

**BEWELL**

# **200 HOURS YOGA TEACHER TRAINING ONLINE:**

Guided and self-paced courses  
available



**01**

Online YTT 2020



## YOGA AT HOME



**In an ever changing world, where we can no longer freely explore outwardly, we have the unique opportunity to discover a whole other world within.**

**Our inner world, an undiscovered terrain, can be explored and adventured by means of simple methods from the comfort and safety of our home.**

**Meditation, Yoga and Pranayama (breathing exercises) act as keys that unlock the layers and 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.**

**All from the comfort and safety of your home.**



# Syllabus

*What you can expect over the course of 4 weeks...*

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## 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.





## COURSE DATES

April 13th - May 8th 2020 - live sessions - **fully booked**

may 18th - june 12th 2020 - live sessions - **booking open**

June 22nd - july 17th 2020 - live sessions - **booking open**

July 27th - Aug 21st 2020 - live sessions - **booking open**

August 31st - sept 25th 2020 - live sessions - **booking open**

## €995 INVESTMENT

### Includes:

- 200 Hours Yoga Teacher Training Course Fee
- All materials
- Daily and live online tuition and support through course dates

# WHY BEWELL?

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**1** 100+ Hours of daily live online sessions with the full Yoga Teacher Trainee group and Yoga Trainers over the 4 week program Monday to Friday.

**4** Weekly or 4x 60' one to one sessions for each Yoga Teacher Trainee with lead 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.

**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.

**5** Support coaching and guidance on completing the program within the 4 week period 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.

**3** Consistent and reliable support from the training team for all questions in our live sessions and via live chat/email with 12 hour max turnaround on questions Monday - Friday.

**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.



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An introduction to the the course and the instructors who will be leading and guiding your online YTT.

## PAGES 15-19 | **TECHNIQUE, TRAINING & PRACTICE**

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.

## PAGES 24-28 | **ANATOMY AND PHYSIOLOGY**

A guide to the skeletal, muscular, nervous, endocrine, and digestive systems. A look at injuries and special conditions, bandhas and joint protection, chakras, and anatomical considerations of sequencing.

## PAGES 29-32 | **YOGA HISTORY, PHILOSOPHY & ETHICS**

Gain insight into the history of yoga, delve into Patanjali's sutras and learn how to differentiate your yamas from your niyamas.

## PAGES 33-35 | **RECOMMENDED READING/RESOURCES**

Along with the materials that we will provide to you, we have some recommended reading before you start your course.

## PAGES 36-46 | **FAQ**

Answers to frequently asked questions about the course and learning online.





*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 online.**

**It takes a lot of courage to show up in a time of crisis, and we are so grateful to be able to offer this online space for you to grow and transform in your yoga journey. The course is intense and all the more challenging to follow online vs in-person. However, we've put it together in such a way that you can still expect just as much help and guidance as a regular in -person YTT.**

**Attending 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 Online 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*



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."*

*-Jogi 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)*



## How it works



Online Teacher Trainees can choose to enjoy a guided Monday-Friday live online course or instead opt for a self paced course. Or a mixture of both!

Whether you choose to self study or join the next online sessions, 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.

*Study as a group...*

### Guided sessions (4 x weeks)

Our next start date for guided sessions is Monday 18th May.

We will be 'in-session' daily from Monday- Friday: 13.00-17.30pm (GMT+1 London Time).

From May 18th - June 12th We will cover 100+ hours of your training together live and online. The remainder of the course is completed individually and in groups.

Teacher Trainees enjoy 4+ hours of daily guidance and interaction with trainers and an online teaching and learning experience mirroring our in-person yoga teacher training experience typically held in Taghazout Morocco, Lake Como Italy and Leitrim, Ireland.

Teacher Trainees enjoy 4 x one to one sessions with the lead trainer



*Or study at your own pace...*

**Self paced sessions (start today, finish prior to September 30th)**

**Teacher Trainees can opt to complete the course in a self-paced fashion by blended digital learning (theory sessions, written assignments, daily meditation and pranayama, journalling, self practice, pre-recorded video practice, asana alignment pre-recorded clinics, teaching cues and tips pre-recorded clinics.)**

**We will also have weekly Q&A live online sessions (via zoom) Typically, self paced 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 pre-recorded asana practice
- 30 Hours teaching practice
- 8 Hours live online Q&A
- 20 hours group work (where possible)

## How it works

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**Self paced teacher trainees enjoy dedicated guidance from yoga trainers with:**

- Support on all questions sent via email (Mon - Fri).
- Weekly live online Q&As session with full self paced
- Up to 4 one-to-one sessions with the lead trainer

**Teacher Trainees will also have up to 4x 60 minute one-to-one sessions with the trainers.**



# WHAT TO EXPECT



**Materials for individual theory and exercises can be accessed immediately upon booking the 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 prior to June 30th 2020.**

## 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**



# 12 Miriam O'Reilly

@bewellyogacommunity

200E-RYT

Lead Trainer and owner of BeWell Yoga



My wellness journey began in Lake Como Italy, where I lived and practiced for 7 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](http://www.bewell-yoga.com) Registered Yoga Teacher (ERYT200) - Yoga Alliance International
- Owner of BeWell-Ireland ([www.bewell-ireland.com](http://www.bewell-ireland.com)) a marketing and booking platform for wellness services in Ireland & beyond (est. 2018)
- 10xYears work experience in Marketing, Retail, Business Development in multinational companies internationally
- 6years - 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
- Fluent in English, Italian and Spanish



We are delighted to welcome Giulia who joins us this May/June for our online 200 Hours Yoga Teacher Training to lead advanced asana workshops for our Yoga Teacher Trainees.

