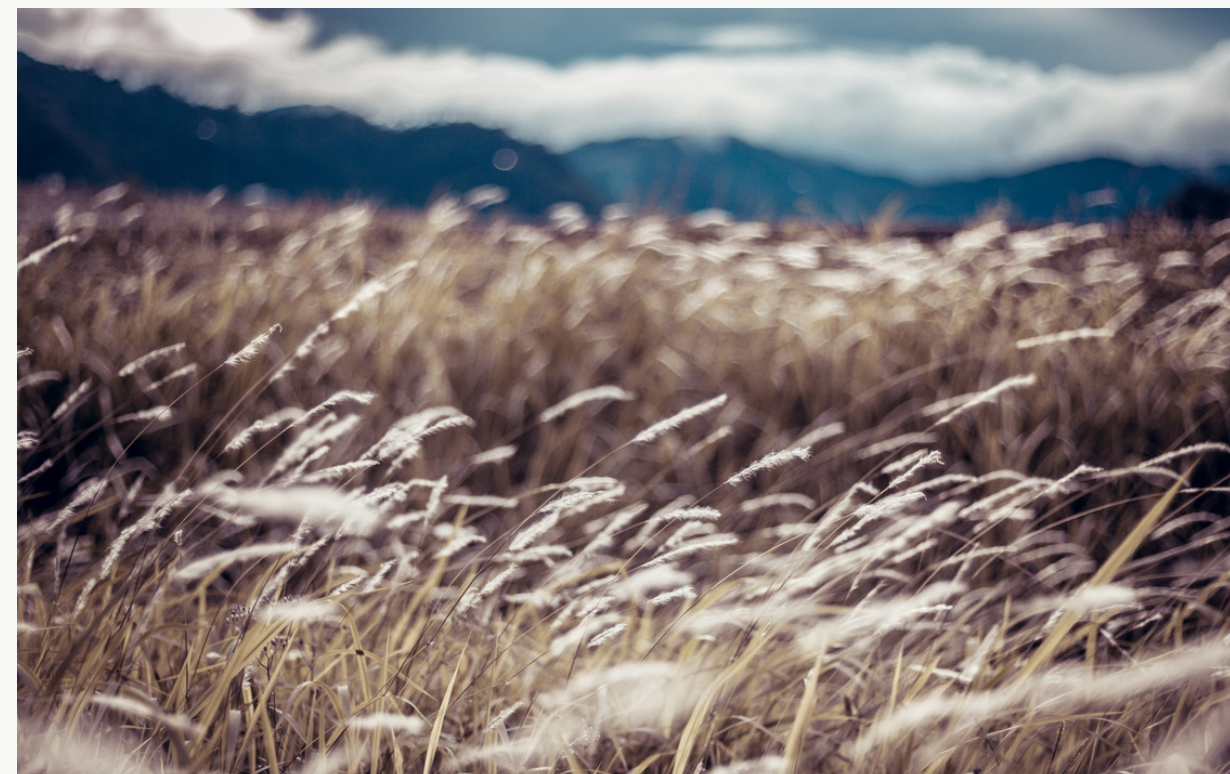
Technique, training and practice...

IN THE PRANAYAMA SECTION OF OUR COURSE WE WILL LOOK AT:

- KAPALABHATI (BREATH OF FIRE)
- NADI SHODANA (ALTERNATE NOSTRIL BREATHING)
- SITALI (COOLING BREATH)
- BHRAMARI (LION'S BREATH)
- DIRGA (THREE-PART BREATH)

THROUGHOUT THE COURSE WE WILL STUDY DIFFERENT PRANAYAMA TECHNIQUES BY MEANS OF THEORY SESSIONS, PRACTICUM, ANALYSIS AND SELF-ENQUIRY.

WE WILL DIVE INTO THE UNDERSTANDING OF THE 3 GUNAS AND THE CONCEPTS OF RAJAS, TAMAS AND SATTVA. THROUGH DEEPER DISCOVERY OF THE ASSESSMENT OF RAJAS TAMAS AND SATTVA BALANCES WITHIN A GROUP OR INDEED WITHIN OURSELVES, YOU WILL GAIN A DEEP AND PRACTICAL UNDERSTANDING OF PRANAYAMA, WHY WE USE IT, AND WHAT IT CAN ADD IN TERMS OF VALUE TO THE CURRENT GROUP SITUATION OR PERSONAL LIFE SITUATIONS. YOU WILL BE EMPOWERED WITH ADEQUATE INFORMATION TO LEAD SIMPLE PRANAYAMA EXERCISES WITH FUTURE YOGA STUDENTS, AS WELL AS TO ENHANCE YOUR OWN SELF-PRACTISE. YOU WILL ALSO GAIN A DEEPER UNDERSTANDING IN PRANAYAMA PRACTICE THROUGH DAILY WORKSHOPS, DAILY-ENQUIRY AND SELF-OBSERVATION THROUGHOUT THE COURSE.



Technique, training and practice



PHYSICAL PRACTICE

IN ORDER TO STRENGTHEN AND LENGTHEN AS YOGA TEACHERS, IT IS IMPORTANT FOR YOGA TEACHER TRAINEES TO TRAIN THEIR BODY THROUGH THE PRACTICE OF ASANA (POSTURES) THROUGHOUT THE COURSE. TEACHERS ARE GUIDED THROUGH A RANGE OF ASANA. EACH HAS A CENTRAL THEME SUCH AS:

- SUN SALUTATIONS
- BACKBENDS
- HIP OPENERS
- TWISTS
- STANDING BALANCES
- ARMS
- INVERSIONS
- YIN-DEEP RELAX
- THE CHAKRAS

FURTHER TO THIS, TEACHER TRAINEES ARE ENCOURAGED TO DEEPEN THEIR PERSONAL PRACTICE WITH THE WORKSHOPPING OF MORE ADVANCED ASANA DRILLS AND EVENTUAL POSTURES SUCH AS CROW/CRANE, BIRD OF PARADISE, WILD THING, WHEEL, ARM BALANCES, HEADSTAND AND HANDSTAND. IT IS NOT NECESSARY FOR TEACHERS TO BE CAPABLE OF SUCH POSTURES PRIOR TO THE TRAINING.

ASANA CLINICS

ACTIVE WORKSHOPPING OF ALIGNMENT IN ASANA (POSTURES) WE PLACE ASANA 'UNDER THE MICROSCOPE' FOR A DEEPER UNDERSTANDING AND ANALYSIS OF ALIGNMENT FOR BOTH THE TEACHER'S BODY AND THEIR FUTURE STUDENTS BODIES. EXPLORE THE HYPERFLEXIBLE BODY AND THE STIFF BODY. LEARN HOW TO GUIDE ALIGNMENT FOR STRENGTH GOALS OR LENGTH GOALS...OR BOTH. DELVE DEEP INTO WHY WE DO WHAT WE DO IN EACH POSTURE. UNDERSTAND HOW TO BUILD STRENGTH IN HYPERMOBILE BODIES TO PROTECT JOINTS WHILE ALSO ENCOURAGING SAFE STRETCHING IN STIFF BODIES.

