



FEB 2023 - DEC 2023

## YOGA TEACHER TRAINING IN HALE MANCHESTER + WEEK LONG IMMERSION RETREAT IN WALES

- Are you a seeker of wisdom wanting to bring Yoga into your daily life and the life of others?
- Have you ever wondered what the rich philosophical approach to this ancient practice is really all about?
- How does Yoga work on both, the physical and psychological levels?
- This teacher training is a transformative journey. A journey of self discovery & deep enquiry into how yoga can help us to live together harmoniously.

# INTRODUCTION

Have you ever been caught in a moment, caught a glimpse of the miracle that is nature? Can you remember a time when you realised that there is more to unlock beyond just the physical yoga postures? A moment to ponder, beyond the discomfort of stretching this muscle, unlocking that hip, where we can find a spaciousness, where the breath can move freely and the mind slows down just for a moment and we begin to feel more. Perhaps a realisation dawns, that, the same nature that we are in awe of the perfect sunrise, the fullness of the moon or the deep richness of the night sky. That same miracle of life we can see, touch and feel, is within us all.

**Life can be messy and often our minds can feel pulled in so many directions, triggered by things that throw us off balance. Disconnected from the wisdom within, we lose our faith and trust in the power of our own minds.**

Rarely do we get the opportunity to spend time to cultivate this inner world. To get to know ourselves, to get to know how powerful we are. Yet Yoga, when practiced with sincerity, can awaken deep states of being. This ancient knowledge can help us master the way we are impacted by our unpredictable world. It is an intelligence waiting for your attention to direct it. When you do, something dawns from behind the stories, beyond the veils of conditioning.

**For a moment, we pause, we feel,  
we are in awe of the truth of who we  
are be-coming.**

**This training will help you move beyond the stories of the mind and the conditioning of your body, to feel a little deeper, and evolve into the person you have always hoped to be-come.**



The wisdom imparted on this course comes from a dedicated team who have studied with the greatest teachers in the world. These teachings have helped shape the modern yoga today which is ever evolving through enquiry and progress in science. The traditions of this ancient practice gives us all the clues to unlock the magnificent potential of the human mind. To help us all to learn, evolve and grow more consciously together.

Check out this live link to our testimonials page:

<https://www.evolveyogatraining.com/200hrs-testimonials>



As an accredited TrainerPro we have been specially chosen as one of the leading Training providers in the field of Yoga in the uk. We strive to excel in every area of training committing to the very highest of standards.





# OUR APPROACH



The teaching is spread over 11 months and takes place at the renowned Inhale Yoga Studio in the lovely village of Hale on the outskirts of Manchester.

Included in the training is a 6 day intensive, situated in a stunning lakeside setting in Wales. It has lovely accommodation, and fresh seasonal home grown food.

For these 6 days you can be fully immersed in your practice, away from the distractions of daily life; a chance to 'live' yoga. We take care of everything so you can fully connect with your practice.

# LEARN GROW EVOLVE TO LOVE



## COURSE OVERVIEW

This is an opportunity for the dedicated and passionate practitioner to explore and fully integrate all the elements of Yoga through the experience of a personalised yoga practice. In this way we can achieve **whole body balance** A practice that will build both inner and outer strength helping you to become more focused more present, without the anxiety of the past or concerns of the future. A journey from the physical form of Asana to the more subtle elements of breath, bandhas mudras and mantra. Unwinding the un-conscious patterns of the mind, bringing all separate parts of the self back to wholeness.

*“ I would totally recommend this training to anyone. Everything that we have explored makes total sense to me as a GP. From the physiological effects of asana and breath work, through to the psychological effects of these practices done with single pointed awareness, finding more stability & equanimity ..”*

**Dr. Mona Johnson**

The first 6 months of the course is all about you and your practice. This can then, be applied to communicating these teachings to others. Even if you may not be considering teaching, learning how to articulate the importance of better functioning of body and breath can be a very useful skill in many health and wellness circles and more importantly in how we live more healthy and balanced lives.

Understanding empowers and liberates, whereas knowledge alone can encourage us to rely on the external for solutions. It's all about understanding ourselves, our minds and our bodies. By building a better relationship with ourselves we improve those with others.