Giulia has been exposed to sport and movement since a very young age, but she started practicing yoga and acroyoga in 2014, when she immediately fell in love with the playfulness of acro and the mindfulness of yoga. Her passion and dedication made her travel the world, exploring different yoga styles, completing three acroyoga teacher trainings and becoming a 500hrs RYT in late 2018.

Yoga is for Giulia a true lifestyle, and a way of being that really goes beyond the asana practice; AcroYoga is for her a really powerful discipline that combines strength, body awareness, mutual trust and most importantly, respect for the others and the self. Certified and trained in Vinyasa, Ashtanga, Aerial, Hatha, Yin and AcroYoga, Giulia mostly teaches dynamic styles. Her classes offer a good balance between challenge and softness, with a particular attention on alignment and surely a good dose of sweat.

During her extensive travels in India, South-East Asia, Pacific, Central America and Europe, she had the opportunity to practice and meet yogis and acroyogis from all over the world, enriching her practice and teaching style. Her wish is to continue exploring and learning from different disciplines, schools and inspiring humans. All the while, growing as a yoga and acroyoga teacher and movement practitioner.

# Giulia Babolin

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@giuliacroyoga

500RYT | 200E-RYT | YACEP

Vinyasa, Ashtanga, Hatha, Aerial, Yin Level 2

@acroyoga & @partneracrobatics certified





# Joseph Devlin

**@joseph\_devlin\_**

**Myofascial & Anatomy Educator, Practitioner  
development Coach. ANMPT.**



**We are very excited to be joined on our online YTT by Joseph Devlin, a neuromuscular therapist, with 10+ years experience in private practice. Joseph is an experienced online educator and a skilled practitioner who offers great insight into the anatomy section of our course.**

**During a sabbatical in India, Joseph's interest in yoga - especially Yin - grew. Now he facilitates myofascial release workshops and trains yoga teachers in anatomy. Joseph has an interest in traditional medicine, men's work and the power of group circles. Topics will range from the fight /flight nervous systems reaction to pain, gate theory and pathophysiology to the advice he has had from the yoga teachers and healers he has worked with.**

**Joseph calls upon his years of experience to assess posture and movement, educate his clients on specifically what would be of great benefit for them to focus on outside of their sessions. And then working with pressure points, that are holding their over worked muscles into negative patterns of movement. He utilizes simple tools such as foam rollers and tennis balls to empower his workshop attendees to be able to do their own soft tissue release techniques and achieve a positive change in their movement.**

