



## 200 Hour Yoga Teacher Training Programme 2017

Thank you for your interest in this opportunity to deepen your learnings and understandings in Yoga while growing into and becoming an highly skilled Yoga Teacher with the AlphaZone Teacher Training Programme.

Our training is designed to lead you step by step through the process of you making the transition from student to Teacher. We are very proud of our training and we are pleased to provide you with this information which could inspire you to massively increase the quality of not just your life but the lives of others also.

Yoga teaching is wonderfully rewarding as we are sure you will discover as you invest your time and energy into becoming the best yoga teacher you can be, our course is designed to internationally recognized standards and is accredited by the Yoga Alliance Professionals an international certifying body that guarantees the highest standards of practice.

During the 11 months of our programme you will be immersing yourself in the attitudes, methodologies, and applications of yoga, in the form of :

- a dedicated Yogic asana, pranayama & meditation practice,
- detailed instruction in alignment physically & energetically,
- an exploration of philosophy both traditional & modern,
- study of anatomy including our specialised asana clinics,
- teaching skills & practice including communication essentials,
- and much, much more

Please find enclosed our course overview, the dates for our weekends, a sample weekend schedule layout, our book-list, and list of fees and payment dates.

We are here to assist you in every way possible so please feel free to come to us with any queries.

We recognize and salute the light that is within you, that is within us also

Namaste,

*Michael Connolly & the AlphaZone Teacher Training team : - )*



## Course Overview

**Michael Connolly SYT** is the principal teacher and during the training he will be assisted at various stages by the wonderful AlphaZone teaching team, inc Lisa Morrissey, Martina Harte, Liz O Dea, Rachel Ni Neill & Stephen Rockett.

This year we are running 2 X 200 hour teacher training programmes

- 21 day summer camp during July 2017
- 11 x weekends over nine months

Our Summer camp is 4 x modules of 5 days Mon - Friday 9am -7pm followed by graduation

Our 200 hour training comprises of 11 weekends of 18.25 hours each weekend scheduled as

Friday 6.00pm – 9.00pm

Saturday 9.00am – 6.00pm

Sunday 9.00am – 5.15pm

The weekend course is comprises of 3 modules

Module 1: Setting The Foundation                      Weekend 1 – 3

Module 2: Teaching Skills                              Weekend 4 - 6

Module 3: Taking the seat of the teacher        Weekend 7 – 9

Followed by examinations in personal practice, teaching, and anatomy & physiology,  
on    Weekend 10

And Graduation on    Weekend 11

An essay of 3000 words will also be required for both trainings and your teacher can and will assist you with this : )

Please see the attached document containing the dates, a sample weekend schedule, and a complete layout of fees including discounts where applicable and payment plans where applicable.

Above all, we would like for every single one of the 200 hours of this program to be enjoyable and life affirming. The teachers are here to assist you and guide you on this. powerful transformation journey together.

**Top Floor, Deltona House, Six Cross Roads Business Park**  
**michael@alphazone.ie Michael 086-8335425 www.alphazone.ie**



## 2017 Summer Camp Dates

Module 1 3 <sup>rd</sup> - 7 <sup>th</sup> July	Module 2 10 <sup>th</sup> - 14 <sup>th</sup> July	Module 3 17 <sup>th</sup> - 21 <sup>st</sup> July	Module 4 24 <sup>th</sup> - 28 <sup>th</sup> July	Graduation 31 <sup>st</sup> July
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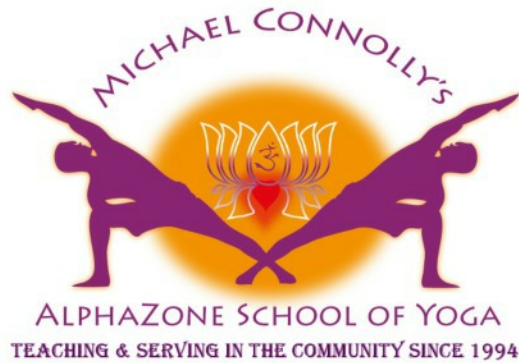
Please Note: we will require 6 students for this training to take place

## 2017 / 2018 Weekend Schedule

Weekend	Month	Date
Weekend 1	September	8 <sup>th</sup> 9 <sup>th</sup> 10 <sup>th</sup>
Weekend 2	September - October	29 <sup>th</sup> 30 <sup>th</sup> 1 <sup>st</sup>
Weekend 3	October	20 <sup>th</sup> 21 <sup>st</sup> 22 <sup>nd</sup>
Weekend 4	November - Bridget Woods Kramer	10 <sup>th</sup> 11 <sup>th</sup> 12 <sup>th</sup>
Weekend 5	December	8 <sup>th</sup> 9 <sup>th</sup> 10 <sup>th</sup>
Weekend 6	January	5 <sup>th</sup> 6 <sup>th</sup> 7 <sup>th</sup>
Weekend 7	January	19 <sup>th</sup> 20 <sup>th</sup> 21 <sup>st</sup>
Weekend 8	February - BWK **	2 <sup>nd</sup> 3 <sup>rd</sup> 4 <sup>th</sup>
Weekend 9	March	2 <sup>nd</sup> 3 <sup>rd</sup> 4 <sup>th</sup>
Weekend 10	April	6 <sup>th</sup> 7 <sup>th</sup> 8 <sup>th</sup>
Weekend 11	May	11 <sup>th</sup> 12 <sup>th</sup> 13 <sup>th</sup>

