

YOGA TEACHER TRAINING PROSPECTUS

by Elite Pilates Teacher Training



BACKGROUND INFORMATION

Elite Pilates Teacher Training offers exceptional Pilates & Yoga Teacher training, that goes beyond the qualification in service, resources, knowledge, skills, AND expertise. You CAN have an incredibly high-quality certification that goes above and beyond the required hours, at the same time you also end up with a newfound confidence that spreads into all areas of your life.

Our Studio is fully equipped with Yoga equipment and you'll learn how to use equipment to make poses more accessible for your clients. This will provide you with even more skills and knowledge to become a great teacher and not all training providers have access to these!

Our studio is situated in a quiet and beautiful part of Devon, which has plenty of FREE parking on site. The studio has a kitchen with a microwave and fridge to store your food and also a shower and toilet should you wish to use it.

St Marychurch Road, Newton Abbot
TQ12 4SE Devon, UK, (next to Plant World)
[CLICK HERE TO SEE GOOGLE MAP](#)

Tel: 01803 445436

Email: info@elitepilatesteachertraining.co.uk

Website: www.elitepilatesteachertraining.co.uk



YOGA TEACHER TRAINING COURSE

COURSE PREREQUISITE

Unlike some courses out there, we do not require you to have any prior qualifications before registering for the most up-to-date YMCA Practitioner qualification. The age limit is 16 and you must be able to read and write in English.

COURSE OBJECTIVES (as per YMCA)

1. Anatomy and Physiology required when exercise programming and design for a range of clients
2. Importance of professionalism, customer service, effective communication and interpersonal skills
3. Knowledge and understanding of commonly occurring medically controlled diseases and health conditions
4. Understanding the philosophy and fundamentals of yoga
5. How to programme a yoga session
6. How to instruct a yoga session.

By the end of your qualification with us, you will be able to:

- The most current up-to-date YMCA Level 3 Yoga Practitioner Qualification (360hrs), which will allow you to teach in any gyms and leisure centres (and even some countries abroad!!!!)
- More anatomy knowledge than many schools out there, as we have created over 9hrs of anatomy videos specifically for yoga and pilates.
- Know how to teach the 35 poses required to pass your qualification AND we also provide you with tutorials for over 30 more poses, to give you plenty of variety to look after your clients and have lots to choose from.
- Understand how to make exercises easier or more challenging OR even change the exercise to suit the person in front of you.
- A better understanding that exercises will look different on different people and knowing why this is and how to look after your clients will make you a better teacher and this will also build your clients confidence – knowing that “there’s nothing wrong with them” just because they can’t do something.

- Be able to create lesson plans specifically for individuals as you'll know how to carry out an assessment on their body, ascertain postural issues and give them exactly what they need for their body. (This is not part of many yoga qualifications out there; however, we feel this is actually quite important in order for you to really be able to look after people safely and have therefore allocated time for this training).
- Be confident with having different levels of clients within a class and be able to ensure they each get the most out of their class and keep them coming back for more!
- Be able to know how to plan and create beautiful themed classes, to keep your clients moving forward and enjoying all your classes.
- Know different kinds of Pranayama (breathing techniques) and meditations for your own practice and to teach others.
- Continued access to us in our private FB group for all our teachers so that you can continue to get support during and even after you have qualified. Here you will be able to ask questions and get assistance and support once you start teaching!

COURSE UNITS

1. Level 3 Anatomy & Physiology Multiple Choice Exam
2. 3 Online Question Worksheets
3. 2 Written Question Worksheets
4. Self Practice Journal (60 hrs)
5. Philosophy and Fundamentals of Yoga
6. Programming a Yoga Teaching Session
7. Delivering a Yoga Group Teaching Session



COURSE OVERVIEW AND CONTENT

Once you register, you'll receive access to your online learning material and you'll receive some books in the post – so that you can start studying. You'll also be able to do several mock exams to help you prepare for the 30-minute multiple-choice exam. When you do your exam, you will get the results straight away and there's plenty of options to re-take, at no extra cost :)

You will have access to the YMCA e-learning platform to do the worksheets in your own time and in the comfort of your own home. The sooner you register and get these completed, the more you can focus on the fun stuff on our practical days.

We have 11 fun practical days together. We have structured enough time for plenty of teaching practice to boost your confidence and gain that experience. There are also regular Q&A sessions to give you the opportunity to gain clarification or reassurance. And there is also dedicated time for completing paperwork to reduce what you need to do in your own time.

You'll have access to a dedicated Messenger Group with others on the same course and we will be there with you so you can ask questions and share your challenges and wins throughout the course!



ABOUT OUR INSTRUCTORS



TANJA

Tanja comes from a Policing background and suffered from the long hours of wearing heavy equipment, which started causing her neck, shoulder, and back problems, and she turned to yoga to help her bring back balance and movement and reduce all these issues that wearing the uniform caused. Tanja loved Pilates so much that she decided to qualify in 2012 and soon after in Yoga Teacher Training, being the first of many certifications.

Tanja has developed her own style and skill and her biggest passion lie in making all the classes at the studio inclusive and accessible to everyone - and helping to teach people about their own personal needs and how to adapt exercises (and movement) to fit their body, not the other way around.

Their teacher training courses are created around this ethos to help teachers become more inclusive.

ABOUT OUR INSTRUCTORS



PAUL

Paul started his career in rehabilitation over 20 years ago and his journey started because he wanted to prevent his own injuries, being an avid distance runner. Since then Paul has completed further training in Pilates and Yoga and also teaches at the studio, as well as providing expert anatomy training on the level 3 courses.