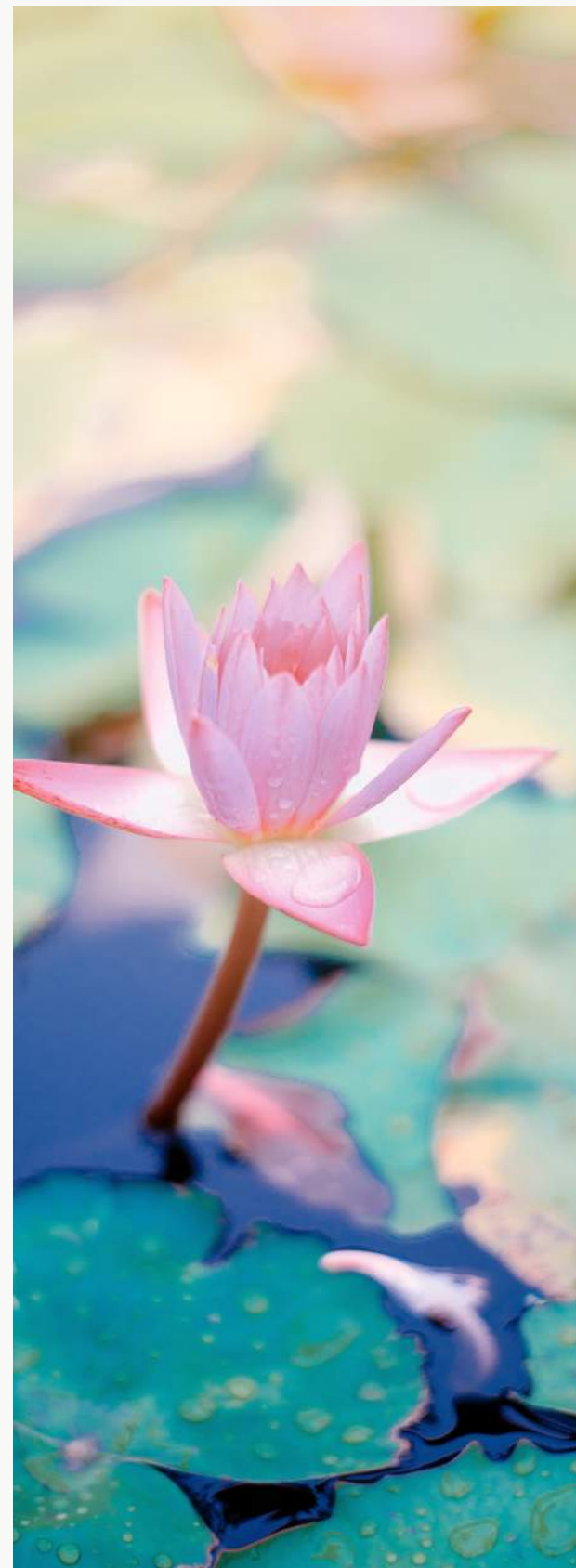
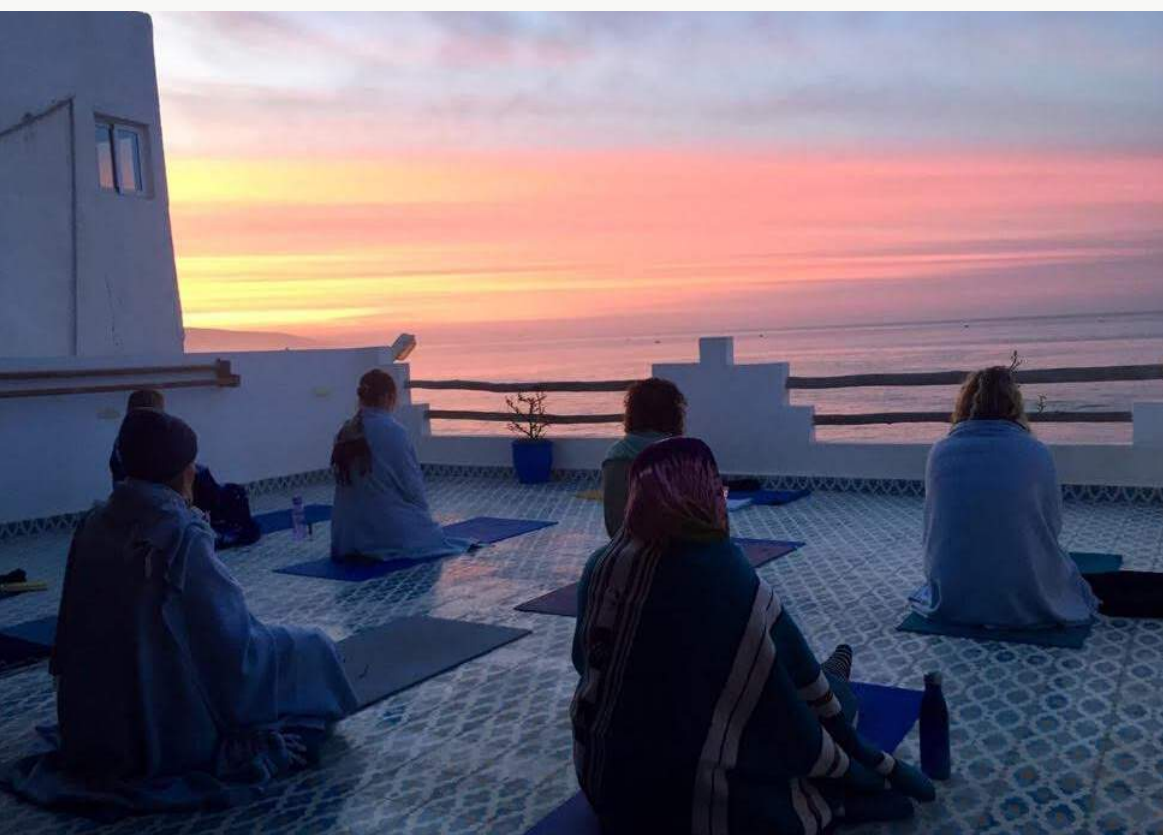


# TEACHING, TECHNIQUE, AND PRACTICE





## MEDITATION



**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.**



# Technique, training and practice...

## PRANAYAMA

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)