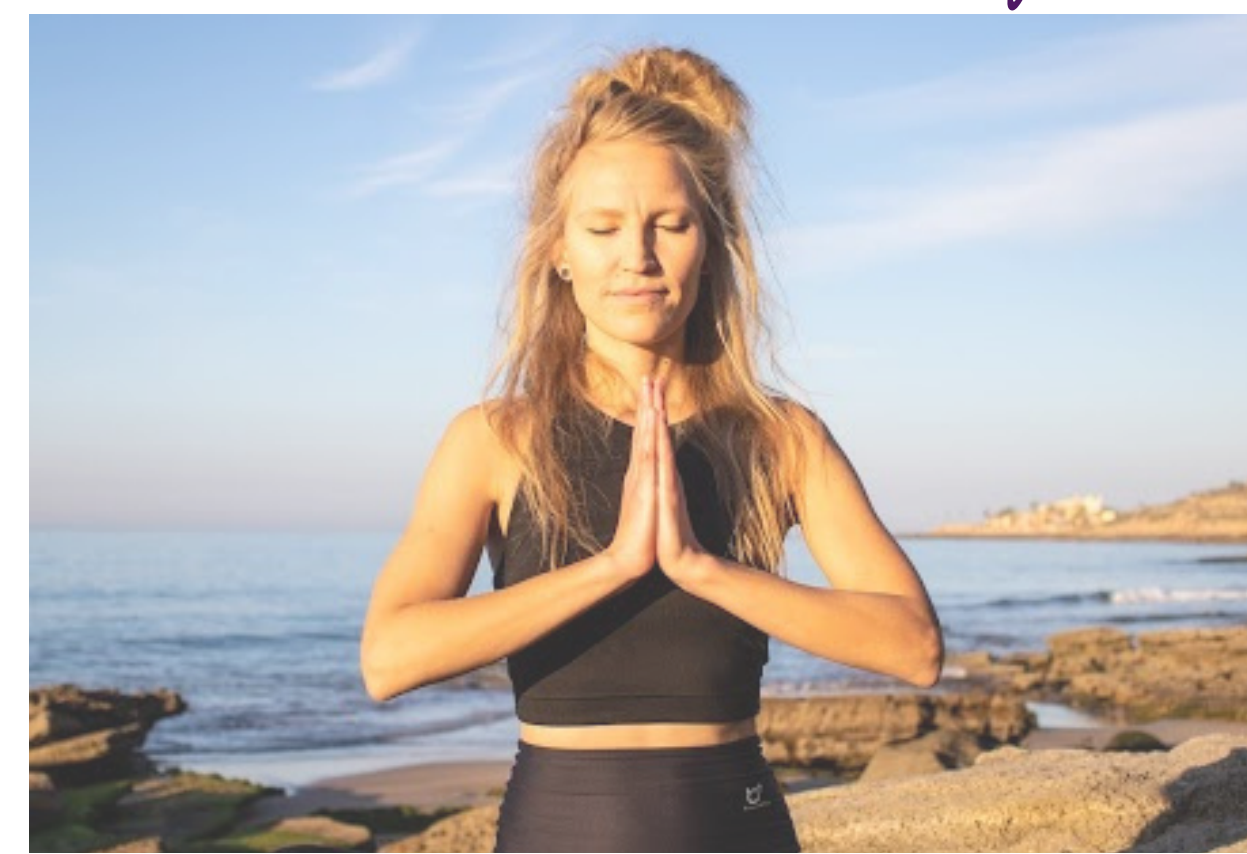
KRIYA AND MUDRAS

Technique, training and practice..



THE COURSE GIVES A SHORT INSIGHT INTO THE UNDERSTANDING OF KRIYAS AND MUDRAS. TEACHER TRAINEES ARE GUIDED TO EXPLORE INDEPENDENTLY TO FIND EXAMPLES OF KRIYAS, CHANTS, MANTRAS AND MUDRAS AND TO TEST AND TRIAL ONE OF EACH, EACH DAY OF THE COURSE, FOR ANALYSIS, SELF-ENQUIRY AND OBSERVATION

THESE KRIYAS AND MUDRAS CAN BE FOUND WITHIN THE WORKBOOK AND THE PRACTICING OF THEM WILL BE A PART OF NON-CONTACT HOUR ASSIGNMENTS.

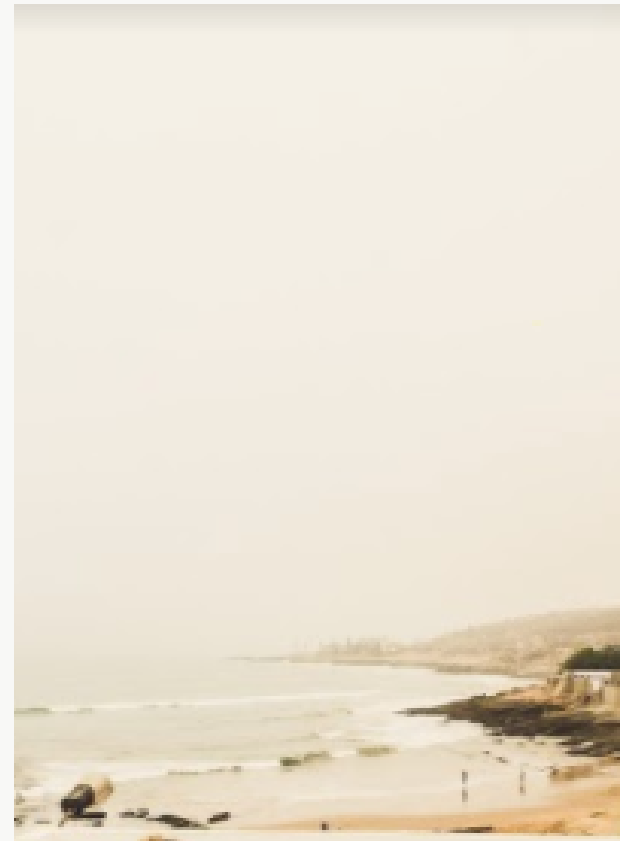


TEACHING METHODOLOGY



Teaching Methodology

TEACHING 101



TEACHER TRAINEES WILL BE WALKED THROUGH THE GENERAL 'HOUSEKEEPING' OF YOGA TEACHING, TOUCHING ON:

- COMMUNICATION SKILLS
- GROUP DYNAMICS
- TIME MANAGEMENT & PRIORITIES
- TEACHER-STUDENT RELATIONS
- BUSINESS-PERSONAL BOUNDARIES
- SPECIFIC NEEDS OF INDIVIDUALS
- PRENATAL-CHILDREN-SENIORS-YOGA
- INJURIES-DISEASES & CONDITIONS.

