

practice with devotion • share with love • live your dream



2019 Prospectus

Unity Yoga

Teacher Training

A personal and professional journey to share the benefits & depth of inclusive yoga.

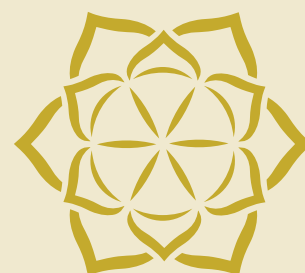
200hours | Est. 2002



www.being-in-unity.com

Unity Yoga Teacher Training

2019 Prospectus



YOUR NEW YOGA JOURNEY STARTS HERE!

Thank you for your interest in the Unity Yoga Teacher Training diploma. This **200-hour programme** has been running since **2002** with groups no larger than 10 students.

I hope this document will answer any questions you may have about the journey. Please take some time to read it carefully, and if any uncertainties remain or you would like to chat about the course, please don't hesitate to contact the Unity team directly. Course requirements suggest that you have had a regular yoga practice for at least three years. This means practicing around three sessions of yoga per week, including at least one weekly taught class.

This guideline is flexible, so please call to discuss your experience. Often a strong current passion and commitment to the path may be more worthy than years of a weaker relationship with yoga. Every student is unique.

The course is delivered over regular monthly teaching weekend. There will also be about six to eight hours of home study required per week. It's suggested that you plan carefully to keep on track with the timetable.

If you have any further questions, please email me on sevanti@being-in-unity.com.

Warm wishes and blessings,

Namaste.

Sevanti
Sevanti

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What is Unity Yoga?

Unity Yoga is a deep and meditative flow through seated meditation, asana, pranayama and savasana.

It is an enquiry into organic, natural movement; moving inwards through focussed awareness to then open outwards into a spectrum of authentic yogic postures with sensitivity and strength.

The heart of this practice is about 'being with oneself', letting go and enjoying the process of unfolding rather than judging or forcing. We establish our practice through the recognition of our miraculous, intelligent body and mind, therefore moving naturally and uniquely to our personal form and personality.

Through this sensitive authenticity we are able to explore a diverse spectrum of asanas with various approaches and dynamics.

Meditation, breath, letting go, depth, humility, these are the entry points to a long-term nourishing and inspiring practice.

Our style changes as we change, but this diploma is interested in the underlying thread of yoga, the ability, primarily to connect with our ultimate truth and live our potential of love and joy.

The dynamics and content may vary between Unity Yoga teachers, but the central focus is on the fluidity of natural and authentic movement, relationship with breath and the awareness of our fundamental state of being. A Unity class usually starts with seated meditation, followed by mantra and pranayama. The body is warmed up before flowing through restorative/flowing/dynamic asanas, weaving through an awakening and cleansing journey through the chakras.

The body-mind is respected as a whole system, honouring the felt sense of emotions, thoughts and beliefs stored within the physical body.

With courage, surrender and lightness we tune in to the intelligence of our system, and the simplicity of letting go of the tension held within the body and mind. Care is taken to be true to our

unique body, enjoying a wide range of possibilities and variations to maintain safe and effective alignment. Moving and still postures are carefully chosen to take each practitioner on a deep but fun journey of awareness. The purpose of a Unity Yoga session is to allow each person time to pause, to listen to the body, mind and emotions and to undo any accumulated tension. We can then replace tension with an open heart, spaciousness, positivity and trust. Yoga brings awareness to all parts of ourselves, inspiring balance and clarity and ultimately a greater connection with our higher-self, and all that surrounds us.

Swami Satchidananda (Founder of Integral Yoga) said. '(Yoga) is a flexible combination of specific methods designed to develop every aspect of the individual; physical, emotional, intellectual & spiritual.

It is a scientific system which integrates the various branches of yoga in order to bring about a complete and harmonious development of the individual.

INFLUENCES

Sevanti's development of Unity Yoga was inspired by her earlier paths through practices such as Integral Yoga, Sivananda, Ashtanga, Scaravelli and Iyengar to name but a few. She likes to fuse dynamics and energies together to allow a blending of yin and yang; a strong, grounded practice with an underlying organic lightness and flow. Overall the Unity style is on the slower end of the yogic spectrum, and it interchanges smoothly between surrendered stillness and flowing, meditational movement.

This diploma invites the discussion and practice of various styles of yoga, therefore students from different paths are welcome to join.

All that is required is a willingness to dive deeply into meditation, to explore the fundamental foundations of yoga thoroughly and to allow their true relationship to yoga to emerge.





As each of us change, our practice and teaching also changes. What remains throughout is our commitment to a deeper inner awareness, a lasting spiritual connection and a pull to live a life of love, connection and respect to all beings.

The underlying message of this diploma is that each individual is invited to create/develop their own yoga, one that is authentic to one's true self!

Sevanti teaches the majority of the diploma, but in addition to inviting highly respected and knowledgeable teachers to contribute their specialist areas.

Sevanti brings her background of Contemporary and expressive dance into the diploma, as well as her application of various approaches to massage, healing and bodywork.

She shares her passions from other forms of movement and meditation, such as Sufism, Zen, Tantra and Buddhist practices. She teaches in a friendly, down-to-earth way, enjoying fun and humour along the way!