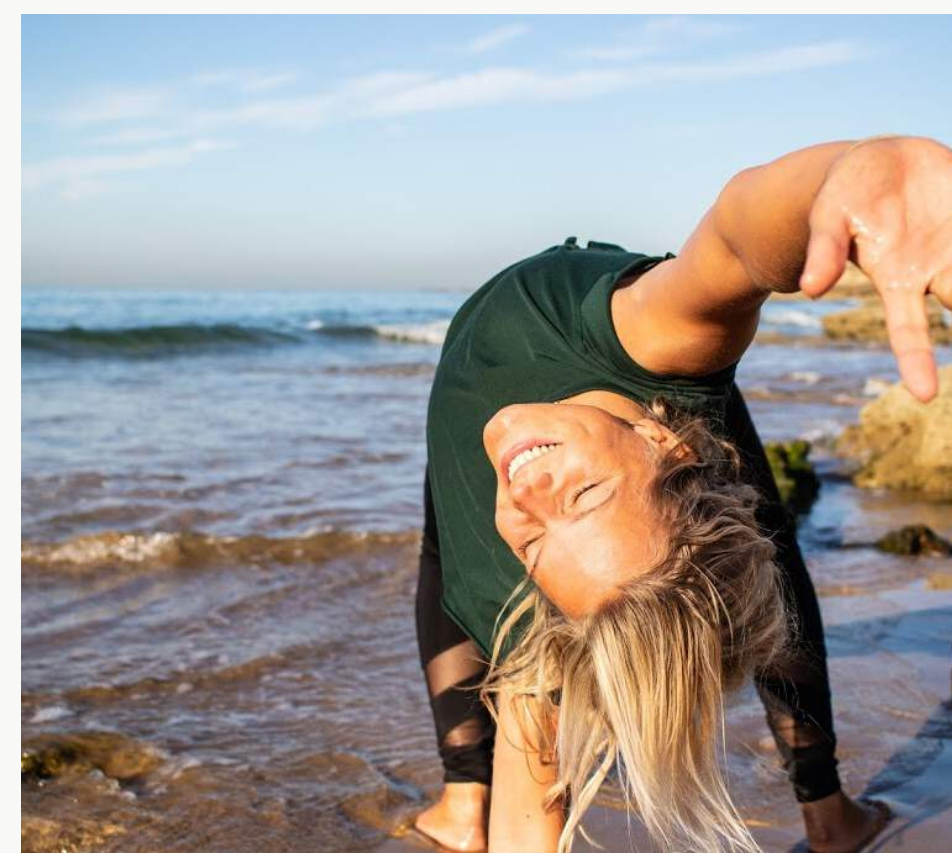
Throughout the course we will study different Pranayama techniques by means of theory sessions, practicum, analysis and self-enquiry.

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.





## ASANA



## 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
- in-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



**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 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.

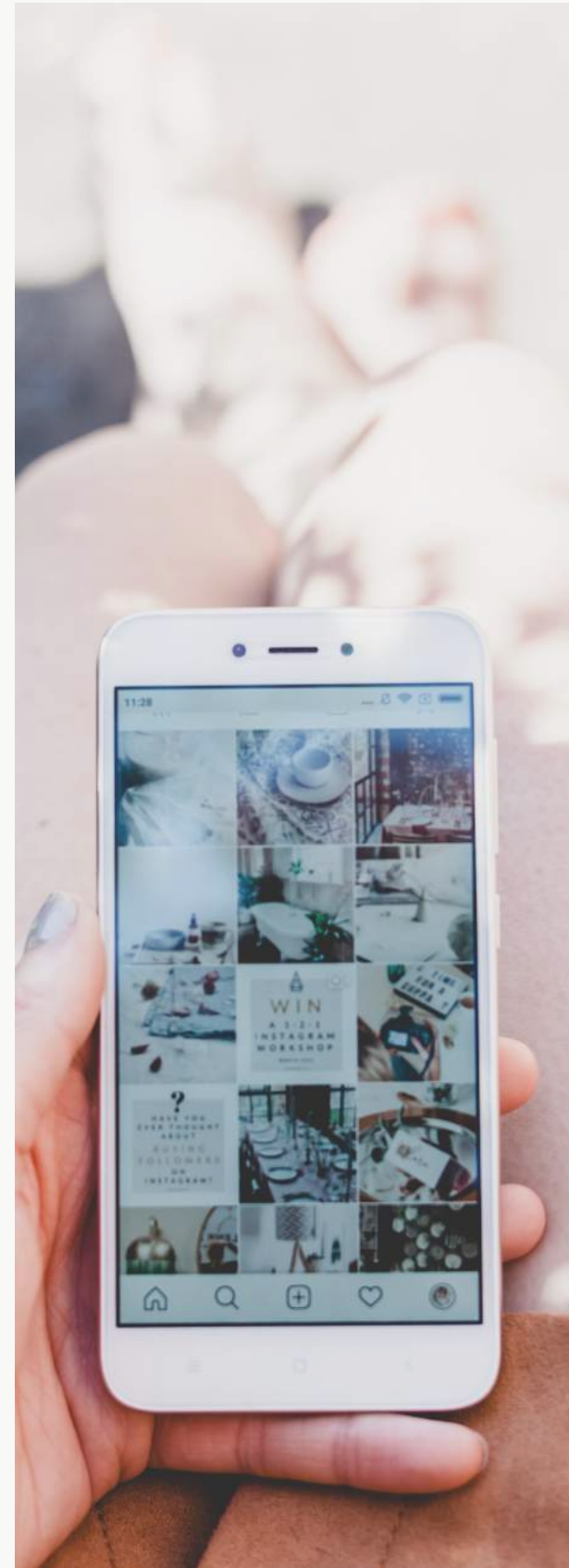




**Our course has a strong focus on Business of Yoga covering the following topics in both contact and non-contact hours. We will cover the following topics:**

- **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**

## THE BUSINESS OF YOGA





## 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





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 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.