Teaching Methodology

THE BUSINESS OF YOGA

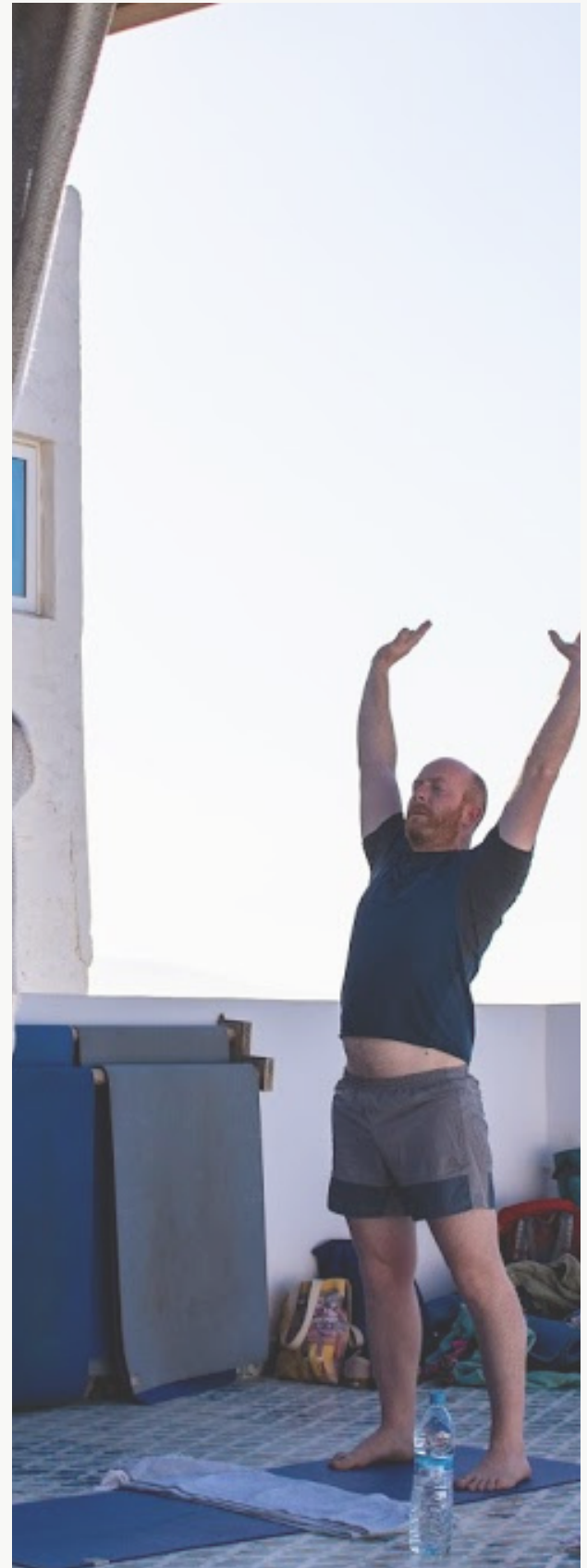
OUR COURSE HAS A STRONG FOCUS ON BUSINESS OF YOGA COVERING THE FOLLOWING TOPICS IN BOTH CONTACT AND NON-CONTACT HOURS. WE WILL COVER THE FOLLOWING TOPICS:

- DAILY CONNECTION PRACTICE AS A FOUNDATION FOR YOUR BUSINESS
- OUR TRIBE-LIFE ALIGNMENT AND CLARITY
- GLOSSY WEBSITE/WEBPAGE BUILDING AND UPDATING (HANDS-ON HOW TO DO)
- FACEBOOK AND INSTAGRAM STRATEGY AND ADVERTISING OPTIONS (HOW TO)
- VIDEO BLOGGING (HANDS-ON SHOOTING, EDITING AND HOW TO DO)
- NEWS LETTERING (HANDS-ON HOW TO DO)
- PHOTO-SHOOTING AND EDITING
- VIDEO SHOOTING AND EDITING
- PUBLIC RELATIONS, PARTNERING, NETWORKING IN YOUR LOCAL COMMUNITY TO DRIVE AWARENESS
- GLOSSY WEBSITE/WEB PAGE BUILDING AND UPDATING PART II
- PHOTO AND VIDEO SHOOTING PART II
- MARKETPLACES AND HOW TO HIRE GRAPHIC DESIGNERS, WEB DESIGNERS, BLOGGERS
- BUILDING ONLINE COURSES FOR ADDITIONAL INCOME PART I



Teaching Methodology

SEQUENCING



A DEEP LOOK INTO THE PRINCIPLES OF SEQUENCING AND THE CONCEPT OF PARINAMAVADA (AN INDIAN PHILOSOPHY AIDING SEQUENCING INSPIRATION.)
EXPLORE THE ART OF SEQUENCING ARCS AND PEAK POSE MODELS,
ALONGSIDE SEQUENCING FOR PRENATAL, CHILDREN, SENIORS, INJURED,
SPECIAL REQUIREMENTS AND SPECIAL EMOTIONAL REQUIREMENTS.



ANATOMY AND PHYSIOLOGY



Anatomy and physiology

YOU WILL BE GUIDED THROUGH THE BASICS OF YOGA ANATOMY AND WILL LEARN MANY OF THE MAJOR NAMES OF THE 206 INDIVIDUAL BONES AND THE PURPOSE AND MAKEUP OF THE SYSTEM. THERE WILL BE A PARTICULAR FOCUS ON THE SPINE AND ITS RELEVANCE TO MOVEMENT WITHIN YOGA. THROUGHOUT THE COURSE, YOU WILL BE ENCOURAGED TO DEMONSTRATE YOUR KNOWLEDGE THROUGH ASSIGNMENTS AND EXERCISES. TO COMPLY WITH YOGA ALLIANCE STANDARDS WE HAVE A SET AMOUNT OF TIME DEDICATED TO ANATOMY.

YOGA TEACHER TRAINEES ENJOY THE FOLLOWING WORKSHOPS, EACH 1.5-2 HOURS:

- THE SKELETAL SYSTEM
- THE MUSCULAR SYSTEM
- THE ENDOCRINE SYSTEM
- THE NERVOUS SYSTEM
- THE DIGESTIVE SYSTEM

WE TAKE GREAT CARE TO APPLY APPLY WHAT WE HAVE LEARNED IN THEORY TO OUR PHYSICAL PRACTICE CLASSES, OUR TEACHING PRACTICE AND OUR CUES. WE ALSO CROSS-EXAMINE THE ENDOCRINE SYSTEM WITH THE CHAKRA SYSTEM (AS THEY ARE ALIGNED IN POSITION) FINALLY, WE APPLY THE ANATOMICAL INFORMATION WE LEARN IN THEORY/WORKSHOPS TO OUR SEQUENCING WORKSHOPS FOR INJURED YOGA STUDENTS, PRENATAL YOGA STUDENTS, SENIOR YOGA STUDENTS, AND YOGA FOR SPORTS ENTHUSIASTS. WHILE WE TRY TO HAVE A GOOD BALANCE, WE TEND TO LEAN MORE TOWARDS RATIONAL/PRACTICAL AND ANATOMICAL TEACHING AS OPPOSED TO AN ENERGETIC/SPIRITUAL STYLE TEACHING.