ADDITIONAL COMPONENTS

In addition to exploring various styles of yoga, we look at a diverse range of Raja yoga teachers, and general Spiritual Masters and teachers. Osho has

influenced Sevanti's journey deeply, some of his messages particularly in relation to freedom and yoga are shared on this course.

The core of practice continuously returns to our own true centering. When we're rooted deeply and gathered into our centre, our whole perspective changes.

When we pass through the periphery to the heart, through the changeable emotions to our centre where our ultimate truth resides, then conflict eases and we are at one with ourselves and our surroundings. Students are supported to establish daily meditation to create a long lasting anchor in one's spiritual practice.

A balanced and complete class requires an interplay of various aspects of yoga. We study in detail asana, pranayama, meditation, mudra, bandha, mantra, kriyas, yoga nidra, tantra, body-mind balancing and yogic theory and philosophy via various approaches.

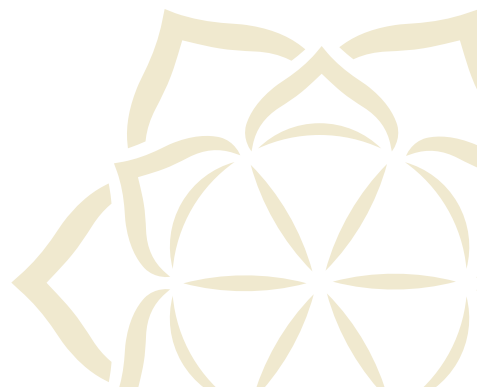
Anatomy & Physiology and First Aid also contribute to an extensive knowledge and understanding, with class safety of utmost importance. There are also sessions in adjustments, Unity Partner Yoga, ayurveda, diet & nutrition, emotional kriyas and more.

“

The purpose of a Unity Yoga session is to allow each person time to pause, to listen to the body, mind and emotions and to undo any accumulated tension.

We can then replace tension with an open heart, spaciousness, positivity and trust.

”



Yoga for all

A strong emphasis is placed on benefiting the whole community through yoga, therefore there are specific sessions in teaching pregnancy, children, less-abled students, the elderly and deaf students to name but a few.

Understanding how to run one's business, as well as support in promotion and administration is also essential and therefore included in this diploma. A post graduate course follows, and there are opportunities to teach at the Unity Studio.

Emphasis is placed on the essence of Yoga as a lifestyle, a journey not a destination.

A path to being more present, honest and more integrated - with ourselves and the world around us. It is also a path of celebration, a practice to be enjoyed and shared.

Overall, a good teacher inspires by authentic example and therefore the most essential aspect when considering this diploma is whether one is ready to make their yoga their life, to commit to continuous self reflection, awareness and love.

This diploma is open to those who have a passion to develop to their potential, to connect with their true self. To hear the call to go inwards and to bring that beauty out into the world.



Sevanti's Background

From a young age Sevanti was interested in movement and dance, nature, energy and healing. She realised that she had been practicing what she later found to be called 'yoga' in her young teens. She then developed this with various teachers until her three year Yoga Teacher Training with Swami Satchidananda in her early 20s.



STUDY & TRAVEL

Sevanti had previously completed a BA (Hons) in Dance Theatre at the Laban Centre, and her YTT then directed her deeper into the nature of organic movement, breath and meditation. Practicing, learning and teaching around the world from Greece to Thailand, Sweden to Turkey, offered Sevanti over a decade of diverse experience in running retreats for her company 'Unity'.

She also directed holistic holidays for companies like 'Skyros'. She had trained in teaching Massage and Reiki, so gradually with her extensive and diverse teaching experience it seemed natural to develop her own professional diplomas, which began in the early 2000's.

Sevanti wanted to share her experiences, wonderful teachers and techniques with local students, in a very thorough, professional but down to earth way. Establishing Yoga Teacher Training 8: Bodywork Programmes

She has spent many years visiting various Ashrams/ Centres/ Retreats, so she draws upon many of those experiences, along with her background in movement and dance. These related elements and inspirations are poured into her professional syllabuses. Aspects of Biodanza training, years of dancing Five Rhythms and her love for Sufi practices and other meditational movement techniques all become a part of what she currently shares.

Sevanti became validated by the very best accrediting bodies; the IYN 8: MTI. These diplomas have been running since 2002, nurturing around 10 students per course each year from her Unity Studio in Brighton.

OPENING THE STUDIO

It had been a dream to open her own Yoga studio, which is now well established in Brighton. Sevanti discovered a light and spacious, nurturing and homely studio space with its own courtyard garden; just a 15 minute walk from the seafront. In September 2019 Sevanti will also be opening The Unity Centre at the old Turkish Baths in Lewes. The centre is fully equipped and also includes a vegetarian/vegan cafe, treatment rooms, an Infra Red sauna, flotation tank and two beautiful rooms to teach diplomas and yoga classes, plus a range of different therapies. The Unity Centre is only 5-10 minute walk from Lewes train station.

