

Yoga Deepening

A teacher training/extended learning
with Ade Belcham and others



A 200-hour programme for yoga practitioners interested in teaching or simply wishing to deepen their practice. Key course outcomes for participants include:

- a wider sense of the scope of yoga in modern life
- a clearer view of their own practice path and its potential influence
- a clear and personal understanding of the essence and purpose of yoga and the scope within which they intend to practice and teach
- the skills necessary to begin sharing yoga with others (including an accredited Teaching Certificate)

The programme is led by Ade Belcham with support from a group of highly experienced practitioners in the fields of yoga philosophy, mindfulness, integrative bodywork, nutrition and psychology. The course is accredited by Yoga Alliance Professionals and successful completion leads to the award of a 200-hour Teaching Certificate. It also acts as stage 1 of a 500-hour Teaching Diploma.

Programme overview



Who is the programme aimed at?

This course is for practitioners from any yoga tradition with typically a minimum of two years' regular practice. If you have heard yourself make one or more of the following statements then this programme is likely to suit you: 'I'd like to know more about where modern yoga comes from', 'I'd like to begin to teach but feel like I need to understand more', 'I hear a lot about the wider benefits of yoga but I'm not sure what is meant by many of the claims made', 'I know yoga is good for me but I'd like to try to understand more about what it does', 'I love my yoga practice but I suspect there is a lot more to it and I'd like to find out more'.

Key features of the programme

- A personal approach - participants will be encouraged to develop their understanding and enquiries into yoga in a way that is relevant to them individually.
- A practical approach - exploring aspects of philosophy, psychology, anatomy and physiology, in a way that constantly seeks to remain grounded in our own physical explorations and life experience.
- A unifying approach – examines, correlates and seeks to benefit from teachings associated with a variety of yoga traditions and practice forms. Based on a view that diversity in yoga may be seen as an opportunity for choice rather than the creation of division and polarized opinion.
- A structured approach – the course is organised around 4 key modules:

Walking the path	Being human	The tapestry of yoga	Sharing yoga with others
<ul style="list-style-type: none"> • Asana • Pranayama • Shatkarma – cleansing practices • Meditation in the sattipathana (mindfulness) tradition • Lifestyle and nutrition 	<ul style="list-style-type: none"> • Applied anatomy and physiology • The body-mind model including panchakosha • Humans as 'stories around a line' – an exploration of personal and social 'karma' 	<ul style="list-style-type: none"> • Yoga lineage • Philosophy and ethics – Patanjali and beyond • Links to Ayurveda, Buddhism and other 'life strategies' • Yoga in the modern world 	<ul style="list-style-type: none"> • Teaching techniques, principles and ethics • Self reflection (svadyaya), peer support (sangha) and commitment to practice (sadhana) • Yoga as therapy



Dates and venues

November 2017 – April 2019 – West Sussex - 10 non-residential weekends plus 4-day residential retreat

November 2017 – May 2019 – South Wales – 12 non-residential weekends

Tutor team

Ade Belcham – Yoga teacher and integrative bodyworker

Dr Peter Connolly – Yoga philosophy and psychology teacher

Aud Brugman – Teacher of T'ai-Ji and mindfulness (in the Satipatthana tradition)

Hayley North – Holistic chef and yoga/movement teacher

Dr Cherionna Menzam-Sills – Teacher and practitioner of pre-natal and birth therapy, Biodynamic Craniosacral Therapy and Continuum Movement

Find out more at www.adebelchamashtanga.co.uk