Both Paul and Tanja come from a Policing background. Tanja left the Police after suffering from PTSD and Paul was made redundant, which was the start of their new adventure and they have taught over 4000 classes during this time.

They soon realised that there was a gap in teacher training when the instructors they hired weren't fully equipped to deal with the type of clients they had, as not all training providers offer this additional training, which is when Tanja & Paul decided to offer Teacher Training to share our knowledge and expertise and improve the standard of teaching and eventually being approved by YMCA.



PRICING & PAYMENT

The course is £2797 and a non-refundable deposit of £350 is required to secure your space on the course. The remaining balance of £2447 can be paid by installments to suit you, provided the final payment is made 14 days BEFORE the first day of the course.

You may also take advantage of the Pay In Advance discount, which is only £2450 when you pay in full and this includes your non-refundable deposit.

CANCELLATION AND REFUND POLICY

Click [HERE](#) to read the Terms & Conditions.

FREQUENTLY ASKED QUESTIONS (FAQS)

IS THERE PARKING? ✓

YES THERE'S PLENTY OF FREE PARKING ON SITE so you don't need to worry about finding a space or paying!

DO I NEED A COMPUTER? ✓

It would be ideal if you at least had access to an ipad so you can view the paperwork online, but everything can be written out instead of completed online. There are worksheets that need to be completed online, but an ipad will suffice for this. You will also need a device for your theory exam, which is on the first day. However, we can provide you with one should you not have access to one.

WHAT ARE THE TIMES FOR THE PRACTICAL DAYS? ✓

Fridays & Saturdays 10:30 am - 5 pm (We have classes beforehand, which you are welcome to attend free of charge should you wish!) Sundays 9am-5pm

FREQUENTLY ASKED QUESTIONS (FAQS)

WHAT MUST I BRING?

All the books that you've received including a notebook and pen and laptop if you prefer typing.

Food to keep you going! These days are intense and your brain needs feeding so bring plenty of food to nibble on throughout the day.

DO I NEED TO BRING MY OWN EQUIPMENT?

We have a fully equipped studio so you don't need to bring anything, unless you prefer you own then of course bring it along. All our equipment is sprayed with disinfectant after use.

IS IT AN ISSUE IF I CAN'T DO SOME OF THE EXERCISES?

No! In fact, it's a great opportunity to show you how to adapt exercises to suit your body, giving you a better understanding of how you can help your own clients.

We also teach you HOW to teach exercises, even if you can't do them! After all, do you think Usain Bolt's coach can run as fast as him? Of course not! Do you think he is still a great coach? I would suggest all the gold medals say a Yes to that!

FREQUENTLY ASKED QUESTIONS (FAQS)

WHAT IF I NEED TO MISS A DAY? ✓

Should you be unable to attend a practical day you will have the option to attend a private tuition day at a cost of £150 per day. Alternatively, we can record the day for you so that you can catch up in your own time and if you need further assistance we can arrange additional training at £150 per day. We will also have ZOOM available should you be unable to attend the training centre, but can still attend from home.

I HAVE AN INJURY, WILL I STILL BE ABLE TO DO THE COURSE? ✓

Providing your doctor has said it is okay to attend we are happy to have you. It might be that you attend the courses for the theory and return, if necessary, for your practical element. The great thing about Pilates is that it IS adaptable and it will be great learning curve for you and all your fellow students.

I'M PREGNANT, CAN I ATTEND? ✓

Yes you can attend and all the exercises will be adapted to keep you and your baby safe :)

I HAVE A LEARNING DISABILITY, WILL I RECEIVE EXTRA TIME FOR MY EXAM? ✓

Yes, all you need to do is let us know at the time of registering and you'll be given additional time.

FREQUENTLY ASKED QUESTIONS (FAQS)

I NEED TO TRAVEL, WHERE CAN I STAY?



I highly recommend an AirBnB in Shaldon as it's a beautiful place right on the estuary and a great way to end the day. Why not bring the whole family for a weekend getaway!

WHAT IF I FAIL MY EXAM?



Don't worry, you will be able to resit at no extra charge. It's not uncommon to have a few people retake their exams. We know that nerves can get in the way so you can take it as many times as you want!

WHY STUDY WITH ELITE PILATES TEACHER TRAINING

Elite Pilates Teacher Training is everything I wish I had had when I did my training. We really marry up your knowledge of anatomy with the person you see in front of you so that you know how you can REALLY help them, unlike my training where I learned anatomy and didn't understand how to apply it to my clients. Fortunately, I had Paul to teach me and together we have created manuals to help you specifically with this. These manuals are only for our students and our training goes above and beyond the requirements of a Level 3 so you are fully prepared, confident, and know your stuff, by the time you're ready to start your own classes.

We are not just a certification provider like many out there. Paul and I have been lucky enough to do what we love for a "job" and we've taught over 4000 classes and still love teaching our clients in our studio in Devon. We are experts in this field. You get to learn from our experiences of working with so many different types of body types, abilities, medical conditions and as a result this will mean you will be able to make your own classes more accessible to those that really need a good teacher who can cater specifically for them.

Our groups are small and bespoke and run with no more than 10 learners. This allows for plenty of Q & A, practice teaching, and allocated 1-2-1 time with me to go through anything that you need help with, so you are always clear on what you need to do every step of the way.

If you are considering becoming a teacher we would love to help you on your journey! All you need to do is email us at the email below and we'll get in touch!

*Lots of love,
Tanja & Paul*

CONTACT DETAILS:

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