UNITY PARTNER YOGA™

Sevanti spent extensive hours with her friend, Sarah Jennings combining yoga postures into partner work back in 2000. Sevanti is passionate about the metaphor of Partner and Group Yoga, how it draws people together to go deeper into their practice in a fun and sacred way. She established Unity Partner Yoga™ in 2000. She has taught this in various parts of the world, to diverse ages and backgrounds. Sevanti developed this into a second IYN Post Qualifying course, 'Unity Partner Yoga™ Teacher Training' in 2012.

Below: Unity Studio Brighton



Course Outline

9.30am-5.30pm on Thursdays, 9pm-6pm other days

(Dates are subject to change.)

1 Session 1: Thursday 10th – Saturday 12th October 2019

OPENING CEREMONY

- Overview
- What is Yoga?
- The 4 strands of Yoga
- The 5 paths of Yoga
- Investigating the 12 core Asanas and their origins
- Prana 8: Nadis & Intro to 3 bodies
- Tratak
- History & Yoga Today
- A day in the life of a Yogi
- Authentic, natural movement
- Vegetarian food and an ethical shop

2 Thursday 14th – Saturday 16th November 2019

- The 3 Bodies
- Pranayama Practice 8: Pranayama theory -
- Mindfulness of Breathing
- Aura & Chakras
- Health 8: safety
- Contraindications
- Principles of Movement
- Beginning of a Yoga class – sequencing in detail
- Optional and more advanced asanas

3 Thursday 5th – Friday 6th December 2019

- Anatomy of Yoga
- Prevention of injury
- Principles of organic Movement
- Initial Class -Teaching experience
- Discuss plans for 8 weeks beginners course



4 Thursday 9th – Saturday 11th January 2020

- Bandhas
- Kundalini Yoga
- Yoga Nidra
- Body, Mind, Balancing
- Variations of main 12 postures
- Meditation
- Students teach beginners class

5 Thursday 6th – Saturday 8th February 2020

- The 3 Bodies
- Mantra Yoga
- Meditation
- Discuss Assessment of teaching, journal, feedback etc
- Heart Sutra
- Food & Yogic Diet
- Various dynamics of classes
- Assisting postures in Class (including Thai Massage workshop)
- Class environment
- Teaching experience
- Various Class lengths
- Partner Relaxation workshop
- Recap and revision

6 Thursday 2nd – Saturday 4th April 2020

- Unity Partner Yoga
- Adjustments
- Energy Enhancement Meditation techniques
- The 6 Kriyas
- Technical teaching practice
- Yoga for all (children, elderly, special needs, less able- bodied etc)
- Ayurveda
- Mudras
- Personal Training in Yoga: Creating a specific programme
- Prepare to start 8 week intermediate course next session

7 Session 7: Thursday 7th – Friday 8th May 2020

- Bandhas
- Yoga Sutras of Patanjali
- Bhagavad Gita
- Sound bath
- The responsibility of a Yoga Instructor
- Self employment, Tax, Insurance
- Business 8: Marketing



8 Session 8: Thursday 18th – Friday 19th June 2020

- Practice in teaching: Partner work
- Tantra Yoga
- Sharing & Puja
- Review
- Last student classes
- Revision
- Tuesday 30th October 10am
- Coursework Deadline
- Practical exams

Coursework deadline
29th June 2020

Practical exams
10th July 2020

First Aid course
17th May 2020

Anatomy & Physiology
**Sunday 26th Jan &
Sunday 1st March**

- With Earle Abrahamson
- Thursday 28th May with Chris Swain



To Consider

As a student, you will be experiencing a powerful group journey together. We honour the yogic principles to create harmony and flow within the group.

- Our values underpin the flavour of the atmosphere that we create at Unity. Please read through these on our 'Core Values' section and feel if this is in harmony with what you are looking for (overleaf)
- In addition to the internal and external assessment, the student is also assessed informally throughout the course in practical application, in addition to theoretical input and general conduct. The student must demonstrate the appropriate personal qualities expected of a yoga teacher during the course in order for them to receive their certificate.
- There is a large workload for this diploma. In the past, students have managed to work full time, spend time with their families and study various distances, however please note that your time management may need some readjusting. Becoming a Yoga Teacher is a significant change of life, and the amount of coursework reflects the investment of time and energy required in this chosen path. Careful planning and organisation will be necessary.



It is important to realise that the student may not be able to graduate if these skills are not met.

These skills are relevant to teaching, but also to the entire course in showing support and respect for fellow students, teachers and clients. These values are essential for a Yoga teacher.

We ask that you attempt to

- Show sensitivity to other people's needs and work with love and respect for one's surroundings, fellow students and teachers.
- Discuss problems in a mature manner, with sensitivity, attentiveness and kindness.
- Aim to be trustworthy, respecting confidentiality around personal information.
- Take care of oneself and others - Looking after one's own needs.
- Seek support when needed, from friends/family/therapists. This course is a serious undertaking; a deep transformative and personal journey. Therefore we suggest a strong supportive network. Students are responsible at all times for their physical, mental, spiritual and emotional well-being. If you require external support we are happy to suggest various practitioners and therapists who may also offer you additional support.
- Demonstrate self-assurance - Adopting a positive standpoint of one's abilities go and progress. Show confidence in oneself, with patience and awareness.
- Respect social reliability - To respect the schedule and the group by being on time. Respecting confidentiality and maintaining boundaries.
- Maintain a professional appearance – Caring for personal hygiene and tidiness, particularly when teaching a class.