BY THE END OF THE COURSE, YOU CAN EXPECT TO HAVE A CLEAR UNDERSTANDING OF HOW TO REFER TO MAJOR AREAS WITHIN THESE SYSTEMS AND THEIR CORRELATION TO YOGA PRACTICE AND SYSTEM OF BALANCE/IMPROVEMENT/RESTORATION.



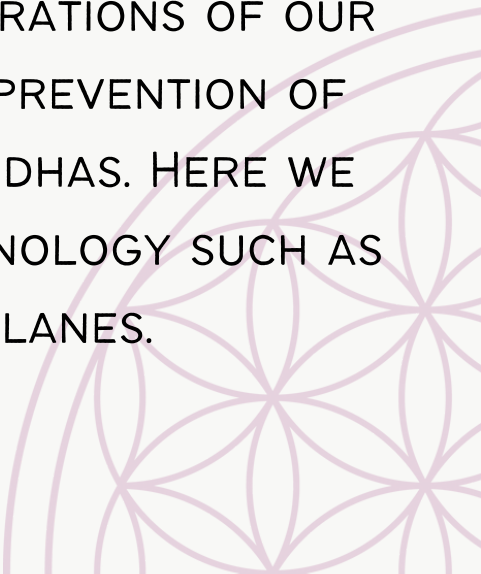
26 Anatomy and physiology

INJURIES/ BANDHAS/ JOINT PROTECTON



WITHIN THE ANATOMY SECTION, WE WILL ANALYSE INJURIES AND SPECIAL CONDITIONS AND HOW VARIOUS INJURIES AND CONDITIONS SHOULD BE OBSERVED WHEN SEQUENCING. THE GOAL OF THE SEQUENCING BEING TO BALANCE, IMPROVE AND RESTORE THROUGH THE CORRECT SELECTION OF AND SEQUENCING OF ASANA. THIS WILL BE FURTHER EXTENDED OUT TO THE APPLICATION OF MEDITATION, PRANAYAMA, KRIYAS, CHANTING AND MANTRA WHERE SUCH ARE SAID TO AID WITH IMPROVEMENT OF LIFE QUALITY.

WE WILL ALSO COVER THE IMPORTANT ANATOMICAL CONSIDERATIONS OF OUR JOINTS ESPECIALLY IN RELATION TO YOGA PRACTISE AND PREVENTION OF INJURY THROUGH THE USE OF MUSCULAR 'LOCKS' AND BANDHAS. HERE WE WILL TAKE A LOOK AT JOINT MOVEMENTS TECHNICAL TERMINOLOGY SUCH AS EXTENSION, FLEXION ETC. AND THE ANATOMICAL PLANES.

