

Yoga Teacher Training @ Freistilyoga Berlin

FAQ SHEET

The first day

We'll meet at 9 am in the morning, which is our regular starting time for the 4 weeks of the training. The first hour or two we'll spend introducing each other and talking about the general organization of the training.

What to bring

- comfy clothes allowing for a good range of motion
- warm socks or slippers to stay warm in between the Asana classes
- a notebook and a pen or a laptop to take notes
- something to snack

Teaching material

We'll provide 4 books and our own teacher training manual:

- 'Asana, Pranayama, Mudra, Bandha' by Swami Satyananda Saraswati
- 'the Patanjali Sutras' interpreted by B.K.S. Iyengar
- A book about Ajuveda (the exact title might change from year to year)
- An anatomy for Yoga coloring book

Additionally we'll supply you with a copy of our own teacher training manual and several topic-related print outs. Plus, there are lots of books about Yoga, Philosophy, Buddhism and Anatomy in the studio library that you can access.

The majority of the learning content is conveyed verbally during lectures and classes (that's when the notebook comes in handy). We encourage active discussion and asking questions. In fact the more you ask, the better.

Daily schedule (Contact hours)

09.00 – 10.00: Kriya/ Meditation/ Pranayama

1 hour of cleansing practices, mediation, breathwork, theory and practice of Bandhas and Mudra, Kirtan. Every Day will be different.

10.00 – 12.00 Morning practice

2 hours of asana practice (more active and challenging / Vinyasa with elements of Ashtanga)

12.00 - 13.30 Brunch Break

12.30 - 03.00: Lecture (including a 15 minute tea break)

During these hours we'll cover theoretic and practical aspects of Yoga / of teaching Yoga.

03.00 - 05.00: Asana/teaching practice

More on the gentle side / Hatha Yoga – gentle Vinyasa

From week 2 onwards you'll have a chance to teach this class as part of your teaching demos.

Tuesdays – Day off

Tuesday is our day off. No contact hours, time to let your hair down and digest what you've learned so far.

Assessment: Weekly Assignments, Teaching Samples

To pass the teacher training programme, there are theoretic and a practical components.

Theory I: Weekly assignments.

You'll write short essays about what you've learned during that week, summing up and rephrasing the learned content in own words. We'll provide you with a question sheet at the beginning of the course.

Theory II: Final Exam.

The final Exam takes place at the end of week 4 of the training and will involve a variety of questions ranging from anatomy to philosophy to pose- related knowledge. It shouldn't take longer than 3 hours.

Practice:

We want to see you teach at least 2 classes. These demo lessons are the foundation of the practical assessment. But no worries, you are allowed to use notes if needed.

All 3 tests have to be passed to complete the YTT successfully and receive your diploma at the end of the course.

In case of a failed teaching sample, you'll have to teach again. Failed essays will have to be corrected and handed in again. In case you score less than 70% in the final Exam you'll get the chance of an oral examination on the next day. In the unlikely event that this will still not be enough to pass, you'll get 1 year time to refine your skills and take the tests again in the next year.

What if I get sick?

Well, shit happens. If you should wake up one morning feeling sick, text or call Eric so that we know what is going on. If you 'just' feel exhausted and a bit sore that's no reason to stay at home. You can take it easy in the Asana classes, observe what the others are doing or practice Shavasana. It's an intense programme and speaking from experience, everyone will have at least one day of low energy and muscle soreness. But hey, we'll make the best of it and learn to adept.

In case you miss a day due to sickness or due to an important appointment, it will be your own responsibility to copy notes from missed lectures from your fellow trainees. In case there is further need for clarification you can of course ask Sivadas and Eric.

Studio address

Gubener Straße 44 in Berlin Friedrichshain. The doorbell says Freistilyoga/Winkelmann. (There are two doors with the number 44 / ours is the big one)

Getting there:

The studio is located between 2 tube-stops: Warschauer Straße (U1 / S-Bahn) and Weberwiese (U5). It's an 8 minute walk from these stops to the studio.