## ANATOMY





**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 over 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.**



## CHAKRAS

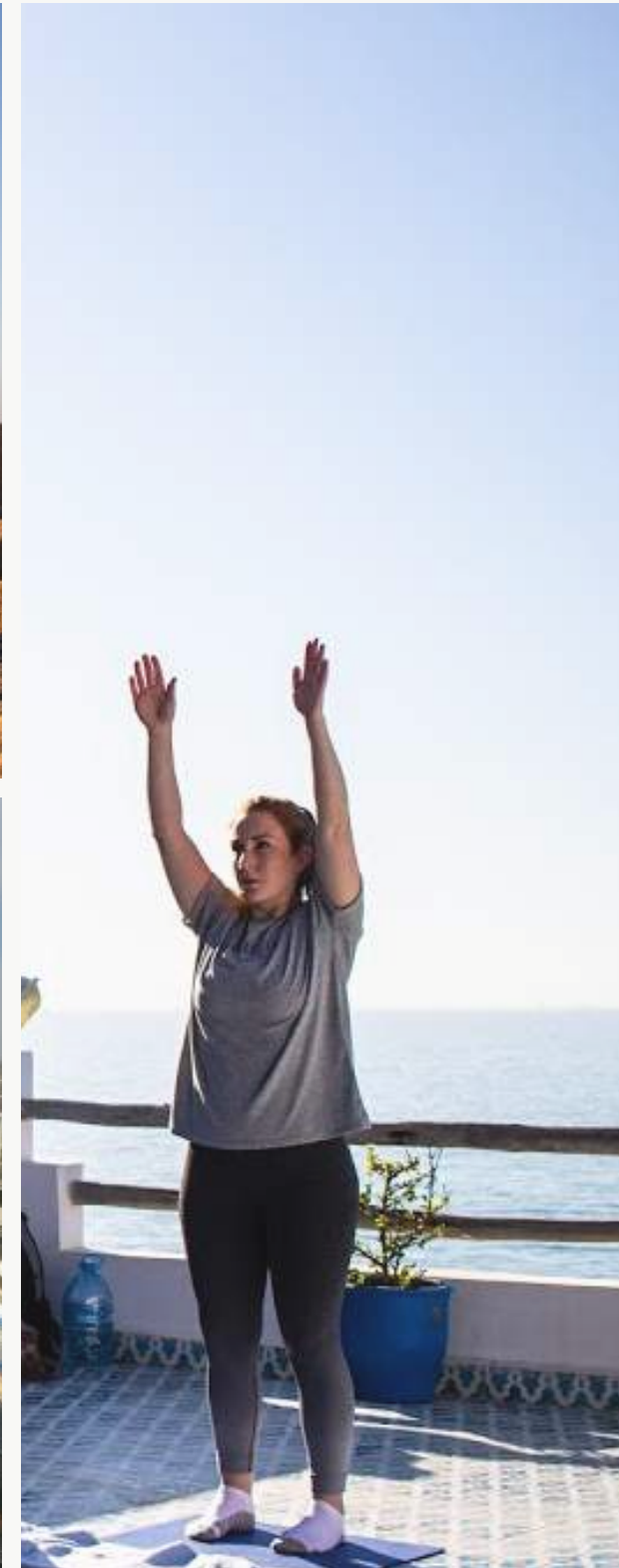


**We will walk through the 7 chakras analysing and examining what chakra balance, blockage, deficiency and abundance looks like in human behaviours and considerations. We will further explore restorative methods and sequencing to generate balance and harmony in each chakra**



