



Comprehensive 200-hour Certificate Course PART-TIME Cape Town, October 2019

Pre-requisites: Yoga experience

Dates: 20 September (5pm to 8pm) ***anatomy**
21 September (9am to 5pm) ***anatomy**
5 October (830am to 4pm)
6 October (9am to 4pm)
7 October (615pm to 9pm) ***Mindful Monday**
9 October (630pm to 8pm)
12 October (830am to 4pm)
13 October (9am to 4pm)
16 October (5pm to 9pm) ***CPR**
19 October (830am to 4pm)
20 October (9am to 4pm)
23 October (630pm to 8pm)
26 October (830am to 4pm)
27 October (9am to 4pm)
30 October (630pm to 8pm)
2 November (830am to 4pm)
3 November (9am to 4pm)
6 November (630pm to 8pm)
9 November (830am to 4pm)
10 November (9am to 4pm)

**Mindful Monday is optional for remainder of course*

Venue: The Source (11 Townsend Avenue, Constantia)

Course outline:

- Introduction to Anatomy
- Principles and Basics of Yoga
- Yogic Philosophy
- Sequence and breakdown of Surya Namaskar A and B
- Breakdown and understanding of postures (Vinyasa and Yin)
- Benefits of postures
- Pranayama, Mudras, Bandhas
- Meditation and Mindfulness
- Transformation and Integration
- Chakras
- Sanskrit
- Chanting
- Yoga Sutras and Bhagavad-gita
- The Subtle Body
- Choreography
- Teaching skills and Class delivery
- Modifications and Props
- Manual adjustments for postures
- CPR

Course requirements:

- Additional 100 hours of participation and self-practice
- Required teaching assessments (Vinyasa, Yin)
- Assignments: Anatomy, 8-Limbs, Asana benefits, Contraindications, Chakras, Cueing, Class design/Choreography, Business development, Seva

Course Fees: R22,900. This fee includes the following:

- Course manuals
- Lectures
- In-course tutorials
- Mentoring
- Bolster, block, strap and Source bag
- Unlimited Yoga classes at The Source during the course and 3 months after
- Examination fees (first time)

Additional fees:

- Classes at any other Yoga studio for the student's own cost

Confidentiality Agreement:

Notes or videos from this course will not be re-sold or used by the student in offering another Yoga course or workshop.

Registrations:

A **non-refundable and non-transferrable** 20% deposit (**R4580.00**) for the course is required in order to ensure your place and your registration forms must be emailed to education@consciousmovement.co.za. The remaining course fees must be paid **before** the first day of the course. Payment plans are available.

Fees are 50% refundable should students cancel 30 days before the course starts. Fees are non-refundable within 30 days of the course commencing.

Banking details: Conscious Movement Education CC
Nedbank
Branch code 101109 (Constantia)
Account 1011139065
SWIFT: NEDSZAJJ (for overseas transfers only)





Registration Form
Comprehensive Yoga 200-hour Certificate Course
Cape Town, October 2019

Name

Date of birth

Telephone (h)

(w)

(cell)

Address

Email

Anatomy background

(please describe and supply copies of certificates where appropriate)

Previous Yoga experience (how long? with whom?)

Any teaching experience (please describe)

Why do you want to teach Yoga?

Who referred you to CME?

I, _____, do not hold Conscious Movement Education, Renee Watson, the trainers, the hosting studio or heirs liable should I incur injury during a Yoga training session or incur injury on their studio premises. I agree to the above conditions and those outlined in Appendix A in participating in the Yoga Course. I confirm that all information provided in Appendix B is true.

signed (student)

date

