



CYS Glasgow at Merchant City Yoga

200hr Yoga Teacher Training Course Syllabus

Hello!

Welcome to our prospectus for the CYS Glasgow 200hr Yoga Teacher Training Course at Merchant City Yoga!

It's no secret that we're leaders in providing training to become a yoga teacher. Our accredited 200 hour teacher training programme will help you deepen your understanding of yoga, develop your own yoga practice and give you the practical skills and confidence to guide students through a yoga class.

Our course offers a unique learning experience designed for those who are passionate about yoga and wish to deepen their practice, gain a better understanding of yoga philosophy and history and develop the skills to teach yoga. We invite you to explore our prospectus and learn more about us, our comprehensive programme's curriculum and requirements, and all the practical organisation too.

Thank you for considering CYS Glasgow at Merchant City Yoga and we look forward to hearing from you soon!



Principal Teacher, CYS Glasgow Yoga Teacher Training

Owner, Merchant City Yoga

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Why choose Merchant City Yoga?

Here at MCY we're passionate about great teaching and about sharing it with you. We give individual attention and personalised instruction. We as teachers are committed to ongoing learning and training as well as maintaining a regular personal yoga practice.

We're committed to creating a thriving yoga community to inspire, support and connect. We believe yoga is for everyone and we're dedicated to supporting real people in their search for change, personal growth, health, well being and fulfilment.



As well as creating and nurturing a community here at MCY, we want to take our place within our local community and make a positive contribution there too. We run fundraising events in support of local Glasgow charities and we take the power of yoga beyond the studio walls, offering yoga to those groups in our community facing trauma and adversity.

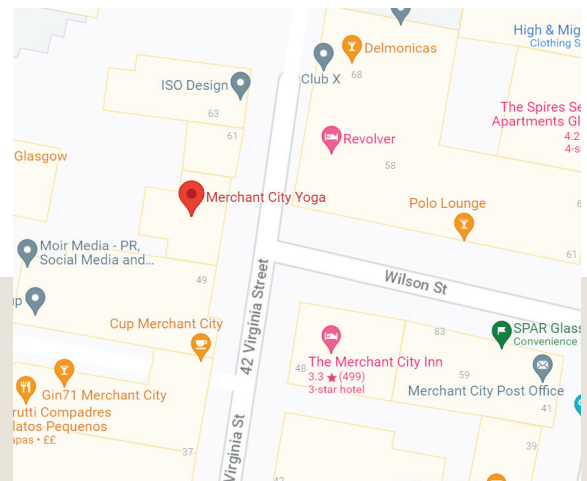
We're all about the yoga. And although we take our yoga very seriously, we have a laugh about it too!

Where is Merchant City Yoga?

You'll find our beautiful studio space on the 2nd floor of the Jacobean Corsetry building in the heart of Glasgow's Merchant City.

This landmark A-listed building on Virginia Street dates back to 1817 and takes its name and its distinctive gold sign from Glasgow corset wholesaler Jacobean Corsetry who supplied corsets to shops across Scotland from their Glasgow store from 1946. Although they moved from Virginia street they were still in business right up to 2000!

Historically Merchant City was the commercial hub of Glasgow and is known for its beautifully restored buildings and cobbled streets. These days it's just as well known for its lively community of cafes, bars, restaurants, galleries, high-end and independent shops, and of course its friendly, local yoga studio!



"If given the opportunity to practise elsewhere, knowing what I know of MCY, I'd say no thank you. I will always think of MCY as my home studio."

- Megan

A brief history of yoga and why it's still relevant today

Yoga encompasses a diverse collection of concepts, teachings, strategies and techniques rooted in its historical contexts of South Asia. Yoga as it is commonly understood today is intended to help us find a measure of health, harmony and freedom in this messy and complex life.

The oldest texts in the Indian literary record, the Vedas, contain concepts which will later be important in the yoga context. However yoga systems and techniques don't start to emerge in literature until much later. Historically what yoga is and what it does is very different from the yoga we see presented and practised in our modern world.

Yoga is just as relevant and important in today's world as ever though. As it has become globally more popular and widespread it has adapted (or been adapted) to meet the social and cultural conditions in many different countries. A modern yoga practice offers physical and mental benefits as well as a philosophy for living a more fulfilling life and cultivating a more peaceful and harmonious society.