## 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.**



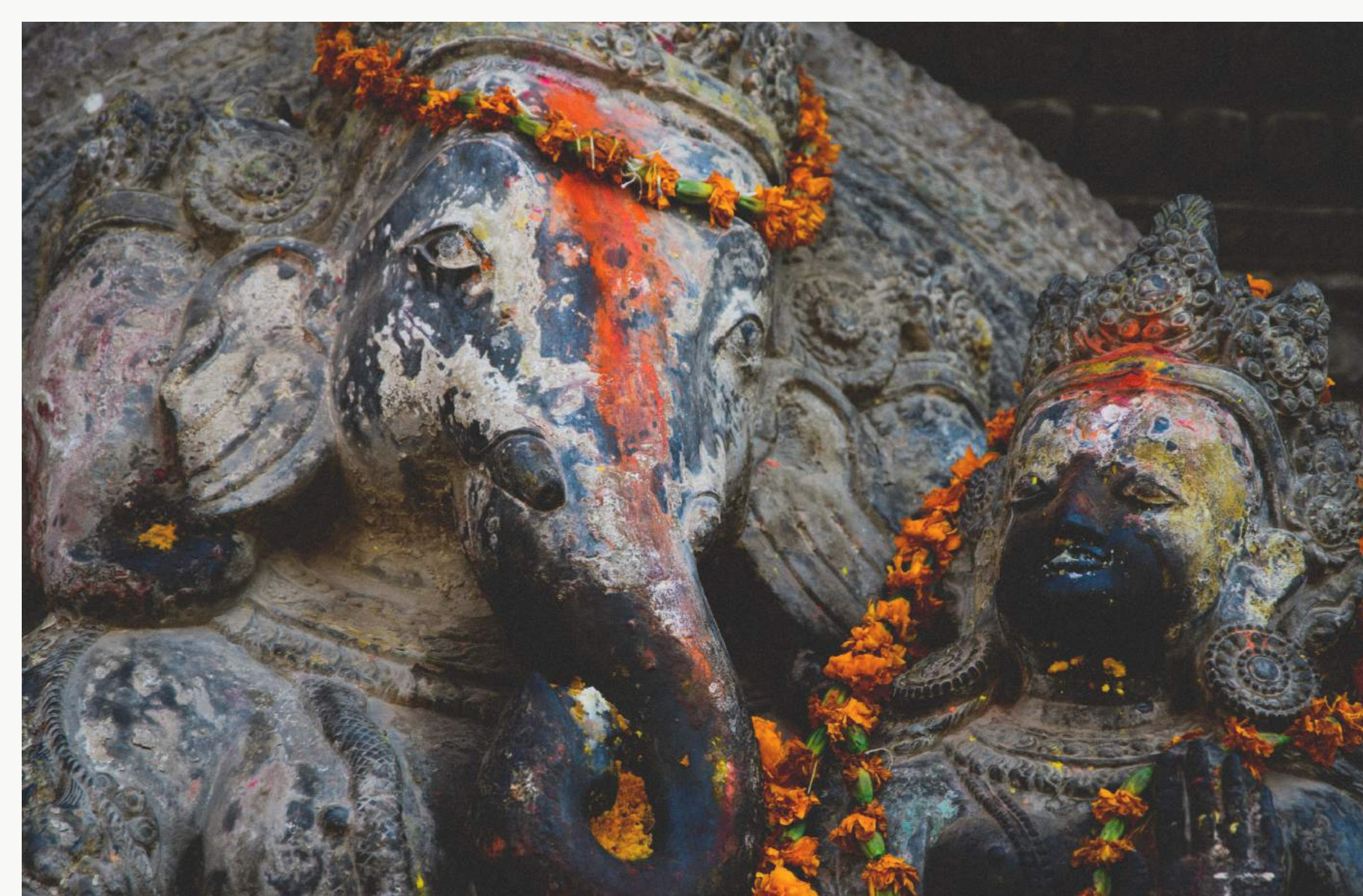


# YOGA HISTORY, PHILOSOPHY, AND ETHICS





## 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.**





## 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.**







## 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 WORKBOOK



**All teacher trainees will receive access to online bended digital learning materials. 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.**

**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.**



## Daily Observations & Self Enquiry

### Meditation, Pranayama, Gunas

#### You Tube Channels

Yoga with Adriene  
Yoga with Kassandra (Yin)  
Isha Foundation

#### Websites

[www.innerbody.com](http://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

## Recommended Reading and Resources 35

### OTHER RESOURCES





# FREQUENTLY ASKED QUESTIONS





**ONLINE vs IN-PERSON*****How does a teacher training work online?***

There is of course a major difference between completing a course like this in-person or online. Typically, we deliver this course in person. In-person contact with the Yoga Teacher Trainee is undeniably a key factor that simply cannot be replaced online. To honor this, we have reduced the cost of our training which typically falls at €1750-2200 for an in-person training dependent on location by approx 50%. It's a great time to take advantage of the affordability of the course.

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.

At the moment our April/May group are very satisfied with this method and are teaching just as well/effectively as an in-person Yoga Teacher Training. This is a great idea if you'd like to get started and have the downtime during the current global situation. Then, you could look to complete an additional 200 hours YTT in person or indeed you could look to attend a 300Hrs in person so that you will have the 500Hours qualification.



**ONLINE vs IN-PERSON**

**Does this involve doing a mixture of the live sessions and/or self-paced?**

**There are 3 ways to complete the course**

- 1. 100% Self Study - you have access to all materials and you have guidelines on when to complete each exercise. You complete and submit the exercises. This suits people who are not available Mon-Fri at the live session times. Or this also suits people who want to sit the course over 8 weeks instead of 4 intensive weeks.**
- 2. Guided Live Sessions - From 18th May through June 12th we will have our next Live Guided Sessions. These are held 13.00-17.30pm Monday to Friday live with myself and the other teachers. During these sessions you are led through meditation, pranayama, practice, theory etc. You will still have to do 'homework' in the evenings. You have access to materials but you are guided live by the trainer with the group day to day and week to week on how best to complete them. This is very intense as the course is completed in 4 weeks. Expect 4.5/5 hours live training and 3 hours homework each night**
- 3. A blend of Self Study and Guided Live Sessions. Here you have access to materials and you have guidelines on when to complete each exercise. You can also attend some or all of the guided live sessions in May/June. This suits people who are not available Mon-Fri at the live session times or for whatever reason prefer to work at different times in a self-paced way. Or this also suits people who want to sit the course over 8 weeks instead of 4 intensive weeks.**



## 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 other materials can also 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 Yoga Experience 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 an online Yoga Teacher Training Course. The beauty of the online course is that you have the choice of:

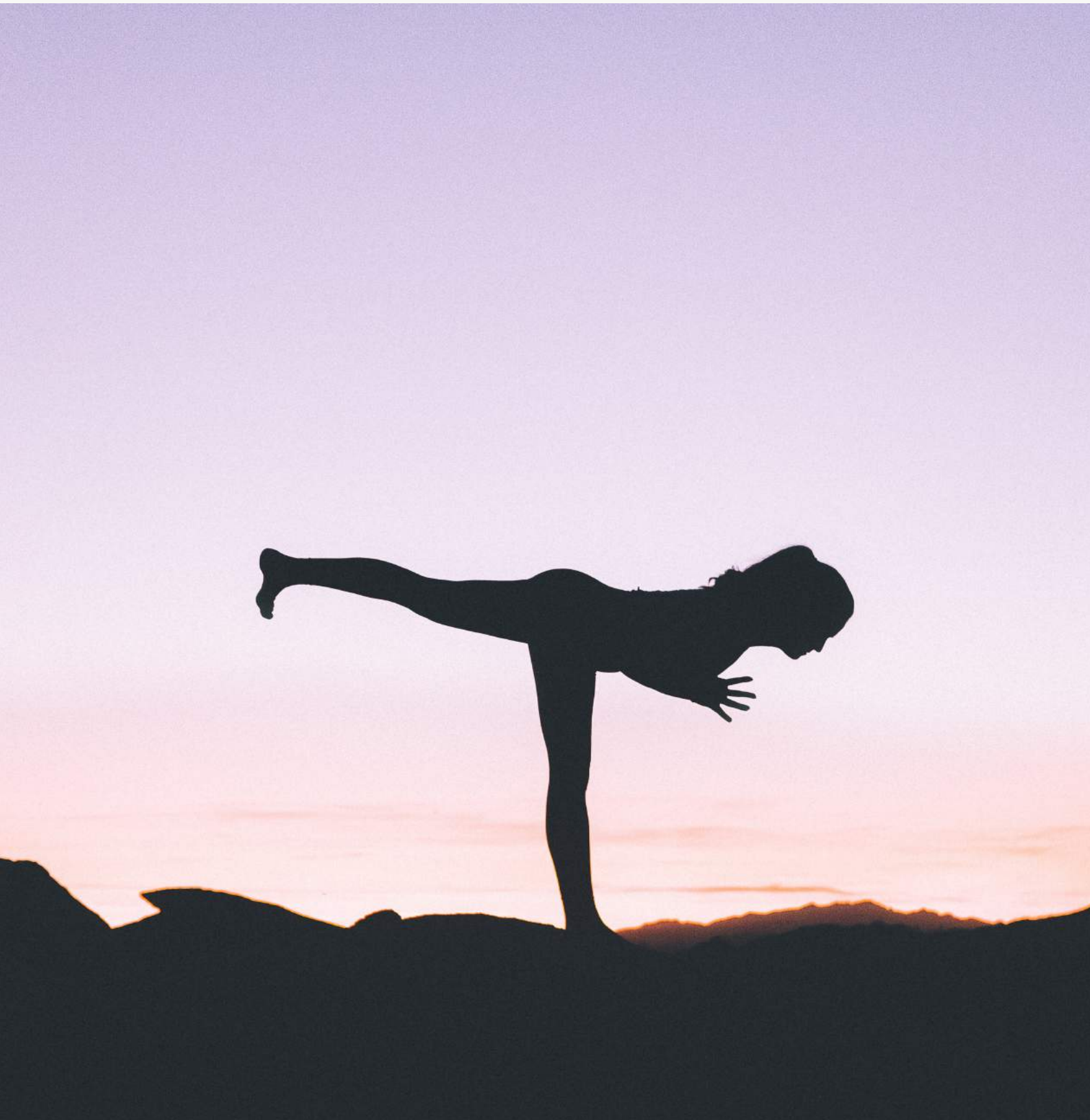
a) self paced learning b) attending the live sessions c) a mixture of both

