

A 6 month course for committed yoga students designed to:

- Deepen your awareness, knowledge & understanding of yoga in all its dimensions
- Advance your practise through the exploration of technique, alignment & anatomy
- Inspire your journey towards living your yoga through applied Yoga Philosophy, Readings and Discussions
- Give you the tools to develop a strong & committed personal yoga practise
- Introduce you to the more subtle complexities of yoga to refine your understanding and experience
- Give you a solid foundation from which to embark on a yoga teacher training course if desired
- The course can also be taken purely for your own interest and development
- This Yoga Immersion Course is recommended for students

Price

£675

**When:**

September 2018 – February 2019

**Where:**

Chilworth Village Hall, Chilworth, Southampton

**Structure & Hours:**

- 60 Hours
- 6 x Sundays | 09:00 – 16:00
- 2 x Fridays | 19:00 – 22:00

**What's Included:**

- 54 Contact Hours
- 6 x 1 Hour Homework Assignments
- Extensive Course Manual
- Complete Yoga Kit with 1 Bolster, 2 Blocks, 1 Flat Block, 1 Strap
- Personal Yoga Practise Journal
- 10% Discount on LGY 200 Hour Teacher Training Course Standard Course Fee

**Apply Today**

- Email Laura to apply: [laura@lauragreenyoga.co.uk](mailto:laura@lauragreenyoga.co.uk)
- £150 non refundable deposit, balance 1 month prior



## Course Dates

Sunday 23<sup>rd</sup> September | 09:00 – 16:00  
Sunday 21<sup>st</sup> October | 09:00 – 16:00  
Friday 2<sup>nd</sup> November | 19:00 – 22:00  
Sunday 4<sup>th</sup> November | 09:00 – 16:00  
Sunday 2<sup>nd</sup> December | 09:00 – 16:00  
Sunday 6<sup>th</sup> January | 09:00 – 16:00  
Friday 1<sup>st</sup> February | 19:00 – 22:00  
Sunday 3<sup>rd</sup> February | 09:00 – 16:00

Course Tutor: Laura Green, is a Yoga Teacher and Founder of Soul Retreats & SoulFest based in Hampshire, UK. She leads life inspiring adventures through yoga classes, workshops, retreats, festivals and trainings. Blending expert yoga tuition with life affirming tools to empower men and women to live the life they want. Laura teaches Vinyasa Yoga, Restorative Yoga and Yin Yoga with a focus on embodiment through clear alignment and intuitive sequencing.





## Course Outcomes

By the end of the course you will:

- Have developed knowledge of the *History of Yoga*, the *Ancient Yoga Texts*, *Yoga Philosophy* and their *Modern Day Applications*
- Have explored and experienced various styles of yoga including: *Vinyasa, Yin, Restorative, Ashtanga, Iyengar, Kundalini, Yoga Nidra and Sivananda*
- Have developed a regular and safe *Personal Yoga Practise* including *Asana, Meditation and Pranayama*
- Have explored both practically and theoretically *Patanjali's Eight Limbs of Yoga*, as outlined in *The Yoga Sutras* including a modern day perspective on the *Yamas & Niyamas* inspiring you to live your yoga
- Have explored a variety of yoga practices and techniques including *Asana, Pranayama, Mudra, Bandha, Meditation and Chanting*, demystifying technical terms and Sanskrit names
- Have explored and experienced the subtle energy work of yoga including: *Prana, Chakras, and Nadis*
- Feel confident in your knowledge of yoga asana with a thorough understanding of the *Key Alignment Points* of the main poses and how to practice safely in a way which best suits your body
- Have explored more '*Advanced Asanas*' including *Inversions, Arms Balances & Back Bends* that are time prohibited in usual classes
- Experienced a introductory *Anatomy and Physiology* class applying new knowledge to your own body
- Have a sound basis from which to consider taking a *200 Hour Yoga Teacher Training*

## Example Structure of the Days:

09:00 – 11:00

Dynamic Practical Yoga Class – following a Focus/Style with clear learning objectives

11:00– 11:15

Short Tea Break (Herbal Tea and Snacks Provided)

11:15 – 12:45

Yoga Philosophy, Theory & Discussion

12:45 – 13:30

Lunch (lunch is not provided, please bring a packed lunch, a kitchen is available for reheating)

13:30 – 14:45

Yoga Philosophy, Theory & Discussion / Group Exercises and Practical Work

14:45 – 16:00

Relaxing/Restorative Yoga Session following a specific Theme, Focus, Yoga Style

## Guest Teachers / Lecturers:

The majority of this Foundation Course will be taught by Laura Green, however a faculty of expert teachers will be sharing their expertise and knowledge in specialist areas and yoga styles.