Our requirements

- Join 4-hours of workshops (i.e. Partner Yoga) with Sevanti outside of the teacher training (this is required).
- Ensure that you pay the required deposit, follow your payment plan and advise the Unity School Manager if there are any problems with financial arrangements. Please ensure that you have sent the relevant forms to the Unity School Manager before the start of the course.
- If you decide to leave the course this must be given in writing to the course tutor, Sevanti, and the Unity School Manager, Rosie Chipping. Please be aware that the course is non-refundable and all outstanding payments must be paid to Unity.
- Honour that a signed contract is legally binding. It is therefore essential that each student fully intends to complete the course. Please think carefully about this commitment in terms of your time, energy and finances. All payments must be received regardless of whether the student leaves the course for any reason.
- To arrange your own transport and accommodation if required, please note the teacher training will be held at The Unity Centre in Lewes, however there are options to board at the Unity Studio in Brighton.
- To arrange a Medical or Holistic practitioner to complete your medical form before the start of the course.
- To regularly check emails relating to the course, or inform us if you do not have access to the Internet.
- Understand that punctuality is important with every aspect of the course including practical/theoretical sessions, exams and coursework. Missed sessions and lateness can cause disruption to the rest of the group and the tutor.
- Please communicate with Sevanti or the session teacher ASAP if you are unable to come to a session or are running late.
- If a session is missed a catch-up session will most likely be required at an extra cost as indicated in the financial structure.
- A minimum attendance requirement of 100%. Ideally full attendance in the initial 3 sessions is of utmost importance. Approximately 5-6 hours of home study time will be needed each week, as well as time for planning and teaching 2 x 8-week blocks of classes and 2 x one-to-ones.
- Set homework and coursework must be completed before the set deadline. Please contact Sevanti if there are any circumstances that may prevent the work being completed by the deadline.
- For A&P there will be about 20 hours of teaching time and this requires regular home study – 20 minutes per day is recommended.
- Download the correct session manual from Dropbox before your session.
- Please follow the guidelines regarding any practical and theoretical coursework and always ask your tutor if there are any questions.
- Purchase the relevant literature for the diploma and the A&P course.
- Inform us if you have incurred any injuries or pain, which may affect you continuing to study on the course.
- Students will need to take out student insurance for the duration of the training. Please ask for details at the start of the course. Ideally, please enquire with IYN for their insurance policy details.
- Full payment must be complete before the graduation date. We will be unable to release certificates until the full payment has been made.
- To use the Unity name and branding in advertising and promotion.



What to Expect from Unity

The Diploma

- Thorough and intensive but enlightening training that will prepare you and guide you through the running and teaching of your own classes.
- A ten-month diploma, with over 212 hours of contact tuition recognised by the IYN.
- Monthly long weekend sessions (2 or 3 days) in The Unity Centre in Lewes over 10 months.
- 9.30am-5.30pm on the Thursday; 9am-6pm other days.
- Set coursework (written assignments, asana charts and a journal).
- Teaching 4 months external weekly classes, plus 3 months of one-to-ones, with written feedback
- A practical exam, anatomy exam and a written paper set as homework
- Welcoming all styles of Yoga, gathering our prominent interest around the core principles of Yoga; being in harmony and acceptance of oneself.
- Asana, Mudra, Pranayama, Meditation, Kirtan, Ritual, Yantra, Mantra and Sound Healing. A thorough foundation in Yoga, covering a spectrum of subjects.
- Understanding Unity Yoga and Unity Partner Yoga™.
- Yoga specific anatomy and physiology sessions led by two experienced tutors; Anatomy, Physiology and Pathology tutor Earle Abrahamson & Yoga Teacher/Osteopath/A&P Lecturer Chris Swain.
- Small groups; a maximum of 10 students to allow a supportive family-like atmosphere.
- Created and run by Sevanti, Founder and Director of the Unity Studio, plus visiting respected & renowned teachers offer sessions in specialised areas such as yoga for special needs, pregnancy, less-able-bodied, deaf elderly 8: children. Teachers include Ellen Lee, who is the current Chair of the Independent Yoga Network.
- Supportive Teachers.
- Beautiful, homely space to learn in.
- A fun, awakening and inspiring personal journey.
- An excellent, highly regarded professional certificate with the most supportive and authentic body, IYN.

ADMINISTRATION

- A telephone or face to face interview prior to acceptance to the course
- Ongoing support with admin and payment organisation
- Teaching manuals downloadable on Dropbox.
- Information and support from the IYN
- A discount on student insurance

PLUS

- First Aid course in May 2020.
- The opportunity to teach at Unity with marketing support after the course.
- The possibility of joining our Postgraduate Yoga Programme at Unity
- Unity students receive a 10% discount off all Unity Retreats.

The Unity Name

Upon graduation from this diploma, students will be able to use the well-respected and established Unity Yoga title for their teaching practice.

Qualified students will also receive the specific logo/letters to accompany the branded title on promotional material and websites.