### 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.

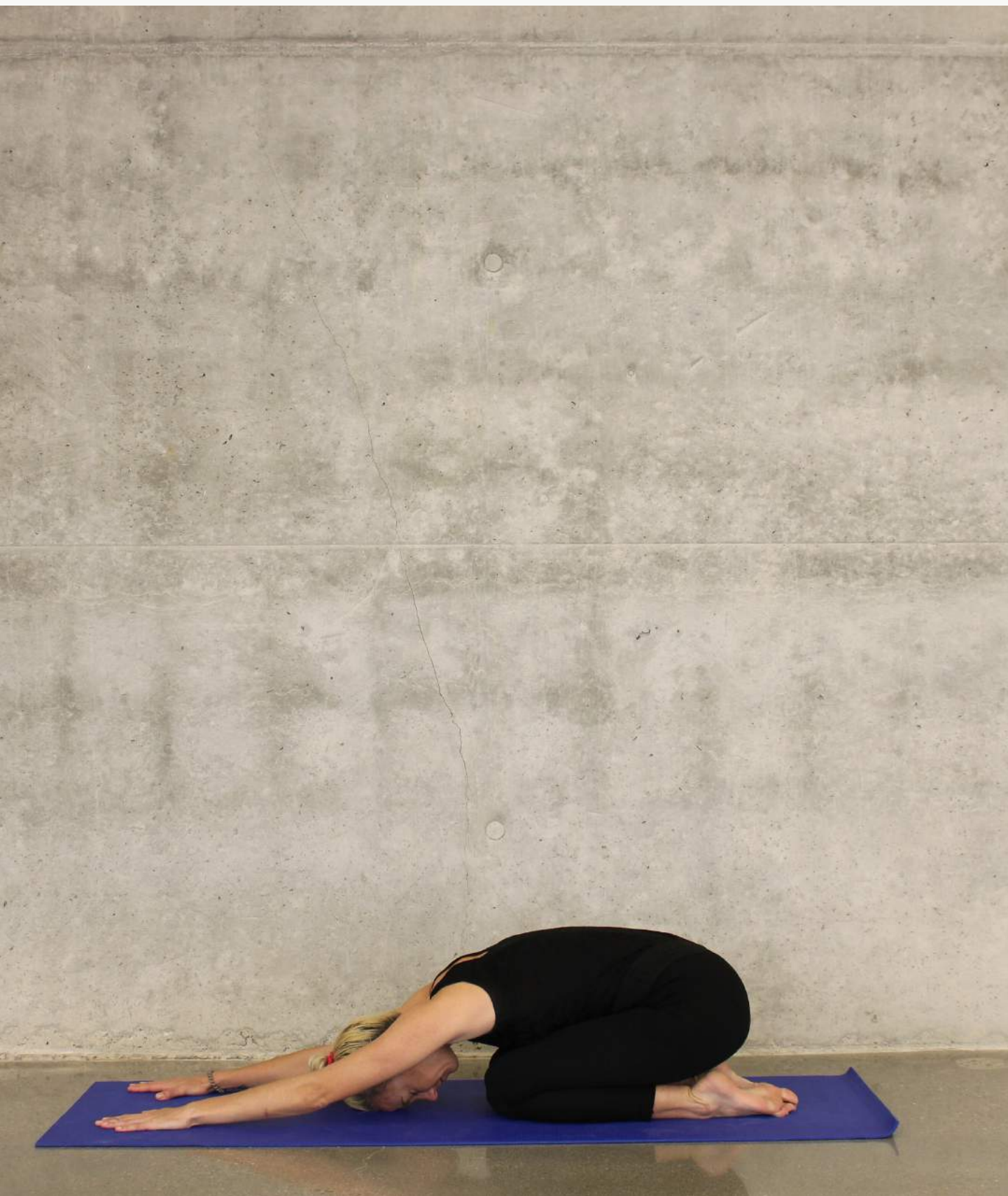
### Physical Concerns

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.



## 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.**

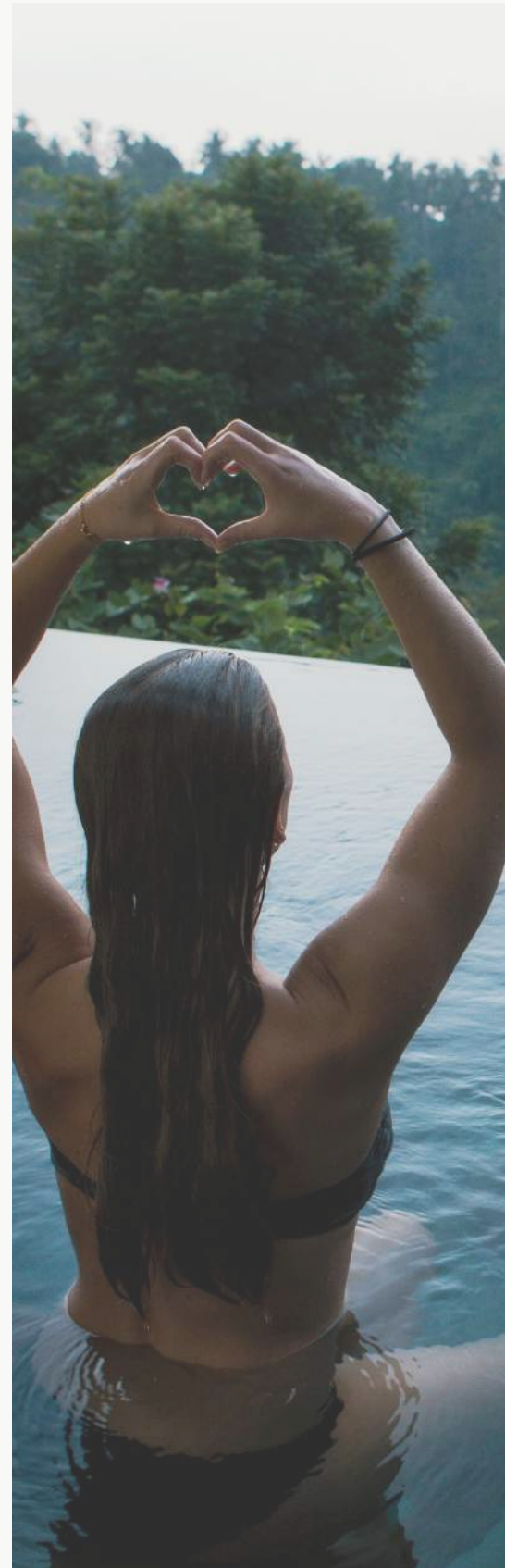
**The total cost of our online course is €995. This is a one time payment for the full 200 Hours course which is Yoga Alliance accredited, but to get this online accreditation you must have everything complete prior to June 30th.**

**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 3 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 of May 18th. 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**

## PAYMENT





**ACCREDITATION****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 current events, Yoga Alliance has made an exemption allowing schools to deliver contact hours via online methods. This exemption runs through to June 30th and all coursework must be complete and to standard in order to qualify.**

**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. This is not Yoga Alliance Professionals who are only accredited for UK and Ireland.**

**To learn more about Yoga Alliance, you can visit their website [HERE.](#)**



**ARE YOU READY TO  
INVEST IN YOUR  
FUTURE?**

**BOOK NOW**