

# THE COLLINS & BARTH SCHOOL OF YOGA

## Yoga Teacher Training Prospectus

2023



So you love yoga?

You want to enhance your life by diving deeper into Yoga's ancient history, philosophy and techniques?

You want to share your passion and inspire other?

You want to connect with other like minded people?

Everything you need to know about our amazing, well established, yoga teacher training course!

**Read on!**



# THE COLLINS & BARTH SCHOOL OF YOGA

## Yoga Teacher Training Prospectus 2023

**We are proud to say that we have trained over 60 People to become Certified Yoga Teachers over the last decade.**

**We have decades of experience between us. Experience that has taken us all over the world to teach yoga and enabled us to become experts in our field.**

**We can offer a comprehensive curriculum designed to create confident teachers, secure in their knowledge base and accomplished in their own style of delivery.**





# THE COLLINS & BARTH SCHOOL OF YOGA

Yoga Teacher Training Prospectus

2023

*Our Philosophy*

## Respectful

We honor the ancient teachings of Yoga as originally conceived and taught in India. We absorb the teachings from all lineages and traditions to infuse and inspire our practice. We augment the tradition as the great Yogis did in their time, by keeping up with the latest scientific developments and anatomical knowledge.

## Person Centered

We believe that yoga is for *everyone* and can be adapted to any situation or need. We know that your yoga journey is your *own* and we will assist and challenge you to find your own style and your own interpretation of yoga.

To stand confidently as an autonomous, authentic and compassionate teacher.



# THE COLLINS & BARTH SCHOOL OF YOGA

## Yoga Teacher Training Prospectus 2023



The Collins & Barth  
School of Yoga

### **What do I need to do?**

First check if you can free up some time for this experience. Your commitment for the training will be one weekend each month, plus 2 hours most Thursday evenings, with breaks during school holidays. The result is a qualification which will allow you to teach yoga to all, along with the yoga knowledge that can bring positive changes to your life and to those around you. The dates are [here](#) and they are further on in this prospectus too.

I'm already ready to [apply!](#)

### **I need to know more...**

The course is in Sheffield, in person and we would expect you to be with us for the majority of that time. You will want to be there! It's way better with a group of other yoga fans than learning online. It is a really special experience. Having said that, there is scope to be remote for some of the Thursday sessions if you live a long way from Sheffield, just ask.

### **Aside from the sessions with my tutors and fellow learners, what else will I have to make space for?**

Good question! Some of you have very busy lives. We understand this and have designed the course with that in mind. The coursework is mostly completed within each teaching day, so the written work that you are expected to complete outside of training hours is kept to a minimum. One short essay and one fun research project is all the written homework we expect from you. We do expect you to do your own yoga practice, and to work on developing your teaching skills, but we also understand your commitments to your life outside of the yoga teacher training course.

# THE COLLINS & BARTH SCHOOL OF YOGA



## **How will I afford this experience?**

The investment you need to make to train on our yoga teacher training course is £2750. You are guaranteed to learn in a small group for the very best quality tuition. You will learn with passionate, wise teachers. Your main teachers are Jane Collins and Simon Barth, and you also get a selection of wonderful guest teachers for wisdom from a variety of bright minds. You will get a comprehensive course manual. All of your assessments are included. You get access to our library of texts.

## **When will I recoup that investment?**

Great question! These experiences seem expensive, but actually it's quite easy to have it all back in your account in around a year. Yoga teachers can earn between £25 and £75 per hour. If you teach 2 classes each week for a year you could earn from £2600, (£25 per hour) to £7800, (£75 per hour). You might choose to teach more classes than this. You might decide that the learning is well worth the money all by itself and not ever teach, (spoiler, it's well worth the money!).

## **Have I got to pay it all straight away?**

Not necessarily.

We would need a deposit of £150 to secure your place, (this is non refundable). If you are booking within 1 month of the start of the course, we would expect the full payment on booking. Otherwise we can offer a weekly or monthly payment plan. (All payments to be completed by the first day of the course, so divide the weeks or months between now and January 2023 and you have your instalment payment amount).

