



Lime House Yoga Foundation Teacher Training Course (300hr)

Introduction

Lime House Yoga was founded in 2011 by Jock and Emma on the north coast of Cornwall, only a short walk from the beach. We provide weekly classes, workshops, retreats and training courses covering all aspects of yoga and meditation. We teach a range of yoga styles with a holistic approach to our teaching and training.

We believe that what we do can change the world we live in. Cornwall is a beautiful place and we feel blessed to live here, so minimising our impact on the natural environment and making ethical choices about how we do business is important to us. We also donate 5% of our annual profit to handpicked local charities who we think are changing the world.

At Lime House Yoga, our aim is to create community through yoga. We do that by:

1. Providing a space where people feel welcomed, supported and nurtured in mind and body
2. Providing exceptional yoga and meditation teaching, enabling people to strengthen their physical, mental and emotional wellbeing
3. Training individuals to become safe, resilient and inspirational teachers

Foundation teacher training certificate (300hrs)

Teaching yoga is what we love and it is both a unique privilege and a huge responsibility. Becoming an inspirational teacher requires humility, integrity, experience and a commitment to practice and personal growth.

We have designed a 300 hour Teacher Training Programme delivered over 12 months, to allow more time for students to learn at their own pace and have the opportunity to put learning into practice in a safe and supportive teaching environment. Besides a thorough grounding in yoga practice, philosophy, anatomy and business, each student will also receive 1-1 mentoring with the principal teachers throughout the course.

We are passionate about supporting individuals on their person journey of growth. This teacher training programme isn't just for people who want to teach, but also those who wish to deepen their understanding of the practice, theory and philosophy of yoga.

Course Entry Requirements

Students who apply for the teacher training programme must meet the following entry requirements:

- A minimum of 2 years yoga practice
- Submission of a completed application form

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- Interview with one of the teaching faculty

Applicants should recognise that the course will be demanding, both during and between taught modules. Successful completion of the course will require significant effort, focus and practice. Students should ensure they have both the time and the personal support they need to commit to the course fully. Please discuss any concerns you may have or additional support needs at interview.

Course hours and accreditation

This is a 300 hour status registered course, accredited by Yoga Alliance Professionals (YAP). The YAP guidance is for a minimum of 70% of the qualification hours to be *contact hours* with the teacher. Our programme contains 83% contact hours and a further 190 non-contact hours giving you over 400 hours of study.

- Tutor led: 120 hours theory, 131 hours practice (251 hours tutor led)
- External tutor led: Minimum 75 hours (1 weekly class attendance)
- Student home work: 30 hours theory, 85 hours practice
- **Total commitment: 441 hours**

Course Aims

1. To support students to develop the knowledge, skills and confidence to become safe and inspirational yoga teachers with the ability to meet each student's needs in the teaching environment
2. To develop and maintain a regular personal yoga and meditation practice providing a basis for the teachers own continued personal and professional growth and development in the practice, philosophy and principles of yoga

Student Learning Outcomes

1. Understand and safely teach a range of key yoga asanas
2. Demonstrate safe and thoughtful adjustment of a range of yoga poses
3. Recognise body types and limitations and modify asanas accordingly for individual students within a class environment
4. Maintain a personal practice which includes a wide range of yoga asana safely and with confidence, using modifications suitable for one's own body type
5. Know and pronounce the English and Sanskrit names of yoga asanas and pranayama techniques
6. Understand the key elements that support a safe and successful yoga business
7. Create and maintain a safe, professional and ethical yoga teaching environment

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8. Understand the value of social action and find ways to get involved in community work
 9. Reflect on teaching skills and experience and identify areas for further study and development
 10. Design and deliver lesson and course plans
 11. Understanding of basic anatomy and physiology and apply this to yoga practice and teaching
 12. To understand, practice and teach a range of pranayama techniques
 13. Understand the origins of yoga and how it has developed including modern usage
 14. Understand the role of mantra within the yoga practice, including function and meaning
 15. Understand basic concepts of meditation and foundations of practice, as well as awareness of different styles
 16. Develop a personal meditation practice and explain the benefits of meditation and mindfulness
 17. Understand a range of yoga styles and their lineage
 18. Build awareness of own body type and Ayurvedic constitution and how to maintain good personal health
 19. Reflect on and evaluate teaching style, learning progress and achievements
 20. Understand how to give and receive effective feedback
 21. Cultivate self-awareness, humility and self-responsibility