Our practice and teaching style adapts over time, therefore 'Unity Partner Yoga' could also be listed in the class summary if the student feels they wish to take an alternative title which reflects a fusion of other yoga/dance/bodywork practices.



Unity Core Values

To Host with Warmth

We wish for all of our students, clients and visitors to feel welcome and honoured at Unity. We offer a homely studio which provides a nurturing, sacred and positive environment, for group and individual work.

To Serve with Professionalism

We are proud of the high standard in our well-established professional trainings, classes and workshops. We welcome other tutors and practitioners who work with a similar passion and commitment to their work.

To Work with Love

We deeply believe in the need for self developmental work and personal expression. We feel this work can thrive efficiently in a clear, loving and down to earth environment.

We heartfully aim to work with fairness, respect and kindness to all.

To Improve with Enthusiasm

To maintain our inspiration and vibrancy, we are constantly working on exciting projects for the improvement and development of our premises, services and events.

We gratefully welcome all constructive feedback, and aim to deliver the very best standard possible.

To Unite with affordability

We welcome a community of local and visiting people.

We offer a fair price, with flexible payment plans available for those who require assistance.

Anatomy & Physiology



Course tutor
EARLE ABRAHAMSON

Earle is an internationally published author, therapist, psychologist, educator and teaching fellow.

Born and raised in Johannesburg, South Africa, Earle gained qualifications and expertise in physical education, sports therapy, clinical psychology and educational practices.

He has extensive experience as a mentor and has developed mentorship programmes internationally. Earle has been instrumental in designing therapy programmes that promote reasoning and graduate skills employability.

He currently co-chairs The International Society for the Scholarship of Teaching and Learning (ISSOTL): He is a fellow of the Royal Society of Medicine and served as student liaison officer for the British Association of Sports Rehabilitators and Trainers (BASRaT) and holds senior practitioner status in soft tissue therapy with the British Register of Complementary Practitioners (BRCP).

Earle is an internationally acclaimed presenter, sought after to deliver seminars and workshops. Earle has worked with partner consultancies to develop best practices and is involved in developing professional and student experiences through active engagement with industry and commercial events.

During 2012 Earle gave his services to LOCOG as an accredited sports massage therapist. He was situated in The Velodrome during The Olympics and in the Athletes Village during The Paralamypics.

Earle is an MTI (Massage Training Institute) accredited tutor and the Chair of MTI; is an elected member to the PSB for Massage on the CNHC (The Complementary and Natural Healthcare Council) and Vice Chair of the GCMT (The Council for Soft Issue Therapies).



Course tutor
CHRIS SWAIN

Chris Swain is a prize-winning graduate of the British School of Osteopathy.

His studies have included dissection studies at Guy's Hospital and the Brighton and Sussex Medical School.

He has been teaching Anatomy & Physiology for the last 12 years in the UK and abroad. Having followed a passion for yoga for 30 years, Chris appreciates how knowledge of Anatomy & Physiology can help to prevent injuries and empower practitioners to have a deeper relationship with their own asana practice.

Chris has developed an Anatomy and Physiology course, which is specifically tailored for yoga practitioners and teachers. Anatomy is not a dry and abstract subject with Chris; he brings the subject alive through an interactive style of teaching orientated to practical application.





Course information

This element of the Training will be delivered over 20 hours of teaching time and requires regular home study.

Sunday 26th Jan
with Earle Abrahamson
9.30am – 5.30pm

Sunday 1st March
with Earle Abrahamson
9.30am – 5.30pm

Thursday 28th May
with Chris Swain,
10am – 5pm

10th July 2020:
Final exam

Location
Unity Centre, 35 Friars
Walk, Lewes, BN7 2LG.

Course structure

A&P MODULE

- **The Skeletal System:** Bones and joints
- **Axial and appendicular**
- **The spine:** Parts of the vertebral column and curvatures of the spine
- **Classifications of bone:** bone structure and growth
- **Classification of joints:** movement and exercise
- **The lever system and movement**

THE MUSCULAR SYSTEM: MUSCLES AND MUSCLE ACTIONS

- **Classifications of muscles:** Smooth, skeletal, cardiac
- **Locations of major muscle groups**
- **Muscle action:** Anatomical terms
- **Muscle group action on joints**
- **Group muscle action:** primary mover, synergist, antagonist
- **Muscle structure and sliding filament theory**

THE CARDIORESPIRATORY SYSTEM

- **The heart**
- **The cardiac cycle**
- **Heart rate:** stroke volume and cardiac output
- **The vascular system:** arteries, veins, capillaries, diffusion
- **Systemic and pulmonary circulation**
- **The respiratory system**
- **Alveoli and breathing action**

THE LYMPHATIC SYSTEM

- **The role of the lymphatic system**
- **Vessels and organs**

ENERGY SYSTEMS

- **Food and chemical energy**
- **The ATP cycle**
- **ATP and exercise**
- **The energy systems:** Phosphocreatine, lactic acid and aerobic

THE NERVOUS SYSTEM: AN OVERVIEW

- **The central nervous system and peripheral nervous system**
- **Sensory division and motor division**
- **sections of the motor division**

THE TERM FITNESS AND PHYSICAL FITNESS

- **Components of fitness**
- **Factors affecting physical fitness and flexibility**



First Aid

Course Date: 17th May 2020 9am-5pm at Unity Studio

Cost: £95 including all literature and certification –
Payment is due by 17th April 2020.