"When I started the course I thought accountability to the training course would help me practice regularly. However during the course my focus shifted and now it is accountability to myself that gets me on my yoga mat. Reading the suggested literature broadened my horizons. My perception of what yoga is has totally changed and so has my attitude to my yoga practice."

- Julija

What you can expect from CYS Glasgow 200hr Yoga Teacher Training Course

The primary goal of our CYS Glasgow yoga teacher training programme is to prepare you to become a knowledgeable, skilled and confident individual who can share the benefits of yoga with others.

Our specially structured course provides you with the opportunity to deepen your own personal yoga practice, which will support improved physical health, mental clarity and emotional wellbeing. Additionally, our course will equip you with a deeper understanding of yoga philosophy, yoga asana, anatomy and physiology enabling you to design and deliver effective yoga classes that meet the needs of those taking part.



Joining our in-person yoga teacher training programme here at MCY offers you the opportunity to connect with like-minded individuals and build a community with your peers for support, learning and sharing.

Furthermore, yoga teacher training may even open up new opportunities with

the possibility to teach in yoga studios, health clubs and other wellness centres, schools, corporate settings, charities, outreach settings and with private clients.

Our goals:

- ① Provide you with a comprehensive understanding of yoga philosophy and its history;
- ② Develop your knowledge and understanding of human anatomy and physiology as it relates to yoga practice;
- ③ Teach you a range of yoga techniques including asanas (postures), pranayama (breathing exercises) and meditation;
- ④ Provide opportunities for personal practice, critical thinking and self-reflection;
- ⑤ Equip you with the skills and confidence to effectively share what you practise and know;
- ⑥ Promote a strong sense of ethics and professionalism in teaching yoga;
- ⑦ Encourage and support ongoing learning and development as a yoga teacher.

The benefits of in-person learning

It's important to consider both the benefits and drawbacks of different learning environments when deciding what works best for you. We believe the most effective way to share with you and support you through your training is through in-person learning. Having said that, our programme is also supplemented by the best of what we've taken from training online during the covid pandemic, giving us the best of both worlds!



Here's why we've chosen to deliver our course in person:

Social Interaction

The number one thing we missed, and the hardest thing to recreate delivering the training online, is the social interaction between participants, and between participants and teachers. These exchanges help build stronger relationships and a sense of community. You also learn from your peers through group work and discussions, both formal and informal.

Personal Attention

When we're in the room with you we can give you personal attention and individual guidance, meeting you wherever you are and ensuring you get the most from your time with us. It also means that should you experience any difficulty we are there to help and support you.

Hands-on Learning

In-person learning provides learning experiences that can be difficult to replicate online, for example, teaching a room full of people, observing and understanding individual bodies and practising sensitivity and skills for hands-on touch.

Accountability

We feel that in-person learning provides a greater sense of accountability as you are expected to attend all modules, participate in discussions and complete assignments on time. Hopefully this will help you stay on track with your studies over the course of the 12 modules.

Motivation

Being in a physical studio setting will help you feel more invested in this learning opportunity, engage better with the course material and more motivated to participate in class.

"I wanted a well rounded experience, practical hands on training as well as a theoretical education on yoga - and a community spirit with the other students. Too much to ask? MCY delivers all this and more, with approachable and open minded expert teachers and the strong friendships we made as a group, supporting each other through our teacher training journey."

- Clare

Course Overview

“CYS Glasgow offers a comprehensive and well rounded curriculum which covers all aspects yoga... a supportive and non judgemental environment in which to learn.”

- Audrey

Our yoga teacher training course is a 200-hour programme accredited by Yoga Alliance®. The course is divided into 12 modules, one module per month for 12 months. Classes are held on weekends (Friday evening, all day Saturday and the occasional Sunday morning) to accommodate your work and life commitments.

The course is specially structured to provide a comprehensive education in yoga and to prepare you to become a confident and effective yoga teacher. The first half of the course is focused on developing your practice, helping you develop your own yoga practice and also start to deepen your understanding of yoga. Then during the second half of the programme, while we're still helping you with your own practice, the focus starts to shift as you begin to practise sharing what it is that you know.

The programme has both theoretical and practical components including lectures, discussions, demonstrations, practise teaching and experiential learning activities. You'll also have the opportunity to observe and assist in live yoga classes.

We are committed to fostering a supportive and inclusive learning environment and to helping you achieve your full potential.