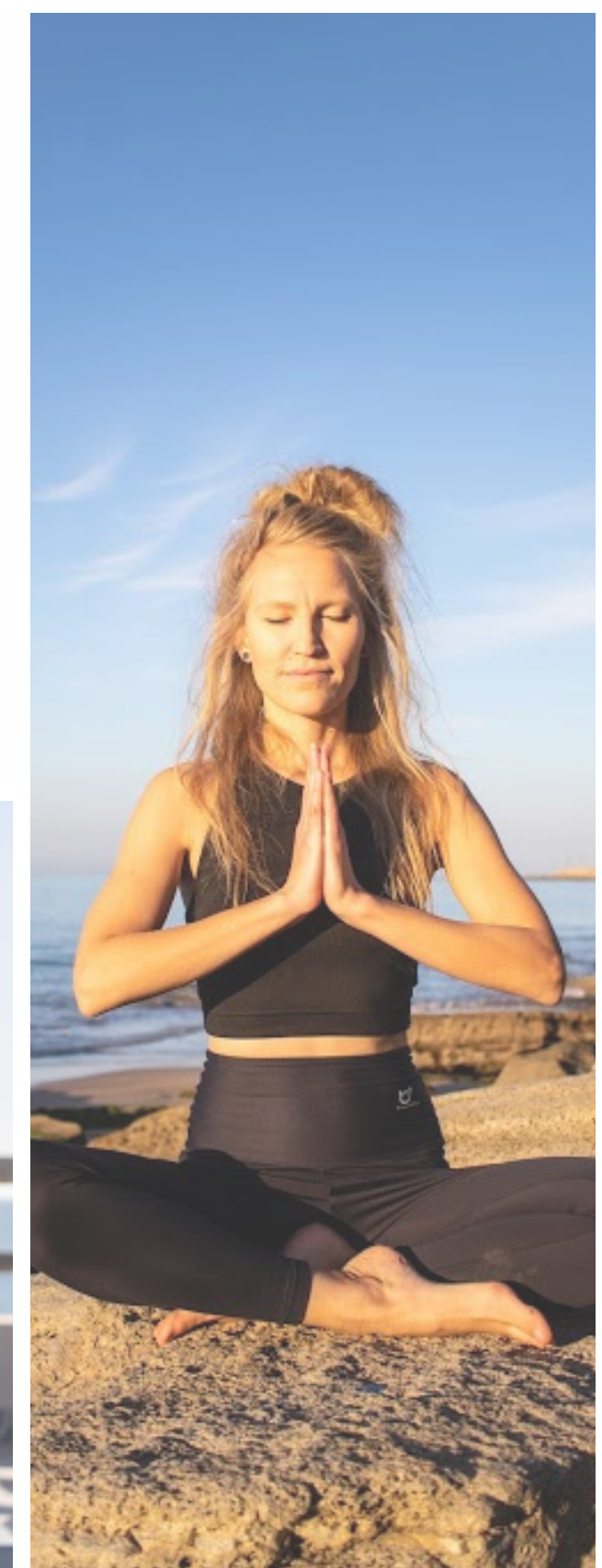


Anatomy and physiology

CHAKRAS

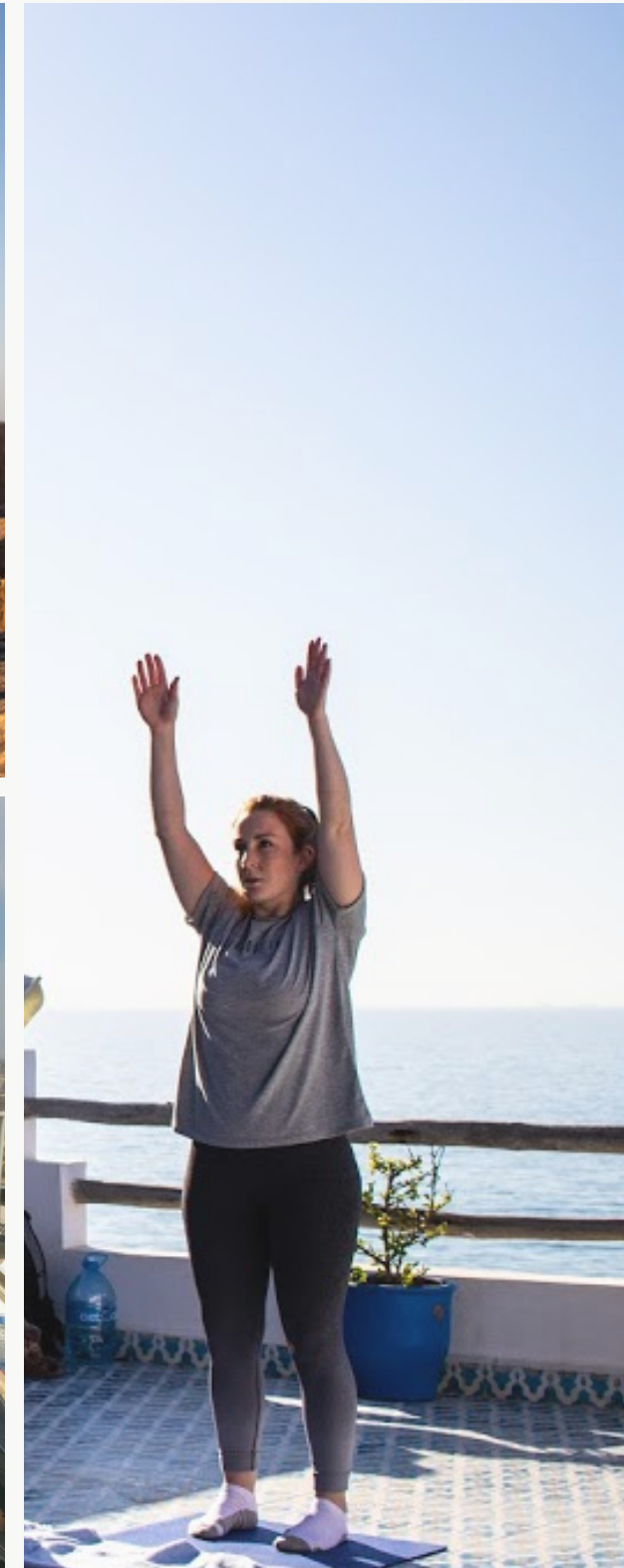


WE WILL WALK THROUGH THE 7 CHAKRAS ANALYSING AND EXAMINING WHAT CHAKRA BALANCE, BLOCKAGE, DEFICIENCY AND ABUNDANCE LOOKS LIKE IN HUMAN BEHAVIOURS AND CONSIDERATIONS. WE WILL FURTHER EXPLORE RESTORATIVE METHODS AND SEQUENCING TO GENERATE BALANCE AND HARMONY IN EACH CHAKRA



Anatomy and physiology

ANATOMICAL CONSIDERATIONS OF SEQUENCING



WE WILL GO BACK TO SEQUENCING WITH OUR NEWFOUND KNOWLEDGE ON THE SKELETAL, SPINAL, AND MUSCULAR MAKE UP AND SYSTEMS AND REVISIT THE CONCEPT OF PARINAMAVADA & INDIAN PHILOSOPHY AIDING SEQUENCING INSPIRATION. WE WILL ENSURE WE HAVE THE NECESSARY TOOLS AND MATERIALS AVAILABLE TO US TO CREATE EFFECTIVELY SEQUENCE AND CREATE VARIATIONS OF ASANA FOR THE DIFFERENT SPECTRUM OF POTENTIAL CLIENTS WE COULD FIND BEFORE US IN OUR CLASSES.



YOGA HISTORY, PHILOSOPHY, AND ETHICS



History, Philosophy & Ethics

THE HISTORY & PHILOSOPHY OF YOGA



IN OUR UNDERSTANDING OF YOGA PHILOSOPHY, WE WILL TAKE A JOURNEY THROUGH THE HISTORY OF YOGA FROM PATANJALI'S 8 LIMBS OF YOGA, THE KOSHA SEQUENCE, THE FOUR EVOLUTIONARY STEPS OF YOGA. WE WILL LOOK AT VARIOUS TYPES OF YOGA ASANA, WHAT THEY MEAN AND WHERE THEY COME FROM.



WE WILL REVIEW THE EGO VS TRUE SELF TEACHINGS AND UNDERSTANDINGS OF MODERN-DAY 'GURUS' SUCH AS ECKHART TOLLE, SADHGURU JAGGI VASUDEV, LOUISE HAY & OSHO. WE WILL ANALYSE HOW SUCH CONCEPTS TIE IN AND ARE INDEED THE KEY BETWEEN MODERN SOCIETY AND MODERN-DAY PRACTICE OF YOGA AND UNDERSTANDING OF YOGA PHILOSOPHY.

History, Philosophy & Ethics

YAMAS AND NIYAMAS



WE WILL TAKE A JOURNEY THROUGH THE YOGA SUTRAS, IN PARTICULAR THE YAMAS AND THE NIYAMAS, THE FIRST TWO PRACTICES OF YOGA ACCORDING TO PATANJALI. THESE ARE GUIDELINES OR CONCERNS FOR THE CHOICES WE MAKE IN TERMS OF THE RELATION WE CHOOSE TO HAVE WITH THE WORLD AROUND US. THESE CONSIDERATIONS, AFTER CAREFUL EXPLORATION WITHIN THE COURSE, WILL BE CARRIED INTO ASANA AND SEQUENCING THEMES AND ALSO DAILY OBSERVATION AND SELF-ENQUIRY.



History, Philosophy & Ethics

ETHICS/ YOGA TEACHER LIFESTYLE



WE WILL DEDICATE A WORKSHOP TO THE OBSERVATION OF ETHICS AND STANDARDS OF THE YOGA TEACHER INSIDE AND OUTSIDE THE STUDIO. IN THIS SESSION WE WILL COVER YOGA TEACHING BEYOND THE MAT AND WITHIN THE LIFESTYLE OF THE TEACHER.