Syllabus

Name of Main Teachers: Jock Orton and Lucinda Pimlott both registered Senior Yoga Alliance Professional teachers

Topic	Content	Contact Hours	Non-con-tact hours	Teacher
Introduction	<ul style="list-style-type: none">• Personal journey of the teacher• Teacher as a guide (not a guru) to students own personal journey of exploration• Importance of personal practice and study• Course outline• Expectations and study• Understanding of your own and others learning styles• LHY Code of conduct	2		Jock Lucinda
Asana	<p>For each of these key postures the study of: form, function, methods of moving into and out of, precautions, teaching tools, adjustments, modifications and variations:</p> <ul style="list-style-type: none">• Surya Namaskar A&B• Twists• Forward bends• Back bending• Inversions• Standing poses• Hips• Arm balances• Contraindications and special groups	95	75 (class attendance) 3 (final observed lesson) 5 (theory papers)	Jock Lucinda

Adjustment and Alignment	<p>To understand the alignment and be able to adjust all the poses covered in the Asana theme.</p> <ul style="list-style-type: none"> • How and when to give verbal cues vs physical adjustment • Observation and listening skills • Appropriate adjustment, consent and personal space • Understanding of trauma and ensuring professional teacher/student relationship is maintained 	10	<p>10 (home teaching practice)</p> <p>10 (1-2-1 preparation, teaching and review)</p>	Jock
The business of Yoga	<p>Business</p> <ul style="list-style-type: none"> • Getting started (student forms, insurance, room hire etc) • Health and safety • Risk assessment [including how to identify students that you are not able/qualified to teach and how to refer them on] • Data protection and information governance • Ethical conduct - personal qualities and boundaries, adjusting and consent • Professional conduct • Marketing (social media, print, newsletter, paid for advertising, website, developing your authentic voice) • Environmental and social responsibility 	3	3	Emma
Building a yoga community	<ul style="list-style-type: none"> • Volunteering, social action and social responsibility • Getting involved in your community (Sangha) 	2		Emma
The Art of Teaching	<p>The art of good teaching</p> <ul style="list-style-type: none"> • Listening • Observation • Communication • Learning styles • Demonstration • Ethics and respect • Helping you to find your own authentic voice as a teacher 	10	5 (lesson plans)	Jock Lucinda

	<ul style="list-style-type: none"> • Limitations (not teaching what you can't do/don't truly understand) • Being Present (holding the space of a class, being the strongest spinning plate) • The importance of supervision and mentoring • Understanding the needs of different levels: beginner, intermediate, advanced 			
Teaching practice	<ul style="list-style-type: none"> • Class structure and planning • Sequencing • Theming 	30	10 (teaching practice) 15 (beginners course) 6 (final teaching observation)	Jock Lucinda
Anatomy and physiology	<ul style="list-style-type: none"> • Functional anatomy of yoga • Body types • Knowing your own shape and edges • Muscles, bones and organs • Lymphatic, endocrine, digestive and nervous systems 	20	5	Jock
Pranayama and breath work	Methodology and benefits, contraindications <ul style="list-style-type: none"> • Ujayi • Nadi shodana • Kapalabhati • Viloma • Kumbhaka • Kriyas 	10	5 (self practice)	Jock Lucinda
Philosophy	<ul style="list-style-type: none"> • Chronology and history of Yoga • Patanjali's eight limbs of yoga 	20	4 (essay)	Jock Lucinda

	<ul style="list-style-type: none"> • Non-dualism (Tantra, Buddhism) • Koshas • Chakras • Bhagavad Gita 		2 (presentation)	
Mantra	<p>Overview of mantra</p> <ul style="list-style-type: none"> • Gayatri mantras • Ashtanga invocation 	2		
Meditation	<p>Theory and practice</p> <ul style="list-style-type: none"> • Vipassana/Insight • Thich Nhat Hanh • Yoga Nidra 	15	10 (self practice) 3 (meditation and reflective diary)	Lucinda
Yoga styles	<p>Overview of a range of different styles, lineage and development</p> <ul style="list-style-type: none"> • Ashtanga Vinyasa • Iyengar • Anusara • Yin and Restorative • Khundalini • Hatha • Vinyasa flow • Jiva Mukti 	2	6 (class attendance) 3 (essay)	Jock
Complementary practices	<p>Aurveyda and yoga</p> <ul style="list-style-type: none"> • Do questionnaire and take through what that means for yoga practice • Nutrition and healthy eating 	3	10	Lucinda