# UNIQUE APPROACH

*“ What an incredible retreat,  
we grounded & restored to  
the earth in daily asana practice,  
we swam in the lake, we paddle  
boarded as the sunset,  
we found deep connection to  
ourselves, through the breath,  
we opened our hearts  
to something much greater  
than ever possible.  
The group was brought together  
with the most powerful  
guidance, love, compassion,  
openness & healing.”*

**Rachael Skerrit**



What makes this Training School unique is our approach to teaching the correct and efficient management of the breath as the foundation stone of Hatha Yoga. Why? Mind and breath are interconnected, the breath is key to reducing stress and **opening the body from inside out**.

You will have a whole year to allow the knowledge and experience to fully integrate and your confidence to build. As we move the breath, we move the body, as we regulate both, we regulate our thoughts and emotions.

The course begins with a totally experiential journey, deconstructing all elements of movement, asana and the breath and using this to build a personalised self practice. This is explored in detail during our retreat surrounded by the stunning mountains and lakes of snowdonia. Here you get to fully live Yoga.

# THE COURSE INCLUDES



## YOGA POSTURES // ASANA

In depth Asana training from it's Hatha origins to the sequencing of Vinyasa including elements of the more dynamic Ashtanga Vinyasa method alongside more restorative Asana practice with inspiration taken from both classical old style Hatha Yoga as well as modern restorative forms that include flowing yin styles.

Our method is to slow down traditional yoga sequences and explore them somatically allowing you to turn inwards rather than focusing on just the external form. Working intelligently with movement to create healthy neuromuscular patterning. Encouraging everyone to use the breath to move more intelligently inside this vehicle of life force energy.

We love to break down postures to their tiniest elements helping to overcome the mental obstacles, along with functional anatomy of movement. Understanding where our balance lies and how to find it.

When we modify, we slow down, so our attention gets focused on breathing consciously and opening the space. This can bring an even greater awareness to how joints and muscles work together in harmony, particularly, spirals and counter spirals.



## THE BREATH & PRANAYAMA

The breath is key to reducing stress and opening the body from inside this is why it has been an integral part of Yoga & Meditation for thousands of years. We are fortunate in this school to be connected to living tradition from India. ( click live link for teaching lineage )

<https://www.evolveyogatraining.com/teaching-lineage>

Correcting faulty breathing habits is key to optimising health and regulating stress and therefore negative mental patterns. Throughout the course you will explore how to breathe more efficiently so all functions of the body are optimised.

Healthy breathing is also key to developing a better relationship with your body in all yoga postures to allow you to drop into a deep sense of presence and connection.



We will explore in detail techniques that switch the activity of the nervous system and calm the mind. Including all classic techniques such as - cleansing Kriyas and exercises that address the build up of tension to prepare the system for the subtler aspects of practice such as Pranayama & Meditation. These ancient practices also also rejuvenate internal organs, open the body, and improve the breath. You will be taught in detail Classical Pranayama practice – directly from the teachings of a Living Yogic Master Sri OP Tiwari.

## ANATOMY of MOVEMENT

The Anatomy weekends are based on the principles that govern all human movement and therefore they are not confined to any rigid or dogmatic system, they are in fact generic to all of life. These can then be applied to the fundamentals of any asana as the principles are universal.

Our intention is that you build an intuitive and intelligent perspective, growing in confidence with the knowledge from your own practice first, and then having the ability to share with others.

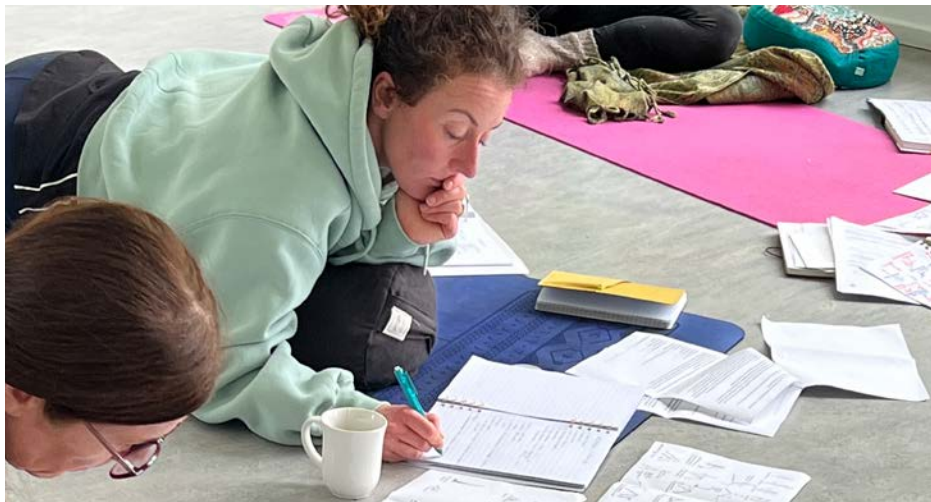
We teach students to enjoy their movement to 'feel it' rather than just 'do it'. When we feel it, we can fix it if we need to, and at the very least enjoy the process of moving inside this vehicle of life force energy, rather than fixing a shape with some expectation of what it needs to look like.