\*\* We have invited Bridget to teach this module in February but as yet its not guaranteed

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**Sample Weekend Schedule, ( please note this is just a sample to give you an idea of how our weekends will be structured and can and most probably will change )**

### Weekend 4

#### Friday Evening

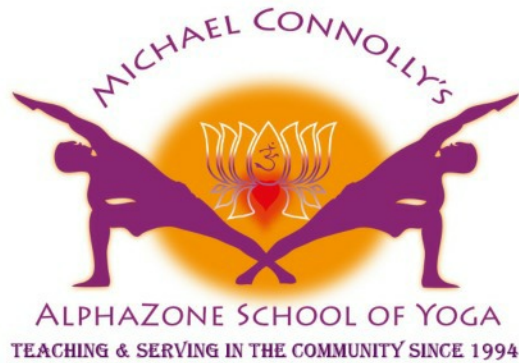
6.00 - 6.45	Dharma Talk
6.45 - 8.00	Level 1 practice
8.00 - 9.00	Philosophy Lecture ( 7 )

#### Saturday

9.00 - 11.00	Level 2 practice
11.00 - 1.00	Asana Clinic ( 7 )
2.00 - 4.00	Anatomy & Physiology ( 4 )
4.00 - 6.00	Teaching Practice

#### Sunday

9.00 - 10.00	Pranayama & Meditation
10.00 - 12.00	Level 2 / 3 Practice
12.00 - 1.00	Philosophy( 8 )
2.00 - 3.00	Asana Clinic ( 8 )
3.00 - 4.30	Teaching Practice
4.30 - 5.15	Recap, Vinyasa, Meditation & Close



## Fees & Payment Plans

The investment for this training is €2,350

There is a €150.00 early bird discount if full payment is received 6 weeks before training commences

Please note that there is a deposit of €500 due on application to secure your place ( along with your completed application form )

Please note this deposit is non refundable, ( it can be transferable ) Please check out of refund policy on our website

Please talk to Michael regarding funding and our flexible payment plans as ideally we would prefer if money was not the deciding or limiting factor in this training.

There will be an additional cost for Student Teacher Insurance, so you should allow around €25 for this and ideally this insurance will be necessary from the third weekend onwards.

There will be a few books that you will have to purchase also

We endeavour to be as flexible as possible with the above so please do talk to us



## Book List & Recommended Reading

### Compulsory Books:

#### Philosophy ( both required )

The Bhagavad Gita (any translation)

The Yoga Sutra's of Patanjali (any translation)

#### Asana ( any one of the following )

Light on Yoga - BKS Iyengar

Yoga the Iyengar Way ~ Silva, Mira, and Shyam Mehta

Folder to create your own "Personal Manual"

Notebook for taking notes

Every weekend we will give out handouts for your "Personal Manual"

Below we have also compiled a suggested reading list with books that have inspired us. These are listed in no particular order.

Autobiography of a Yogi ~ Paramhansa Yogananda

The Little Prince ~ Antoine de Saint-Exupère

Light on Yoga ~ BKS Iyengar

Heart of Yoga ~ DKV Desikachar

Moving into Stillness ~ Erich Schiffmann

The Alchemist ~ Paulo Coelho

The Book of Secrets ~ Deepak Chopra

Structural Yoga Therapy ~ Mukunda Stiles

How to Practice (The Way to a Meaningful Life) ~ The Dalai Lama

The Celestine Prophecy ~ James Redfield

Yoga and Ayurveda ~ David Frawley

Light on Life ~ BKS Iyengar

Yin Yoga (Outline of A Quiet Practise) ~ Paul Grilley

Stone Soup ~ Bill Liao

Kripalu Yoga ~ Richard Faulds

The Path to Love ~ Deepak Chopra

Go In and In (Poems from the Heart of Yoga) ~ Donna Faulds

Waking the Global Heart ~ Anodea Judith

Jonathan Livingstone Seagull ~ Richard Bach

I Am That ~ Sri Nisargadatta

Quantum Psychology ~ Robert Anton Wilson

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Thank you for taking the time to look over our information pack,

Please feel free to contact me with any questions or enquiries, it is our intention to assist you in this journey from the very off so please do let us know if we can be of assistance in any way

Best wishes & Namaste,

*Michael Connolly & the AlphaZone Teacher Training team : - )*



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