First Aid for Yoga	Understanding of basic first aid techniques for use in a yoga class or workshop	6		
Mentoring and tutorials	<ul style="list-style-type: none"> • 1-1's • Group tutorials (satsang) 	7hrs – (30 mins per student per month) 14 – group		
Total		251	190	
Post course Supervision	1 year post course supervision			

The Teaching Faculty

Our programme is run by Yoga Alliance Professionals Senior Teachers - Jock Orton and Lucinda Pimlott. Please see [here](#) for their biographies

Pre-course reading list

Mandatory

- **Light on Yoga** – BKS Iyengar
- **The Heart of Yoga** - Desikachar
- **Functional Anatomy of Yoga** - David Keil
- **The Yoga Sutra of Patanjali** - trans. Chip Hartranft
- **Light on the Yoga Sutras of Patanjali** - by B.K.S. Iyengar
- **Light on Pranayama** - B.K.S. Iyengar
- **The Bhagavad Gita** - trans. S. Radhakrishnan
- **The Hatha Yoga Pradipika** - Brian Dana Akers
- **The Key Muscles of Yoga** - Ray Long
- **The Roots of Yoga** - James Mallinson

Additional favourites

- **Yoga Mind, Body and Spirit – A Return to Wholeness** – Donna Farhi
- **Hatha Yoga** – Theo Bernard
- **Autobiography of a Yogi** – Paramahansa Yogananda
- **Poised for Grace** – Douglas Brooks

Expectations of the student

- To develop and maintain a daily practice. This may be a combination of self-practice and taught classes and can include yoga and/or meditation.
- To attend every module and make alternative arrangements to catch up if necessary
- To engage with the practical and theoretical subjects and extend areas of study according to one's own knowledge and interest
- To understand that this training course is the beginning of your yoga teaching journey and to develop a commitment to ongoing personal growth and development
- To understand one's own limits and not teach beyond them
- To agree and work within, the LHY Code of Professional Conduct

Commitment of Lime House Yoga and your teachers

- Teachers will be experienced, knowledgeable, approachable and prepared, able to convey the subject matter in a way that makes sense for the student
- Teachers will give feedback in a constructive and positive way that enhances the students learning

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- Senior teachers who are mentoring newly qualified teachers will communicate clearly and supportively about a teachers progression, skill and any areas of development that may be required

Assessment

Becoming an inspirational teacher starts with your own personal practice and we will expect students to develop a daily practice. This is the foundation for your ongoing learning and growth.

The course will include a mixture of theory and practical learning and will have a number of assessments including exams, observed teaching and essay papers.

In addition to completing all homework, written and practical assessments, in order to graduate students must attend 100% of the taught course. Should a student miss a module then they will be required to catch up by agreement with the tutor. Additional tutor time will incur an extra charge.

Practical

1. Build and maintain a regular personal practice and attend regular classes with a qualified teacher for a minimum of 75 hours during the course
2. Students teaching will be assessed throughout the course and they will be expected to practice effective verbal and physical adjustments in small groups
3. Plan, deliver and review a 6 week beginners course
4. Delivery of a 10 minute meditation to the group
5. Formal assessment of teaching will be to prepare, teach and review 90 min group-led class

Theory

1. Three lesson plans culminating in designated apex pose for mixed ability class
2. Two papers on how to teach a pose (300 words each)
3. Two written client case studies (300 words each)
4. Production of the following documents: new student form, student feedback form and Code of Conduct
5. A self-reflective diary on your personal meditation practice

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6. Written essay on the history of yoga with a focus on one element which resonates with the student (750 words)
 7. 5 min presentation on a Yama/Niyama which resonates with the student
 8. Written essay about the lineage and history of the different yoga styles (1000 words)
 9. Production of a personal health care plan
 10. A written exam on anatomy and physiology

Further details and support on each assessment will be given during the course.