

Venue

AfC Training Centre, Twickenham

www.achievingforchildren.org.uk/training-getting-to

Twickenham Station is the closest station and less than a ten minute walk from the venue, which also has ample free parking. There are facilities for eating lunch at the venue as well as tea and coffee making facilities. Twickenham also has many shops and cafes including a large Waitrose.

Dates

Two Sundays a month, some on zoom and some in person

10am-5.30pm (in person) and 9.30am-1pm (zoom)

Dates may be subject to change.

Taster days: May 9th zoom July 4th in person

Course:

October 3rd and 24th (in person)

November 7th (in person) and 21st (zoom)

December 5th (zoom) and 19th (zoom)

February 6th (zoom)

March 6th (in person and 20th (zoom)

April 3rd (in person) and 24th (zoom)

May 15th (in person) and June 5th (in person)

July 3rd (in person)

Cost

£750 for the full course of 72 hours over 11 months, plus practitioner membership of TSYP of £20 and £20 admin fee to TSYP.

There will be a maximum of 14 students.



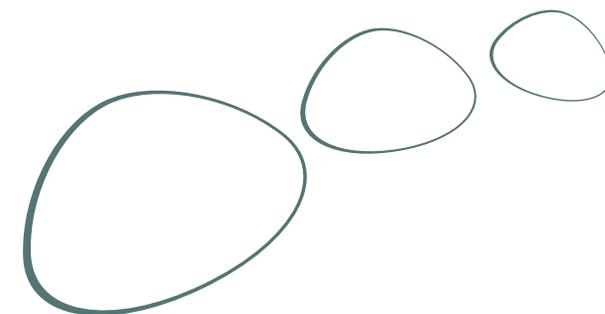
www.justbe.yoga

Applying the principles of classical yoga
to build resilience for modern life.

bea@justbe.yoga | 07767 795 396

just be yoga

Blended TSYP Foundation Course



Led by Bea Teuten

BWY and TSYP Yoga Teacher
CNHC Yoga Therapist
Vedic Chant Teacher

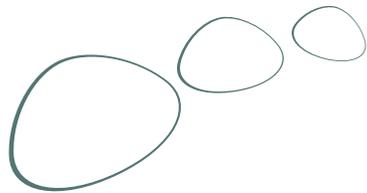
Course Overview

This course is designed for committed students of yoga who wish to deepen their knowledge, develop a personal practice or as a stepping stone towards a teacher training course.

Whilst there is no obligation to continue to a teacher training course, most teacher training courses will require a student to have completed a Foundation Course before embarking on teacher training.

TSYP is the organisation in the UK which represents the rich and ancient teachings of Sri Krishnamacharya and his son TKV Desikachar. Krishnamacharya is known as the 'father of modern yoga' and his son is widely credited with bringing the teachings of yoga to the West.

www.tsyp.yoga



Attendance

Students will be awarded a certificate of completion by TSYP at the end of the course. The attendance requirement for this course is 80%.

Content

Āsana

Classification of postures, vinyasa krama, modifications, adaptations and how to develop a personal practice.

Prānāyāma

Basic breathing techniques, benefits and precautions.

Meditation

Introduction to key yoga concepts including concentration, meditation and subtle practice.

Mantra and Chanting

Study of sound in āsana, introduction to Vedic chanting including peace and health chants.

Yoga Philosophy

Introduction to the Yoga Sutra-s of Patanjali, and the key concepts.

History of Yoga

Origins of yoga including an overview of some of the Veda-s and the six Indian darśana-s.

Āyurveda

A short introduction to the key concepts

Teacher

Bea Teuten

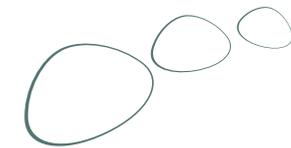
Having worked as a lawyer and mediator in the healthcare sector for many years, Bea has been practising and studying yoga for the last 20 years.

A qualified teacher and registered yoga therapist, Bea works in a wide range of settings – studios, one-to-ones, cancer centres – and runs courses on yoga for resilience in the healthcare sector.

Bea is also the Chair of TSYP and formerly a director of CNHC.

www.cnhc.org

Bea continues her studies with Gill Lloyd and Radha Sundararajan.



Level

You should have had a minimum of two years yoga experience with a suitably qualified teacher in order to participate in this course.

For more details and an application form please email Bea Teuten - bea@justbe.yoga