FINALLY, WE WILL EXPLORE SELF-PRACTICE AND THE IMPORTANCE OF SELF-PRACTICE FOR YOGA TEACHERS



“

“FOR ME, MORE THAN SCORPION POSE, A TEACHER WHO LIVES BY EXAMPLE IS THE MOST IMPORTANT. ONE WHO IS KIND, HONEST, AUTHENTIC, PATIENT, WHO WALKS THE TALK. VERY OFTEN THIS KIND OF TEACHER WILL ALREADY HAVE A DEEP SPIRITUAL PRACTICE, MEDITATION, CHANTING, PRANAYAMA, PRAYER, BUT MAYBE NOT THE MOST KICK-ASS PARTY TRICK ASANA PRACTICE. ’

-STUDENT FEEDBACK

”

Recommended Reading & Resources

THE PLATFORM



SLOWLY AND SURELY WE TIE UP ALL RELATED INFORMATION TOGETHER IN A CLEAR, UNDERSTANDABLE AND - MOST IMPORTANTLY - INSPIRATIONAL WAY. THIS WAY, JUST AS IN A YOGA CLASS, THE TEACHER TRAINEE FEELS LIKE THE MOUNTAIN OF INFORMATION THEY HAVE DELVED INTO OVER THE 200 HOUR COURSE IS CAREFULLY, AND DELICATELY INTERWOVEN, INTERLINKED AND FINALLY INTEGRATED INTO MIND, BODY AND SOUL.



ALL TEACHER TRAINEES WILL RECEIVE ACCESS TO OUR ONLINE TRAINING PLATFORM. TEACHER TRAINEES ARE GUIDED DAY-BY-DAY THROUGH THE COURSE WITH DAILY ACTIVITIES AND EXERCISES. AS IS YOGA, THE ENTIRE COURSE IS INTERLINKED. AS MORE INFORMATION IS DELIVERED, THIS NEW INFORMATION IMPACTS, INTEGRATES AND BUILDS UPON PREVIOUS THEORY CLASSES, WORKSHOPS AND PHYSICAL PRACTICES. LAYERED TEACHING AND LEARNING IS AT THE CORE OF BEWELL.

Recommended Reading and Resources

OTHER RESOURCES

DAILY OBSERVATIONS & SELF ENQUIRY
MEDITATION, PRANAYAMA, GUNAS

YOU TUBE CHANNELS

YOGA WITH ADRIENE
YOGA WITH KASSANDRA (YIN)
ISHA FOUNDATION

WEBSITES

WWW.INNERBODY.COM
HTTPS://WWW.ECKHARTTOLLE.COM/
HTTP://WWW.OSHO.COM/IT
HTTPS://WWW.LOUISEHAY.COM/
HTTPS://WWW.INNERENGINEERING.COM/

BOOKS

YOGA SEQUENCING: MARK STEPHENS
EASTERN BODY, WESTERN MIND: ANODEA JUDITH
THE YOGA TRADITION: GEORG FEUERSTEIN
INNER ENGINEERING: SADHGURU
YOU CAN HEAL YOUR LIFE: LOUISE HAY
LOVE, FREEDOM, ALONENESS: OSHO
A NEW EARTH: ECKHART TOLLE
THE POWER OF NOW: ECKHART TOLLE
THE COMPLETE GUIDE TO YIN YOGA: BERNIE CLARKE



FREQUENTLY ASKED QUESTIONS



ONLINE vs IN-PERSON



HOW DOES A TEACHER TRAINING WORK ONLINE?

TRADITIONALLY YOGA TEACHER TRAINING WAS DELIVERED 100% IN PERSON IN A FEW TYPICAL FORMATS. SOME SCHOOLS DELIVERED 12 X WEEKENDS OVER THE COURSE OF A YEAR (1 WEEKEND PER MONTH) THIS ALLOWED THE YOGA TEACHER TRAINEE TO INTEGRATE YOGA TEACHING INTO THEIR REGULAR LIFE SLOWLY AND EFFICIENTLY...

OTHER SCHOOLS DELIVERED 3.5WEEK INTENSIVE 'DESTINATION' COURSES WHERE THE YOGA TEACHER TRAINEES WERE IMMersed IN THE TEACHINGS AND LEARNINGS. THIS ALLOWED FOR A DEEP DIVE IN THE YOGIC LIFESTYLE IN AN IDEAL ENVIRONMENT.

BEWELL DID BOTH... MONTHLY WEEKENDS...INTENSIVE DESTINATION COURSES ETC.

THEN THE PANDEMIC HIT. WE WERE ALL LOCKED DOWN. AND YOGA ALLIANCE GAVE US PERMISSION TO DELIVER OUR IN PERSON HOURS ONLINE INSTEAD. WE ALL THOUGHT IT WAS A TEMPORARY PROVISION. HOWEVER, FOLLOWING THE SUCCESS OF ONLINE TRAININGS YOGA ALLIANCE DECIDED TO ALLOW SCHOOLS TO CONTINUE DELIVERING REQUIRED HOURS IN ONLINE FORMAT.

NOWADAYS IT'S COMPLETELY UP TO THE SCHOOL HOW TO ORGANISE THEIR COURSE.

ALL OFFLINE. ALL ONLINE...OR A MIX OF BOTH!

WE SEE SOME SCHOOLS FOLLOWING LOCKDOWN BACK DELIVERING THEIR COURSES IN THE SAME TRADITIONAL SENSE. 12X WEEKENDS A YEAR...OR 3.5 WEEKS ON LOCATION ETC. OTHER SCHOOLS HAVE MOVED 360 AND DELIVER ONLINE ONLINE...

IT IS OUR BELIEF THE THE MOST EFFICIENT, EFFECTIVE, SUSTAINABLE AND INNOVATIVE WAY TO APPROACH THE COURSE MOVING FORWARD IN TODAY'S CLIMATE AND SOCIETY IS A MIXED BLENDED COURSE

ONLINE vs IN-PERSON



IN ORDER TO SERVE THE TEACHER TRAINEES AS BEST POSSIBLE, GIVEN THE CIRCUMSTANCES OF ONLINE DELIVERY, WE ASK PARTICIPANTS TO RECORD THEMSELVES IN A VARIETY OF POSTURES AND SEQUENCES (THROUGHOUT THE COURSE) THESE VIDEOS ARE REVIEWED BY THE TRAINER AND DISCUSSED WITH THE PRACTITIONER IN THE ONE-TO-ONE SESSIONS. IN A REGULAR TEACHER TRAINING, THERE IS NOT ALWAYS TIME TO CONDUCT ONE-ON-ONE SESSIONS WITH EACH STUDENT AND THIS IS THEREFORE A GREAT OPPORTUNITY TO HAVE YOUR INDIVIDUAL ALIGNMENT REVIEWED IN MULTIPLE POSTURES AND DISCUSSED AT LENGTH. THIS IS ONE OF THE BEST PARTS OF OUR ONLINE COURSE.

WE HAVE BEEN DELIVERING THIS COURSE SINCE MARCH 2020 - 10X TIMES OVER ALWAYS INTEGRATING NEW LEARNINGS AND FEEDBACK. WITH ALL GROUPS VERY SATISFIED WITH OUR METHOD. MOST, WHO HAVE CHOSEN TO TEACH, ARE TEACHING JUST AS WELL/EFFECTIVELY AS AN IN-PERSON YOGA TEACHER TRAINING.