Emergency First Aid at Work (EFAW) for Yoga Teachers and Therapists at Unity Studio, 130 Lewes Rd, Brighton BN2 3LG.

Unity will be holding a one-day ITC Level 3 Award in Emergency First Aid at Work (RQF) taught by Flora Schnider (Elements First Aid Training). This practical one day course not only includes the topics required by the Health and Safety Executive (HSE) for the Emergency First Aid at Work (EFAW) qualification certificate, but has been developed further to incorporate common situations that may occur whilst doing yoga and studio work.

CONTENT

Prescribed by the Health and Safety Executive (HSE) and includes the following:

- The importance of preventing cross infection.
- The need for recording incidents and actions.
- The use of available equipment.
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency.
- Administer first aid to a casualty who is unconscious (including seizure).
- Administer cardiopulmonary resuscitation (CPR).
- Correct use of an Automated External Defibrillator (AED).
- Administer first aid to a casualty who is choking.
- Administer first aid to a casualty who is wounded and bleeding.
- Administer first aid to a casualty who is suffering from shock.
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

All students are required to hold a current First Aid certificate, gained within 3 years of their Unity graduation date (July 2020). Any student with valid certification will not need to take this course. Non-Unity students are also welcome on to this course.

Practicalities

Rosie will be your first port of call when you enquire about the Unity Yoga Teacher Training and she will provide you with all of the information to ensure that this is the course for you – as well as how to enroll and what to expect on your first day of the diploma.

Throughout the length of the diploma Rosie will be on hand to help you with any further queries relating to the course administration and finances.

VENUE

The course is delivered at:

The Unity Centre, 35 Friars Walk, Lewes BN7 2LG.

If you need accommodation there are many hotels and B&B's in the area. Please contact the Tourist Information Board (www.visitlewes.co.uk). We can also help with queries nearer the course start.

RETREATS

We highly recommend that Yoga Teacher Training students attend one of our Unity Yoga Retreats. This offers students the opportunity to experience a week immersion into a yoga retreat. Receiving continuous daily classes and tutor support, as well as learning about organising and running a retreat. Unity students receive a 10% discount on all of our retreats.

COURSE RECOGNITION

The course is recognised by the Independent Yoga Network (IYN). It includes a compulsory Anatomy & Physiology module.



Exams and Coursework

PRACTICAL EXAM

It is to the tutor's discretion whether the student is able to take the practical exam if the tutor sees that there is reason that the student is not ready. No refund will be given for non-attendance.

COURSEWORK AND ASSESSMENT REQUIREMENTS

The course will complete with 2 exams, which will be assessed by the IYN's Quality Commitment and Assurance system: a practical assessment and an Anatomy & Physiology assessment. The standard for graduation is assessed by the following:

- Planning and teaching a 8-week beginners class and an 8-week intermediate class with 10 students and receive feedback. Diploma students will also need to write-up this feedback.
- 2 private yoga tuitions over 3 months and personal reflective journal.
- Yoga Asana charts.
- Beginner, Intermediate and 1-2-1 class plans plus student feedback and practitioner feedback.
- All requested written assignments and ongoing work.
- Final Theory.
- Personal reflective journal.
- Students must attend 10 diverse yoga classes as part of their coursework. Sevanti will teach weekly Unity Yoga classes every Friday.

Throughout the course there will be ongoing monthly coursework deadlines. Coursework set the previous month must be submitted during the following session (except when stated otherwise). Some extensions may be granted in exceptional circumstances. However, a late marking fee might apply. If there is ongoing unauthorised coursework lateness, the tutor has the right to withdraw the student from the course. Please note that the final coursework deadline date and time is mandatory. Unity may offer the flexibility of handing the coursework in earlier, however, if it arrives after the time and date specified then the student cannot be put forward for their exam.

ESSAYS

When an essay is set it is due to be handed in the following session directly to Sevanti (hand-written or typed). Sevanti cannot accept emailed copies. Extensions may be possible based on exceptional circumstances, but there may be an additional fee. Please contact Rosie to apply.

EXAM FEES

Exam fees are included in the overall course investment. Should either the practical or A&P exams need to be re-taken, the prices are as follows: Practical: £105, A&P: £105. The exams will be held at the Unity Centre, Lewes. If exams are not attended, there will be no refund.

UNITY POLICIES

Unity operates an equal Opportunities policy, and students may expect to be treated fairly and reasonably throughout the course. Please notify Unity of any health issues that may affect successful completion of the Diploma. Enrolment onto the course requires full payment, regardless of whether a student leaves before completion and under any circumstances. If a student requires to leave the course they must provide written confirmation to the Unity School Manager Rosie Chipping.