Syllabus

Core Yoga Practice

- History and context of yoga;
- Philosophical and Spiritual Study including Patanjali's Yoga Sutras & The Bhagavad Gita;
- Asanas - For personal practice we are working with the Ashtanga Vinyasa Primary Series in addition to studying Hatha, Sivananda, Iyengar, Scaravelli-inspired, Yin and Vinyasa Flow styles;
- Anatomy and Physiology - covering all the body systems and understanding how yoga acts on them with additional tuition in Anatomy for Yoga;
- Pranayama - the science behind the breath;
- The Subtle Body - including Nadis, Chakras, Bandhas and Kriyas;
- Meditation - practice & understanding;
- Relaxation techniques;
- Kirtan and the use of music, mantras & chanting;
- Yoga for special circumstances (including back pain, pregnancy, children & seniors).

Teaching Practice Essentials

- Practice teaching skills;
- Hands-on skills for assisting in postures;
- Guidance for Self-Practice, Personal Development & Personal Accountability;
- Self reflection - how yoga ethics & yoga philosophy relate to your practice and teaching;
- Yoga teacher mentoring hours - observing and assisting an experienced teacher;
- Tutorials in Mindfulness, NLP, Alexander Technique and Nutrition to develop a sound holistic approach to yoga teaching;
- Myers Briggs Personality Profiling for building self-awareness to teach;
- The Business of Yoga including setting up your classes Marketing, Accounting & Insurance;
- A 6-hour Emergency First Aid Course will also be made available to all students out with the course hours.

Ongoing connection & support

Often teaching yoga can be a lonely place without ongoing connection with peers and a mentor. Our CYS Glasgow training programme is different though, because after graduating you'll be invited to join regular online mentoring sessions led by Judi (free of charge). These sessions allow you to ask questions, connect with your fellow graduates and they'll keep inspiring and informing your yoga practice and teaching.

We also offer the opportunity to assist regularly in class with Judi and our regular teachers after graduation. This allows you to continue to learn from experienced teachers, practise helping participants and build your confidence and experience in a safe, supported environment.



Certification

To receive your certificate you must attend all classes and complete all assignments. Upon successful completion of the programme you will receive a Yoga Teacher Training Certificate accredited by Yoga Alliance®. This certification is recognised worldwide and qualifies you to teach yoga in a variety of settings.



CYS Glasgow exceeds the minimum standards set by the Yoga Alliance® and will provide you with a solid foundation in yoga theory and practice.

We understand that sometimes life throws a curve ball and if you do have to miss a module you may be able to join our sister course in Perth or you'll be invited to join the module you missed the following year at no additional cost. In the meantime, you'll still graduate with your cohort but your certificate will be held until you complete the outstanding hours.

CYS Glasgow Programme Costs

The yoga teacher training course fees are made up of a deposit of £450 followed by 10 monthly payments of £254 from the first month (September - June). The deposit is an advance payment for the last two instalments (July & August).

Total cost £2990.

These programme costs do not include the Emergency First Aid Course provided out-with the course hours. The first aid course is discounted for our CYS groups and usually costs around £50.

“When it came to finances I considered it an investment in my self, well being, and health. The teacher training is up there as my greatest purchase ever. I would do it all again.”

- Paul



Requirements and Eligibility

We ask that our applicants have a regular yoga practice prior to commencing the course. During the course we ask you try and attend at least one class per week with your regular teacher (it doesn't have to be here) and practise at home most other days.

When speaking to you about joining the course we want to hear about your experience of your yoga practice rather than how well you perform yoga postures. That means it can be a bit more subjective about where you need to be in your practice when you think about joining a yoga teacher training program.

What we're looking for from you during the course of our programme is effort and progress, a willingness to learn and an openness to explore.



To Apply

In the first instance email Judi (judi@merchantcityyoga.com) with a paragraph or two talking about each of the following:

- Tell me about your yoga practice and what brought you to yoga in the beginning;
- Why would you like to do the Teacher Training?
- What might you as an individual bring to the training?

We'll then invite you to meet up for an informal chat and to take part in a class.



"I was more than a little apprehensive about embarking on this programme. However, I can't recommend it highly enough. I was particularly concerned about managing to keep up with the programme requirements at the same time as working full time. Thanks to the excellent design and delivery of the programme, that has not been a problem. The quality of the teaching is world class and the reading material is rich and varied."