EQUIPMENT NEEDED



WHAT ARE THE MATERIALS THAT CAN BE ACCESSED DIGITALLY AND WHAT WILL I NEED AT MY HOME?

THERE IS ONE BOOK THAT IS NECESSARY TO READ FOR ONE OF THE ASSIGNMENTS. THIS IS A NEW EARTH BY ECKHART TOLLE. IT CAN BE ORDERED ONLINE OR ALSO DOWNLOADED ON AUDIBLE.

ALL NECESSARY MATERIALS CAN BE ACCESSED DIGITALLY. THIS MEANS THEORY MATERIALS AND THE EXERCISES LINKED TO THE THEORY MATERIALS THAT NEED TO BE SUBMITTED:

- PRACTICE VIDEOS
- ASSIGNMENTS
- POSTURE ALIGNMENT CLINICS
- TEACHING INSTRUCTION VIDEOS ETC

THESE SAME TOPICS WILL BE COVERED IN OUR LIVE GUIDED SESSIONS. SO, IF IT'S THE CASE YOU'D LIKE TO STUDY IN ADVANCE AND THEN ATTEND THE LIVE SESSION FOR CLARITY OR REVISION ETC, YOU CAN DO THAT.

WHAT OTHER MATERIALS WOULD ONE NEED?

- YOGA MAT
- DEVICE TO ACCESS CONTENT AND PRACTICE WITH (TABLET/LAPTOP...SOME PEOPLE EVEN USE PHONE)
- DEVICE THAT CAN RECORD AS YOU NEED TO RECORD AND SUBMIT HOMEWORK.

WHILE NOT NECESSARY, WE DO RECOMMEND THAT YOU PURCHASE THE FOLLOWING ITEMS FROM A RETAILER OF YOUR CHOICE. YOU CAN GET BY WITHOUT THEM BUT YOU WILL ENJOY THE COURSE MORE WITH THESE PROPS:

- 2 X YOGA BLOCKS
- 2X TENNIS BALLS
- 1X STRAP

ABILITY & REQUIREMENTS



HOW MUCH EXPERIENCE DO YOU NEED?

FOR OUR 'IN PERSON' YOGA TEACHER TRAINING COURSES WE USUALLY RECOMMEND THAT YOU HAVE AT LEAST 1 YEAR CONSISTENT YOGA EXPERIENCE AND PRACTISE MINIMUM. OR, YOU WOULD NEED TO HAVE TRANSFERABLE SKILLS SUCH AS A BACKGROUND IN DANCE, FITNESS AND HEALTH, TEACHING ETC. WE HAVE THIS REQUIREMENT AS YOGA TEACHER TRAINEES ARE UNDERGOING TRAINING TO LEARN HOW TO TEACH YOGA. AS A RESULT, IT IS NECESSARY FOR THEM TO HAVE EXPERIENCE OF THE CRAFT THEY ARE LEARNING TO TEACH.. THIS IS NOT THE CASE IN THE 100% ONLINE YOGA TEACHER TRAINING COURSE. THE BEAUTY OF THE ONLINE COURSE IS THAT YOU HAVE THE CHOICE OF:

A) SELF PACED LEARNING B) ATTENDING THE LIVE SESSIONS C) A MIXTURE OF BOTH

BEGINNERS

SO, IF YOU ARE A LITTLE BIT NEW TO YOGA, AND THE PHYSICAL YOGA SESSIONS IN THE LIVE SESSIONS ARE TOO CHALLENGING FOR YOU, YOU CAN PRACTICE ALONG TO THE VIDEOS AT YOUR OWN PACE AND BUILD UP YOUR PRACTICE. THERE IS NO REQUIREMENT TO BE ABLE TO DEMONSTRATE ADVANCED POSTURES TO PASS OUR 200 HOURS YOGA TEACHER TRAINING COURSE. FOR THE MOST PART, THE COURSE IS FOCUSED ON LEARNING ALL OF THE NUANCES AND DETAILS OF HOW TO TEACH BEGINNERS-INTERMEDIATES. AS A RESULT, THE NECESSARY POSTURES ARE BASIC-INTERMEDIATE. YOU WILL HAVE TO BE ABLE TO PERFORM THESE BASIC POSTURES TO COMPLETE THE COURSE SUCCESSFULLY AS YOU CAN IMAGINE. I REFER TO WARRIORS, TRIANGLES ETC.

ABILITY & REQUIREMENTS



ADVANCED

WE HAVE ADVANCED POSTURE WORKSHOPS WHERE PARTICIPANTS ARE INVITED TO LEARN DRILLS FOR BEGINNERS AND ATTEMPT MORE ADVANCED POSTURES IF THEY FEEL READY. MORE ADVANCED YOGA STUDENTS ENJOY SUCH WORKSHOPS WITH ADVANCED POSTURES SUCH AS HEADSTANDS AND HANDSTANDS. IN SAYING THAT, REGARDLESS OF YOUR LEVEL OF PRACTICE, EACH PERSON ON THE COURSE GOES BACK TO BASICS SO THAT YOU CAN LEARN TO TEACH THE BASICS TO BEGINNERS AND INTERMEDIATES. AND SO, THE ONLINE COURSE CATERS FOR VARIOUS LEVELS. WHAT'S IMPORTANT IS THE PASSION AND DRIVE TO COMPLETE AN INTENSIVE COURSE THAT WILL PREPARE YOU TO TEACH OTHERS.

PHYSICAL CONCERNS

IT'S IMPORTANT TO BE PHYSICALLY FIT AND HEALTHY. WE HAVE A VIDEO YOU CAN LOOK AT AND PRACTISE WITH TO DETERMINE THIS. IF YOU ARE A BEGINNER, THIS VIDEO WILL HELP YOU TO UNDERSTAND IF YOU HAVE ADEQUATE PHYSICAL FITNESS AND STRENGTH FOR THE COURSE. PHYSICAL FITNESS IS IMPORTANT AS THERE ARE DAILY YOGA PRACTICE SESSIONS FOR THE YOGA TEACHER TRAINEES.

HERE IS A LINK TO THE VIDEO FOR PHYSICAL PRACTICE. USUALLY, IF PEOPLE CAN COMPLETE THIS PRACTICE WITHOUT ISSUES, WE CONFIRM THAT THEY ARE ELIGIBLE FOR THE COURSE PHYSICALLY. THIS IS ACTUALLY MYSELF TEACHING SO IT ALSO GIVES YOU AN INSIGHT TO THE TEACHING STYLE. YOU CAN VIEW THE VIDEO [HERE](#).

