



## Comprehensive 200-hour Certificate Course Cape Town, October 2021

- Pre-requisites:** Yoga experience
- Dates:** 15 October (5pm to 8pm) \*anatomy  
16 October (930am to 430pm) \*anatomy  
18 October to 14 November \*YTT
- Times:** Tuesdays 12noon to 4pm  
Thursdays 10am to 4pm  
Saturdays 830am to 4pm  
Sundays 9am to 4pm
- Venue:** 6 Winchester Avenue, Bishopscourt

### **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
- Chanting
- Yoga Sutras and Bhagavad-gita
- The Subtle Body
- Choreography
- Teaching skills and Holding space
- Modifications and Props
- Manual adjustments for postures

**Course requirements:**

- Additional 75 hours of participation and self-practice
- Additional 20 hours of Yogic Philosophy
- Required teaching assessments (Vinyasa, Yin)
- Assignments: Anatomy, 8-Limbs, Asana benefits, Contraindications, Chakras, Cueing, Class design/Choreography, Business development, Seva

**Course Fees: R21,500.** This fee includes the following:

- Course manuals
- Lectures
- 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 (**R4200.00**) for the course is required in order to ensure your place and your registration forms must be emailed to [education@consciousmovement.co.za](mailto: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)



**RYS 200**



**Registration Form**  
**Comprehensive Yoga 200-hour Certificate Course**  
**Cape Town, October 2021**

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, the faculty/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 Teacher Training. I confirm that all information provided in Appendix B is true.

\_\_\_\_\_  
signed (student)

\_\_\_\_\_  
date



**RYS 200**