## PHILOSOPHY

Philosophy literally means “The love for wisdom.” We take pride in the way in which we apply yogic philosophy to our everyday experiences, using both lecture & group discussion to form enquiry and to shift perspective. The objective is to take yoga off the mat into our relationships with others, to become more conscious of our thoughts and behaviours.

We look in great depths at the Ashtanga Yoga of Patanjali, these 8 steps which give us all the guidance to live together harmoniously. Referencing other major texts such as, The Gita, & Hatha Pradipika.





## AFTER THE SUCCESSFUL COMPLETION OF 200 HOURS YOU WILL BE EQUIPPED TO TEACH:

Various dynamic core vinyasa class sequences.

How to break down sequences to the very basics appropriate for absolute beginners.

The ability to teach a gentle, restorative style Asana class.

Basic understanding and direction to sequence your own classes from a deeper understanding of the human form.

### *Also:*

- Your own personalised Asana, Pranayama and seated practice
- A greater context for, and understanding of, Yoga in its entirety, beyond just the physical.
- The ability to self enquire, observe your own mind
- The basics of Ayurveda
- Basic knowledge of Pregnancy and Yoga
- Finding your own unique voice in teaching from the most basic of Asana class to more advancing students, and how to brand yourself and find your own unique path.



# OUR TEACHERS



**EVOLVE YOGA TRAINING** has the UK's leading experts in the field of Yoga & Pranayama, who have been immersed in the classic traditional teachings in the field of Yoga and Meditation from their ancient roots in India. Our teachers have spent decades in dedicated study and practice and have assisted alongside some of the greatest teachers in the world.

All our teachers are passionate and dedicated to sharing their experience and love for yoga as both a way of looking at life and a way of life.

The Pranayama teachings and Philosophy of Yoga have been directly passed on to Course Director, Vicki Shields from Yogic Master Sri OP Tiwari; one the few remaining Masters of Pranayama and Hatha Yoga in the world today. Tiwariji has given his personal blessing and certified Vicki to pass on this knowledge and wisdom. The Asana is taught by the team of experienced teachers with over 40 years of combined experience in methods such as Iyengar and Ashtanga Vinyasa Yoga as well as world leaders in functional movement practices to optimise health and wellbeing.

Course Director Vicki Shields live link to full bio :

<https://www.evolveyogatraining.com/vicki-shields>

# COST OF THE COURSE

The cost of Evolve Yoga Teacher Training is £3200 which includes the cost of a 6 day intensive, covering full board and all teaching.

Although there is now a surcharge for booking a single room on top of the cost of the Training, for our week long retreat in Trigonos since Covid,

£180 for a single room with an ensuite bathroom or,  
£120 for a single with a shared bathroom

## PAYMENT OPTIONS

If you would like to pay in instalments the total cost would be £3,550. A non-refundable deposit of £500 is required to reserve your place,

unless you catch the early bird which would be £3,200 paid in full before the start of the course.

Please contact [info@evolveyogatraining.com](mailto:info@evolveyogatraining.com) for details.

## DATES FOR 2023

25th & 26th February

11th & 12th March

1st & 2nd April

7th & 12th May (Trigonos Retreat)

20th May Anatomy (via zoom)

10th - 11th June Anatomy Live

2nd July

15th & 16th July

16th & 17th September

7th & 8th October

11th & 12th November

2nd & 3rd December







EVOLVE with us 2023

[info@evolveyogatraining.com](mailto:info@evolveyogatraining.com)  
[www.evolveyogatraining.com](http://www.evolveyogatraining.com)