# Course dates for 2023/4

## **January 2023**

**Saturday 21st**

**Sunday 22nd**

Thursday 26th

## **February 2023**

Thursday 2nd

Thursday 9th

**Saturday 18th**

**Sunday 19<sup>th</sup>**

## **March 2023**

Thursday 2nd

Thursday 9th

Thursday 16th

**Saturday 18th**

**Sunday 19th**

Thursday 23rd

Thursday 30th

## **April 2023**

Thursday 20th

**Saturday 22nd**

**Sunday 23<sup>rd</sup>**

## **May 2023**

**Thursday 4th**

Thursday 11th

Thursday 18th

**Saturday 20th**

**Sunday 21st**

Thursday 25<sup>th</sup>

## **June 2023**

Thursday 8th

Thursday 15th

**Saturday 17th**

**Sunday 18th**

Thursday 22nd

Thursday 29th

## **July 2023**

Thursday 6th

Thursday 13th

**Saturday 15th**

**Sunday 16th**

Thursday 20th

## **August 2023**

**Saturday 12th**

**Sunday 13<sup>th</sup>**

## **September 2023**

Thursday 7th

**Saturday 9th**

**Sunday 10th**

Thursday 14th

Thursday 21st

Thursday 28<sup>th</sup>

## **October 2023**

Thursday 5th

Thursday 12th

**Saturday 14th**

**Sunday 15th**

Thursday 19<sup>th</sup>

## **November 2023**

Thursday 2nd

Thursday 9th

Thursday 16th

**Saturday 18th**

**Sunday 19th**

Thursday 23rd

Thursday 30th

## **December 2023**

Thursday 7th

**Saturday 9th**

**Sunday 10th**

Thursday 14th

Thursday 21st

## **January 2024**

Thursday 11th

Thursday 18th

**Saturday 20th**

**Sunday 21st**

**Thursday class times are  
6pm to 8pm**

**Saturday and Sunday  
times are 9am to 5pm**



# THE COLLINS & BARTH SCHOOL OF YOGA

## Curriculum Topics

This is NOT a crash course in yoga. This course is designed to take a whole year to enable students to fully integrate their learning and become reflective practitioners. The course is designed to be fun, dynamic and exciting. It is nicely paced with modules switching regularly to keep concentration levels high.

Below is a list of some (but not all) of the topics included...

Qualities of a teacher

Teaching skills

Sequencing

Asana Master Classes

Anatomy for yoga teachers

The History of Yoga

Yoga Philosophy

Meditation

Teaching Practice

The Breath – Theory and practice

Exploring Types and different styles of yoga

NLP

Experience and understanding

Injuries and ailments

Teaching advanced postures

Yoga and science

Working with Chakras for self-development

Yoga Nidra

Mindfulness

Yoga and Sport

The Bhagavad Gita

The Sutras of Patanjali Yoga

Making yoga accessible for children

Chair Yoga

The Professional Ethics of a Yoga teacher

Meditation and the brain

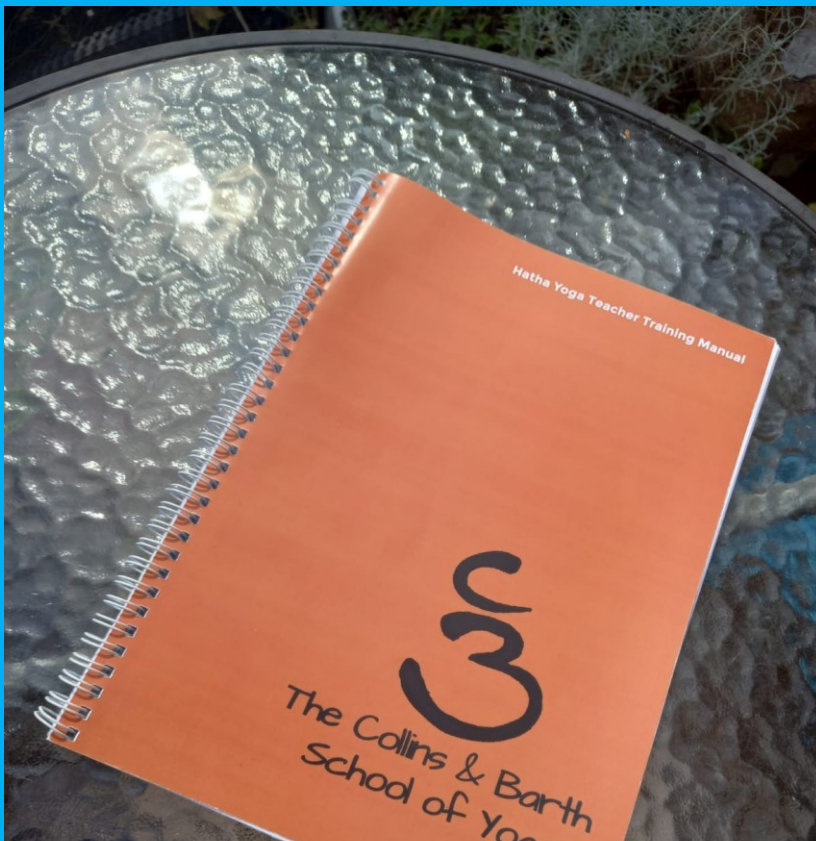
Adjusting yoga postures

Establishing and managing a yoga business



# THE COLLINS & BARTH SCHOOL OF YOGA

Helping you along the way and containing all of the info to pass your exam... your trusty course handbook



We think this is all you need to know right now but...

If you have any further questions just contact **Jane**

**Collins:** [janecollinsyoga@gmail.com](mailto:janecollinsyoga@gmail.com)

Or **Simon Barth:** [simon.barth@simonbarthyoga.co.uk](mailto:simon.barth@simonbarthyoga.co.uk)

**You are welcome to request a free curiosity call at any time!**