- Angiolina

Our Tutoring Team

Our team is made up of experienced yoga teachers and experts in their respective fields. They bring a wealth of knowledge and expertise to our programme and are dedicated to helping you succeed. They are passionate about yoga and have a deep commitment to their own practice and ongoing education.



Judi Farrell

Principal Teacher + Owner of MCY

What started as a class taken once a week in the local sports centre has become a passion and a way of life.

After starting a new job and enduring six months of sleepless nights, Judi was dragged along to her first yoga class by her Mum – an act of desperation on her part. In a very short time her weekly yoga class worked its magic, helping to alleviate stress and anxiety. And provide some much needed sleep too. Further workshops inspired Judi to seek to deepen her practice and understanding of yoga by enrolling in the Yoga Scotland Foundation Course.

Gradually yoga became more than just something to be done in a weekly class. On completion of the course Judi was so eager to continue her yoga journey she enrolled on the CYS Yoga Teacher Training programme with June Mitchell in 2005.

It was here Judi's enthusiasm for Ashtanga yoga was ignited – the flow of breath and movement, the discipline of a challenging sequence and the respect and humility that comes from practising in an ancient tradition.



Alanna Dearden

Senior Tutor

Alanna has been a Senior Tutor on CYS Glasgow since 2015, regularly covers for Judi & Rose Ann here at MCY and teaches on a recovery programme as part of MCY's yoga outreach commitment. She's been practising Ashtanga since 2003 and teaching since 2009.



Ana Costa

Senior Tutor

Ana graduated CYS Glasgow in 2015 and has been teaching our Vinyasa Flow class ever since. She has a PhD in heart research (2019), a master's in Exercise Science (2013) and a BSc (Hons) in Physiology (2012).



Rose Ann McKean

Senior Tutor

Rose Ann teaches our morning Mysore programme here at MCY. She's been practising Ashtanga since 2005 and is dedicated to sharing the traditional teachings in an approachable and down to earth way.

"The quality of teaching was incredible, as was their enthusiasm for living yoga on and off the mat and sharing this joy with their students. I learnt so much from this experience - it gave me an excellent grounding in yoga asana, philosophy, teaching skills as well as introducing me to a wonderful community of yogis."

- Alison

Guest Tutors

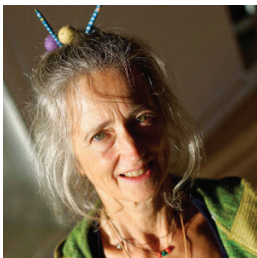
Our guest tutors are all experts in their own fields and bring real breadth and depth to our course.



Sue Barclay
Alexander Technique



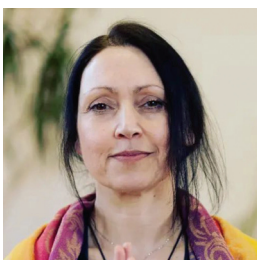
James Boag
Yoga Philosophy –
Kirtan



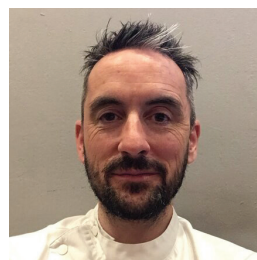
Judy Cameron
Scaravelli style Yoga



Sheila Croken
Mindfulness
Meditation



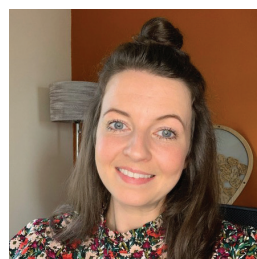
Siobhan Fitzgerald
Pranayama



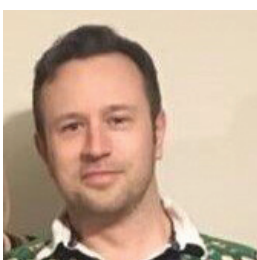
Gareth Magee
MSc. BSc (Hons) Ost
Anatomy &
Physiology



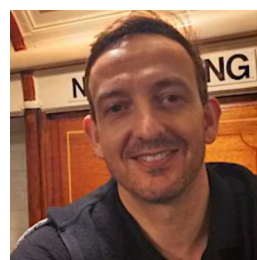
Emma McGurn
Iyengar Yoga



Emma Thornton
MSc (RNutr)
Nutrition



Alex Woodward
Myers Briggs



Tony Young
Energetic/Yogic
Body, Meditation &
Kirtan

CYS Classical Yoga School

CYS is a Yoga Alliance® accredited Registered Yoga School (RYS® 200) allowing graduate teachers to teach worldwide with their Certificate CYS/Yoga Alliance.

