

# 300 HOUR FOUNDATION TEACHER TRAINING 2024

## 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
- 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

After much deliberation we have decided not to continue our affiliation with Yoga Alliance Professionals (UK). In the UK we have no registered professional body that regulates the yoga profession or sets standards for quality. We believe the yoga accreditation bodies do not have rigorous enough standards for assessing trainer qualification, safety or the quality and skill of the trainer or the quality of content of the course

Our overriding aim is to deliver the highest quality teacher training and we have spent the last seven years developing, improving and delivering a curriculum that cultivates excellent yoga teachers. Additionally the number of contact hours in our course far in excess of those required by any of the yoga accreditation bodies.

As a studio owner when we are looking for a teacher at Lime House, we look at who their teacher is, where they trained, whether they have the same values as us and we always assess their teaching ability before bringing them into the team. We don't look at what accrediting body they are with.

- 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: 53 hours theory, 63 hours practice
- **Total commitment: 442 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
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. Build awareness of own body type and Ayurvedic constitution and how to maintain good personal health
18. Reflect on and evaluate teaching style, learning progress and achievements
19. Understand how to give and receive effective feedback
20. 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"> <li>• Personal journey of the teacher</li> <li>• Teacher as a guide (not a guru) to students own personal journey of exploration</li> <li>• Importance of personal practice and study</li> <li>• Course outline</li> <li>• Expectations and study</li> <li>• LHY Code of conduct</li> </ul>	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"> <li>• Surya Namaskar A&amp;B</li> <li>• Twists</li> <li>• Forward bends</li> <li>• Back bending</li> <li>• Inversions</li> <li>• Standing poses</li> <li>• Hips</li> </ul>	97	<p>75 (class attendance)</p> <p>10 (lesson planning homework)</p> <p>2 (observed lessons)</p> <p>4 (theory papers)</p>	Jock Lucinda

Topic	Content	Contact Hours	Non-con-tact hours	Teacher
	<ul style="list-style-type: none"> <li>• Arm balances</li> <li>• Contraindications and special groups</li> </ul>			
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"> <li>• How and when to give verbal cues vs physical adjustment</li> <li>• Observation and listening skills</li> <li>• Appropriate adjustment, consent and personal space</li> <li>• Understanding of trauma and ensuring professional teacher/student relationship is maintained</li> </ul>	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"> <li>• Getting started (student forms, insurance, room hire etc)</li> <li>• Health and safety</li> <li>• Risk assessment [including how to identify students that you are not able/qualified to teach and how to refer them on]</li> <li>• Data protection and information governance</li> <li>• Ethical conduct - personal qualities and boundaries, adjusting and consent</li> <li>• Professional conduct</li> <li>• Marketing (social media, print, newsletter, paid for advertising, website, developing your authentic voice)</li> <li>• Environmental and social responsibility</li> </ul>	3	3 (home-work)	Emma

Topic	Content	Contact Hours	Non-con- tact hours	Teacher
The Art of Teaching	<p>The art of good teaching</p> <ul style="list-style-type: none"> <li>• Listening</li> <li>• Observation</li> <li>• Communication</li> <li>• Learning styles</li> <li>• Demonstration</li> <li>• Ethics and respect</li> <li>• Helping you to find your own authentic voice as a teacher</li> <li>• Limitations (not teaching what you can't do/don't truly understand)</li> <li>• Being Present (holding the space of a class, being the strongest spinning plate)</li> <li>• The importance of supervision and mentoring</li> <li>• Understanding the needs of different levels: beginner, intermediate, advanced</li> </ul>	10	<p>5 (lesson plans)</p> <p>6 (client case studies)</p>	Jock Lucinda
Teaching practice	<ul style="list-style-type: none"> <li>• Class structure and planning</li> <li>• Sequencing</li> <li>• Theming</li> </ul>	30	<p>10 (teaching practice)</p> <p>15 (beginners course)</p> <p>6 (final teaching observation)</p>	Jock Lucinda

Topic	Content	Contact Hours	Non-con-tact hours	Teacher
Anatomy and physiology	<ul style="list-style-type: none"> <li>The Universal Principles of Alignment</li> <li>Functional anatomy of yoga</li> <li>Body types</li> <li>Knowing your own shape and edges</li> <li>Muscles, bones and organs</li> <li>Lymphatic, endocrine, digestive and nervous systems</li> </ul>	20	5	Jock
Pranayama and breath work	Methodology and benefits, contraindications <ul style="list-style-type: none"> <li>Ujayi</li> <li>Nadi shodana</li> <li>Kapalabhati</li> <li>Surya &amp; Chandra Bheda</li> <li>Kumbhaka</li> <li>Kriyas</li> </ul>	10	5 (self practice)	Jock Lucinda
Philosophy	<ul style="list-style-type: none"> <li>Patanjali's eight limbs of yoga</li> <li>The Journey of Consciousness into Matter (Samkhya)</li> <li>Koshas</li> <li>Chakras</li> <li>Gunas</li> <li>Vayus</li> </ul>	20	4 (essay)  2 (presentation)	Lucinda
Mantra	Overview of mantra <ul style="list-style-type: none"> <li>Gayatri mantras</li> </ul>	2		



Topic	Content	Contact Hours	Non-con-tact hours	Teacher
	<ul style="list-style-type: none"> <li>Ashtanga invocation</li> </ul>			
Meditation	Theory and practice <ul style="list-style-type: none"> <li>Vipassana/Insight</li> <li>Thich Nhat Hanh</li> </ul>	15	10 (self practice)  5 (meditation)	Lucinda
Yoga styles	Overview of a range of different styles, lineage and development <ul style="list-style-type: none"> <li>Ashtanga Vinyasa</li> <li>Iyengar</li> <li>Anusara</li> <li>Yin and Restorative</li> <li>Khundalini</li> <li>Hatha</li> <li>Vinyasa flow</li> <li>Jiva Mukti</li> </ul>	1		Jock
Complementary practices	Aurveyda and yoga <ul style="list-style-type: none"> <li>Know the underlying philosophy of Ayurveda</li> <li>Complete questionnaire to find out your dosha</li> <li>Understand which yoga practices are suitable for your dosha</li> <li>Establishing a daily practice</li> <li>Preparation of a wellbeing plan</li> </ul>	17	3	Lucinda

Topic	Content	Contact Hours	Non-con-tact hours	Teacher
Mentoring and tutorials	<ul style="list-style-type: none"> <li>1-1's</li> </ul>	6hrs – (30 mins per stu- dent per month)		
Total		251	191	

## 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

### Additional favourites

- 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
- The Yoga Sutras of Patanjali – commentary by Swami Satchidanada
- 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
- 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
- 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. Prepare and co-teach two 20 min classes with your study group
4. Formal assessment of teaching will be to prepare and teach a group-led class

## Theory



1. One lesson plan culminating in designated apex pose for mixed ability class
2. One lesson plan based on a theme for mixed ability class
3. Four papers on how to teach a pose (300 words each)
4. Plan, deliver and review a 4 week course and write up one client case study (500 words each)
5. Production of the following documents: new student form, student feedback form and Code of Conduct
6. A self-reflective diary on your personal meditation practice
7. Written essay on an aspect of philosophy which resonates with the student (750 words)
8. Presentation on a Yama/Niyama which resonates with different learning styles of students
9. Production of a personal Ayurveda plan
10. A written exam on anatomy, physiology and philosophy

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