

## The Diploma

An in-depth postgraduate training that will give you the skills to teach Unity Partner Yoga™ to a range of ages and abilities.

Six days of practical training forming 3 x 2 day weekends and 1 further day. Students present a 30 minute class on the final day.

Sessions start on the Friday at 10am until 6pm, and Saturday and Sundays will be from 9.30am-6pm.

This teacher training is open to teachers and yogic practitioners of three years or more.

Non-yoga teachers may also apply. In this case a certificate will be held for 2 years after the PYTT and given if a general YTT is completed in that time.

Recognition and possible membership from the IYN (this can only be given to those that are already certified yoga instructors)

A daily yoga class, led by Sevanti (individual practice). Theoretical investigation into the meaning of Unity and the concept of partner yoga, partner massage and relaxation, moving meditations, group sharing and partner-listening, extensive practical exploration & understanding.

Modules specifically cover Meditation/Pranayama/Mantra/Tantric exercises/Trust exercises/Improvisation of duo-yoga (mirror/contact)Partner Yoga Asanas: Warm ups, seated, standing, inverted, balances/Choreography of a Partner Yoga sequence/Partner-Massage (Seated/Thai-based Acupressure, Holistic Oil Massage)/Partner-Relaxation (Energetic healing and passive movement)/Yoga Nidra/Teaching Trios, quartets and larger groups/Airborne balances/Duo work/The dance of Unity Partner Yoga™ /Partner Yoga for Friends, Romantic Partners, Family Members & Children/Partner Yoga for Pregnancy/Safe Practice/ Adjustments/ Class & Workshop planning

The opportunity to teach classes at Unity following the teacher training, with the availability of marketing support.

A chance to be a part of the Unity community.

Half-price Unity Partner Yoga™ DVDs during the course.

Only 10 places available for a close and supported experience.

## Administration

A telephone or face-to-face interview prior to acceptance on the course.

Ongoing support with admin and payment organisation

Teaching manuals downloadable on Dropbox.

A face-to-face or telephone interview will be required before acceptance on the course.

## 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.

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 venue

The Unity Partner Yoga™ Teacher Training (IYN) will be held at Unity Studio. This peaceful haven has a small equipped kitchen providing basic cooking facilities and complimentary herbal teas.

The venue is also equipped with Yoga mats, bolsters, backjacks, blocks, belts, eye pillows and blankets. There is also free wifi available. A pretty courtyard garden is often used for study and breaks. There is metered parking nearby on Hartington Road and plenty of buses outside.

If you would like to discuss or make an appointment to book on the course please contact

Hannah: [unityschool130@gmail.com](mailto:unityschool130@gmail.com)