CYS Yoga Teacher Training is synonymous with high standards and is known as a centre for excellence in yoga teaching. Students coming out of the school with a CYS Yoga Alliance® Certificate will be seen to represent the highest standards and should expect to finish their training confident, happy and ready to pass on their understanding and experience of yoga to their students.



June Mitchell

Course Director

CYS Yoga Teacher Training Course Director, June Mitchell has been teaching yoga full time since the early 1980s, running three very successful yoga centres in Perth, Scotland. She currently runs Perth Yoga Studio www.perthyogastudio.com.

In 2003 June co-founded and was Course Director of CYS Scotland, then called the Chi Yoga School, as an independent yoga school offering the highest standards in yoga teacher training. In 2006 CYS expanded into the South of England and the training courses have continued to thrive since 2010 when June took over as sole owner and Course Director of CYS, now known as the Classical Yoga School.

As a young woman June qualified to teach in Sivananda Yoga in 1976/77 through her inspirational teacher and mentor, the late William Mowat Thomson. He was the founder of the

Edinburgh-based Scottish Yoga Centre of the 1970s and is widely credited for bringing yoga to Scotland. He was Patron of CYS from its inception in 2003, giving it a lineage unique in the UK.

June then had the benefit in the 1980s and 90s of many trainings with the best yoga teachers in the UK through the British Wheel of Yoga plus inspirational Iyengar yoga teachers. In 2003 she further qualified in Ashtanga Vinyasa yoga with Certified Ashtanga yoga teacher, Paul Dallaghan's Centred Yoga on Koh Samui in Thailand and in 2004 was a direct student of Sri K. Pattabhi Jois in Mysore, India.

She is dedicated to the traditional teachings of yoga and has been Scotland's, and one of the UK's, leading yoga teachers for very many years. She has taught and inspired a large number of highly successful yoga teachers who are now taking classes and running their own yoga centres and charities throughout Scotland, the South of England, Europe, the USA, South America and even as far as Australia.



Accreditation

Yoga Alliance® is a nonprofit association representing the international yoga community, helping to maintain and promote high standards across the sector. Yoga Alliance® certification is recognised worldwide.

As a Registered Yoga School (RYS®) offering a foundational 200-hour programme the CYS Yoga Teacher training program:

- Meets Yoga Alliance's RYS® standards;
- Adheres to Yoga Alliance's® Scope of Practice, Code of Conduct and Responsibility to Equity in Yoga;
- Has been approved by Yoga Alliance® and is up-to-date with annual registration.

You can find out more about the standards required by Yoga Alliance® for a Registered Yoga School (RYS®) that offers a 200-hour programme on their website.

Yoga Alliance ID No: 11350



Frequently Asked Questions

Is my yoga practice good enough to join the CYS Glasgow course?

We get asked this question all the time. We assume you're talking about your yoga posture practice. Judi says, *"I'm more interested in hearing about your experience of your yoga practice rather than how well you perform yoga postures. Our CYS Glasgow program is designed to support you wherever you're at and help you feel comfortable and confident about sharing what you know about yoga with others. What you share will very much depend on what it is that you are practising. You do not have to be able to do 'spectacular' yoga postures to join the course."*

Is there one big exam at the end of the yoga teacher training course?

Absolutely not. There is no big exam or test at the end of the course. Instead, you will be continually assessed across the 12 modules. Each module you'll be given a number of assignments to complete. These assignments will include a combination of written and practical work. If your assignment hasn't met what it is that we're looking for, we'll invite you to resubmit and give you very clear guidance on what we feel you've missed or should take a closer look at. This continuous assessment means we're able to address any issues that come up for you at the time rather than at the end of the course.

How long is the course?

The course takes one year to complete, one weekend per month. This gives you time to do your assignments in between and absorb your learnings.

What if I miss a module?

Don't worry, we'll invite you back to complete the module you miss the following year.

A yoga teacher training programme is a hugely enriching experience. We invite you to join us on this journey of self-discovery and growth on our CYS Glasgow 200hr Yoga Teacher Training Course at Merchant City Yoga.

Contact

Judi Farrell

Merchant City Yoga

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