ABILITY & REQUIREMENTS



FLEXIBILITY

THE IMPORTANT THING IS THAT YOU HAVE A GOOD LEVEL OF PHYSICAL FITNESS SO THAT YOU CAN PRACTICE UP TO 90 MINS TWICE DAILY EACH DAY OF THE COURSE. YOUR FLEXIBILITY LEVEL OR HOW DEEP YOU GO INTO EACH POSTURE IS NOT IMPORTANT AT ALL. THIS IS BECAUSE WE ALL COME TO YOGA WITH UNIQUE AND INDIVIDUAL BODIES AND BONE STRUCTURES. ALL OF OUR MUSCLES ARE AT VARYING STAGES OF FLEXIBILITY. INDEED, THE MORE 'VARIED' THE GROUP IS IN TERMS OF FLEXIBILITY IN EACH POSTURE, THE MORE WE WILL ALL LEARN AS A GROUP. ALL OF THIS LEARNING CAN THEN BE APPLIED TO OUR FUTURE STUDENTS WHO WILL IN TURN ARRIVE WITH LARGELY VARYING LEVELS OF FLEXIBILITY.

THE COURSE IS DESIGNED TO PREPARE YOU TO TEACH BASIC TO INTERMEDIATE YOGA POSTURES. SO, THEY ARE THE ONLY POSTURES THAT ARE NECESSARY TO BE ABLE TO DO/DEMONSTRATE. (CROW/CRANE WILL BE OPTIONALLY EXPLORED IN YOUR PHYSICAL PRACTICE SESSIONS BUT THIS POSTURE IS NOT PART OF YOUR TEACHING PRACTICE SEQUENCE).

YOU ARE QUITE LIKELY TO SEE A SIGNIFICANT DEVELOPMENT IN YOUR FLEXIBILITY WHEN YOU ARE PRACTICING DAILY ALONG WITH THIS COURSE. HOWEVER, SAFETY AND AVOIDING INJURY ALWAYS COMES FIRST! THE INSTRUCTION HERE AT BEWELL IS ALWAYS TO GENTLY EXPLORE YOUR UNIQUE 'EDGE' IN THE POSTURE RATHER THAN FORCING OR PUSHING FOR RESULTS BEFORE THEIR TIME.



FAQ

PAYMENT

HOW MUCH WILL IT COST?

YOU ARE UNDERTAKING AN INVESTMENT IN YOURSELF. A COMMITMENT THAT FOR MANY OF OUR STUDENTS CHANGES THEIR WORLD INDEFINITELY, OFFERING NEW OPPORTUNITIES AND EXPERIENCES THAT WERE NOT POSSIBLE BEFORE. WE UNDERSTAND THAT THE COST OF THE COURSE CAN SOMETIMES BE DIFFICULT FOR SOME PEOPLE. IT IS THEREFORE OUR GREAT PLEASURE TO BE ABLE TO OFFER OUR ONLINE COURSES AT A REDUCED COST, MAKING OUR YTT MORE ACCESSIBLE THAN EVER.

FOR COST OPTIONS PLEASE VISIT:

[PART-TIME SEPT 2023-JAN 2024 @ LONGFORD STUDIO, IRELAND](#)

[10XDAY YTT RETREAT MOROCCO NOVEMBER 2023](#)

[10XDAY YTT RETREAT @ FUERTEVENTURA APRIL 2024](#)

OR EMAIL THE BEWELL TEAM YTT@BEWELL-YOGA.COM

PAYMENT PLANS AVAILABLE

DO YOU TAKE A DEPOSIT FOR THE COURSE BEFOREHAND OR HOW DOES PAYMENT WORK?

WE TAKE A FULL PAYMENT TO SECURE THE PERSON'S SPOT ON THE COURSE. FROM THE MOMENT THE BOOKING IS PROCESSED (CAN TAKE UP TO 2 BUSINESS DAYS) THE YOGA TEACHER TRAINEE CAN HAVE ACCESS TO MATERIALS TO BEGIN. IT'S NOT A PROBLEM IF YOU'D PREFER AT THIS STAGE TO PAY IN INCREMENTS BUT IT IS NECESSARY TO HAVE THE PAYMENT IN FULL PRIOR TO THE START DATE. ACCESS TO MATERIALS IS NOT GRANTED UNTIL THE YOGA TEACHER TRAINEE HAS COMPLETE PAYMENT.

BEWELL IS A CRO REGISTERED IRISH COMPANY BASED IN LONGFORD, IRELAND. OUR COMPANY NUMBER IS 625562





IS THE COURSE CERTIFIED BY YOGA ALLIANCE?

YES THE COURSE IS ACCREDITED BY YOGA ALLIANCE. USUALLY IT IS NECESSARY TO DELIVER 140-180 CONTACT HOURS IN PERSON TO SATISFY YOGA ALLIANCE.

HOWEVER, IN LIGHT OF COVID RESTRICTIONS YOGA ALLIANCE MADE AN EXEMPTION ALLOWING SCHOOLS TO DELIVER CONTACT HOURS VIA ONLINE METHODS. FOLLOWING THE SUCCESS OF THIS EXEMPTION IN 2021, YOGA ALLIANCE HAS ADOPTED THE ONLINE METHOD OF TEACHING SUBJECT TO AN APPLICATION PROCESS. FOLLOWING AN APPLICATION PROCEDURE IN LATE 2021, BEWELL HAS BEEN GRANTED APPROVAL BY YOGA ALLIANCE TO DELIVER OUR 100% ONLINE AND HYBRID COURSE SOLUTIONS.

YOU ARE RIGHT TO ASK TO EXPRESS DETAIL ON YOGA ALLIANCE AS THERE ARE A HANDFUL OF ALLIANCES AND SOME SCHOOLS CAN BE VAGUE ABOUT THIS IN ADVERTISING ETC. YES THIS IS THE YOGA ALLIANCE YOU SEE IN SCHOOLS WEBSITES IN A CIRCULAR IMAGE (SOMETIMES RED OR BLACK) IT IS INTERNATIONALLY RECOGNISED.

TO LEARN MORE ABOUT YOGA ALLIANCE, YOU CAN VISIT THEIR WEBSITE [HERE](#).

OUR GRADUATES HAVE ALSO REGISTERED WITH YOGA ALLIANCE PROFESSIONALS FOLLOWING THE COMPLETION OF THE COURSE.

READY TO INVEST IN YOUR
FUTURE?

BOOK NOW

45





BEWELL 200HRS YTT 2023/2024

TO BOOK DIRECT,
CHOOSE THE RIGHT OPTION FOR YOU BELOW:

PART-TIME SEPT 2023-JAN 2024 @ LONGFORD STUDIO,
IRELAND

10XDAY YTT RETREAT MOROCCO NOVEMBER 2023

10XDAY YTT RETREAT @ FUERTEVENTURA APRIL 2024

FOR ANY QUESTIONS OR TO BOOK YOUR DISCOVERY CALL TODAY,
CLICK [HERE](#) NOW



BeWell