INVESTMENT

Total Course fee: £3495

Unity offers two payment options:

- **Discounted price – £3345.** Unity requires a deposit of £550 (non-refundable) to be paid by the 1st August 2019. The remaining balance of £2795 must be paid by 1st October 2019.
 - **By Instalments – £3495.** Unity requires £1747.50 to be paid by the 1st August 2019. (includes £550 non-refundable deposit), followed by 4 monthly payments (1st Oct '19, 1st Nov '19, 1st Dec, 1st Jan '20) of £436.87.
- non-refundable deposit. This is followed by 4 monthly payments (1st January 2018, 1st February 2018, 1st March 2018, 1st April 2018) of £380.63.

The Course includes:

- 21 days of practical teaching with Sevanti (and other specialist teachers for specific sessions)
- 3 sessions of A&P teaching with an external, highly qualified and experienced tutor, plus exam.
- All exam fees (excluding re-sits or deferrals)
- Downloadable manuals
- Payments are non-refundable and non-transferable.

FIRST AID TRAINING

All students are required to hold a current First Aid certificate, gained within 3 years of their Unity graduation date (July 2020). A dedicated one-day course will be held in May 2020, which will be an extra fee of £95. All students must attend unless they can provide valid certification.

ENROLMENT

Enrolment on this course is a serious commitment. You are welcome to contact Sevanti beforehand to discuss any concerns or questions you may have about the course.

To complete your enrolment please return the following:

1. Online application form – Please complete this at www.being-in-unity.com/yoga-teacher-training. Scroll to the bottom of the web page to find it.
2. Once we have received your application form we will arrange an interview with Sevanti. This will be conducted face-to-face, but if this is not possible then we will arrange a telephone interview.
3. If you are accepted onto the course we will require the signed contracts, plus the £550 deposit.
4. Medical Certificate – please send this to us along with your deposit or let us know if this will be sent by your GP. If you know of any health reasons that could cause you to leave the course, please let us know before the deposit is transferred.
5. First Aid booking form (if required).

You are advised to keep copies of these documents. You can send these by post to:

Rosie Chipping, Course Administrator, Unity,
130a Lewes Rd, Brighton, East Sussex, BN2 3L6
or by email to: unityschool130@gmail.com

Your application may be subject to interview. If so, you will be contacted to arrange a suitable time. Upon satisfactory completion of your application, you will receive written confirmation of your place on the 2019 Unity Teacher Training (IYN) Diploma.

In the event that your application is not successful, your deposit will be returned.

Unity Yoga Teacher Training 2019 Application Form

Name

Address

Postcode

Postcode

Telephone

Email

Previous yoga experience:

Please include how long you have been practising, which styles and how regularly

[illegible]

How did you find out about the Unity Yoga Teacher Training?

Medical Certificate is required to complete your application.

☐ Certificate enclosed ☐ GP sending directly

TOTAL INVESTMENT: £3495

Please tick the box next to your chosen payment option:

☐ Deposit of £550 (non-refundable), followed by a payment of £2795 paid by 1st October 2019.

Total fee £3345.

□ Unity requires £1747.50 to be paid by the 1st August 2019. (includes £550 non-refundable deposit), followed by 4 monthly payments (1st Oct '19, 1st Nov '19, 1st Dec, 1st Jan '20) of £436.87.

Total fee £3495.

By signing this contract I agree that should I need to leave the course for any reason the full fee must still be paid and that no monies are refundable. Please ensure you have read through the prospectus especially the practicalities, student learning contract, booking form and terms & conditions before signing the forms.

If you have chosen to pay in instalments the standing order must be active and guaranteed from October 2019 to January 2020.

I understand if I miss any study session or exams then I must arrange alternative catch up sessions which incur an additional cost. 100% attendance is required to complete the course.

Sign

Date _____

Payment details (please tick)☐ Bank transfer to:

Miss J E Attwood

Co-operative Bank

Sort Code **08-93-00**

Account number **08305202**

Student Learning Contract

I wish to enrol on the Unity Diploma in Yoga Teacher Training 2019 I understand that Unity will provide training over 21 days (excluding the exam) during these 10 months. The dates are all on weekends as follows.

Practical and Theory course dates 2019 are as follows.
Teaching runs 9.30am-5.30pm Thursdays, 9am-6pm
Fridays and Saturdays:

Session 1: Thursday 10th - Saturday 12th October 2019

Session 2: Thursday 14th - Saturday 16th November 2019

Session 3: Thursday 5th - Friday 6th December 2019

Session 4: Thursday 9th-Saturday 11th January 2020

Session 5: Thursday 6th - Saturday 8th February 2020

Session 6: Thursday 2nd - Saturday 4th April 2020

Session 7: Thursday 7th - Friday 8th May 2020

Session 8: Thursday 18th - Friday 19th June 2020

Coursework deadline: 29th June 2020

Practical exams: 10th July 2020

First Aid course: 17th May 2020

Anatomy & Physiology: Sunday 26th Jan & Sunday 1st March with Earle Abrahamson. Thursday 28th May with Chris Swain.

Students will be immediately informed if any changes occur and all students will be accommodated for with the decision of the new date.



Attendance

I understand that 100% attendance is required. I will attend the course on the specified dates and times unless I am prevented by exceptional circumstances. In this instance I will contact the course tutor.

If a student continues to miss the set dates or are disruptive to the group, Unity has the right to terminate the student's participation on the course.

If a day of the course is missed, I will most likely be required to have a catch-up session. The length of the session is dependent on the subject and work missed, at the discretion of the main tutor.

These are chargeable as follows:

1 day missed: up to 3-hours study for £100

2 days missed: up to 6-hours study for £200

3 days missed: up to 8-hours study for £260

The cost will be revised if more than one student requires the same catch-up session.

Attendance on Anatomy & Physiology teaching days is compulsory if for whatever reason you are unable to attend the session then there will be an extra charge for a one-to-one catch up session.

Punctuality

Students are required to arrive on time, there will be penalties if students are continuously late or disruptive to the group, Unity has the right to terminate the students participation on the course.



Deferral of Diploma, Exams or Coursework

If a student needs to defer their exams, coursework dates or entire course there will be an additional fee.

Students that request to defer the course for one year must write to Sevanti and Rosie Chipping detailing their reason for deferring their training on the Unity Yoga Teacher Training Diploma (IYN). Payment will be required upfront to guarantee a place on the following year's diploma.

Fee for deferring the full diploma

If a student requests to defer the full training until the following training year we will require the payment of £3345/£3495 to be paid 2 months before the start of the next diploma.

Fee for deferring the practical components of the diploma

If a student requests to defer the practical elements until the following training we will require the payment of £3495. to be paid 2 months before the start of the next diploma.

Deferring A&P or the practical exam

Deferral of an exam is £105 and we will require 6 weeks notice for referral.

Deferring coursework

Deferral of coursework is £75 and we will require 6 weeks notice for referral.

Essays

If a student requests to hand in an essay after the deadline there will be an additional fee of £15, subject to the tutor's availability.

Tutorials

If you required to arrange an additional tutorial with the main tutor, there will be an additional fee of £30.

Home study

I understand that approx 5-6 hours of home study time will be needed each week, as well as time for planning and teaching 2 x 8-week blocks of classes.

Health & Well-being

I understand that a holistic perspective is respected on the course, including physical, mental, emotional and spiritual aspects of yoga. Therefore, I realise that I will be considering my own state of health and wellbeing on all levels during the course. I accept that the course is not a substitute for personal therapy, and if necessary I will seek out counselling/ psychotherapy/physical or spiritual guidance.

Should I need to leave the course, I agree that the full course fees must still be paid and that no monies are refundable.

I have provided Unity with a Medical Certificate before enrolment, to validate that I am in good health on all levels and that there is no knowable reason why I would need to leave the course.

I have discussed the course with Sevanti, and have all of the documentation including the Terms and Conditions.

Sign

Date

While there will be personal benefits to the student, this is not a personal development programme. It is important that enrolling students are in good physical and mental health; both for their own wellbeing during the course of study and for the wellbeing of their future students.

Patient/Student name

Patient/Student address

Postcode

Are there any medical conditions that may affect your participation or attendance?

GENERAL PRACTITIONER DETAILS

Please return the completed form to your patient,
or directly to:

Miss J E Attwood (Sevanti),
Unity Studio & School,
130a Lewes Rd, Brighton BN2 3LG

Name

Telephone No.

Email

Address

Postcode

Sign

Date _____

First Aid Training Booking Form

First Aid - Sunday 17th May 9.00am-5pm

Note: if you already hold a valid First Aid certificate, and do not require this one-day course,

Please enclose a copy of the certificate with your application.

Name

Address

Postcode

Telephone

Email

Sign

Date _____

Payment details (please tick)

First Aid training

Please tick the box next to your chosen payment option:

- ☐ Total course fee – 95.00 (non-refundable).
- ☐ Bank transfer to:

Miss J E Attwood

Co-operative Bank

Sort Code **08-93-00**Account number **08305202**

Terms and Conditions

UNITY reserves the right to refuse enrolment if an applicant is deemed unsuitable for the course

UNITY reserves the right to ask a student to leave at any stage if it is felt that the professional skills have not been adhered to (the full course fees will still be due)

UNITY reserves the right to change the date and venue of any class / substitute a guest tutor if unforeseen circumstances arise. Unity will work to accommodate all of the students if a date needs to be changed.

All fees must be paid by the dates agreed. Any student withdrawing from the course after registering will be liable for the total fee.

A signed contract is legally binding. It is therefore essential that each student fully intends to complete the course. Please think carefully about this commitment in terms of your time, energy and finances. All payments must be received regardless of whether the student leaves the course for any reason.

Students will need to take out 'student insurance' for the duration of the training. Please ask for details at the start of the course. Ideally, please enquire with IYN for their Insurance Policy details.

Adherence to the stated 'To Consider' elements of the course is a requirement of this training and of successful completion.

Unity reserves the right to ask a student to leave at any stage if it is felt that the professional and appropriate personal qualities expected of a yoga teacher have not been adhered to (the full course fees will still be due).





UNITY
SCHOOL

Unity Studio, 130 Lewes Rd,
Brighton BN2 3LG.



THE UNITY CENTRE
y o g a , w e l l b e i n g & t h e a r t s

Unity Centre, 35 Friars Walk,
Lewes, BN7 2LG.

www.being-in-unity.com