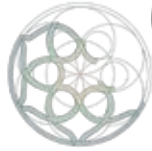




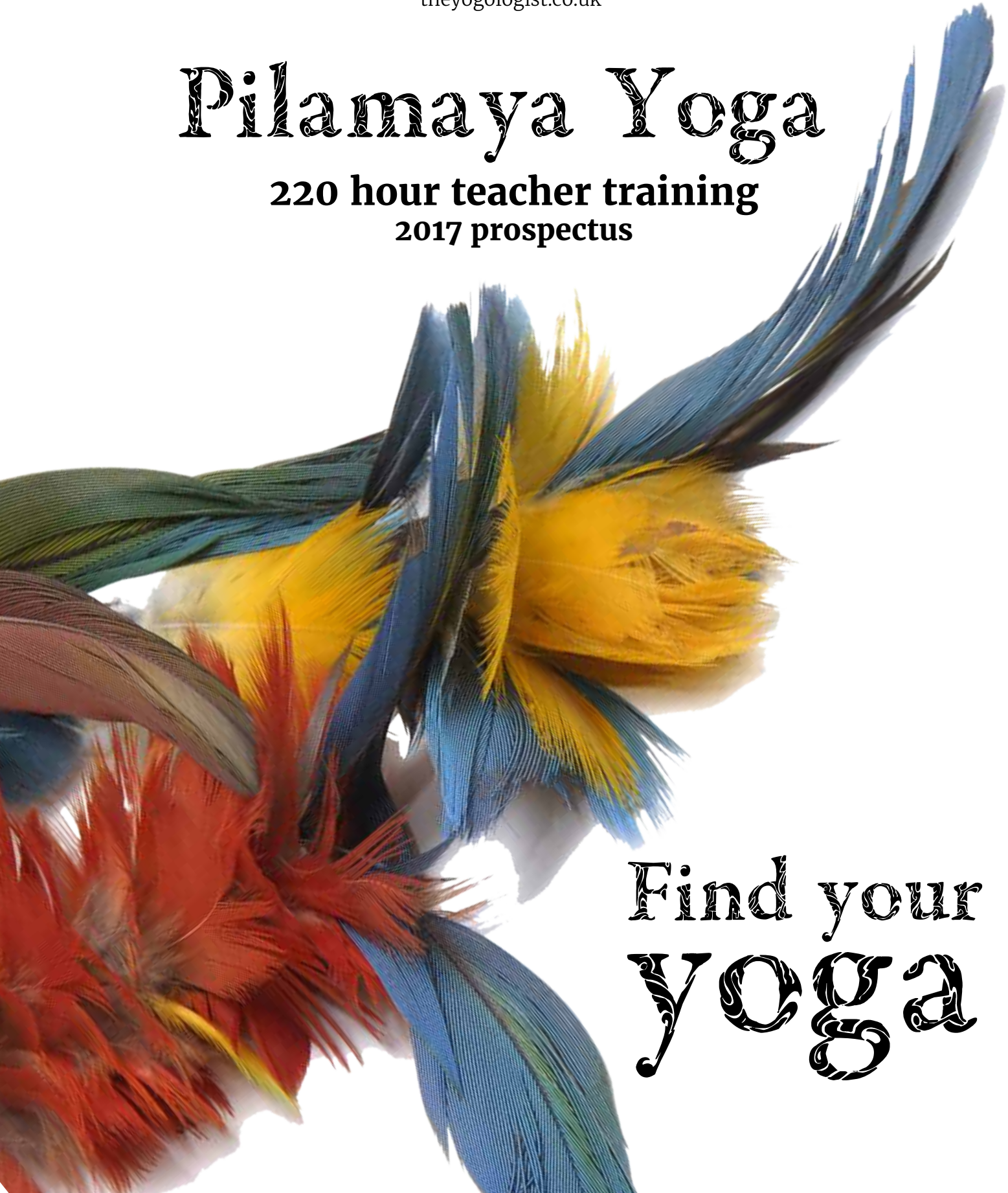
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# Pilamaya Yoga

220 hour teacher training  
2017 prospectus



Find your  
yoga



Shaura Hall is The Yogologist. She dedicates her life to a spiritual study of human beings that is informed by practical science. We call it Yogologie: a contemplative practice, understood from psychological, physiological and spiritual points of view.

Shaura trained as a Kundalini yoga teacher in 2006, which taught her the power of yoga for personal transformation. She later went on to study to become a Hatha yoga therapist with the Minded Institute; this is where she discovered her passion for science. Since 2012 Shaura has undertaken specialist training in mindfulness, yoga nidra, ME and chronic conditions, authentic relationships, a certificate in supervision and a BSc Hons in the Health Sciences.

Shaura has learned that each brain type holds a unique understanding of the world and beyond. She believes that this is reflected on our mats. It is her view that freedom arises as we find our yoga, which allows the practice to come alive in our hearts.

Her intention for this training is to guide students toward their modality of learning and teaching yoga. Shaura bows her head to all of her teachers but reaches beyond structure – her training compares, contrasts and asks you to make sense of your practice.

## What is Pilamaya Yoga?

The Pilamaya training aspires to help each student find their unique voice in teaching yoga. We combine this highly individual and spiritual approach to yoga with the strong scientific tradition of the Minded Institute to offer you a training that is truly unique, from the heart, and based in sound evidence of the benefits of yoga for all.

Pilamaya means ‘thank you’ in the Native American language of the Lakota people. This name embodies the sense of gratitude and contentment brought into the gift of life via yoga. Shaura has a deep connection to the Lakota and yogic traditions, and these two spiritual threads inform her rich teachings.

***“I believe in humans, I believe in the power of transformation and I understand the freedom that arises as a result of taking personal responsibility. I invite you to sit with me when you are ready to have an experience of your true nature.”***

*- Shaura Hall, The Yogologist*

## What you will get from this training

Our students will leave this training with the ability to teach yoga with a deep understanding of multi-dimensional student needs and tutelage in and cultivation of the qualities that instil excellence in teaching, including compassion, sensitivity, and confidence.

Students will learn appropriate sequencing and safe methods for modifying practices and/or for adjusting postures to various student levels and needs. We will also delve into empirical and academic knowledge of yogic philosophy and how to weave philosophical yoga themes into asana and pranayama practices.

Students will practice developing strong language skills that promote clear, precise, and uplifting teaching and gain a deeper appreciation of the influence of yoga in the anatomy, physiology, neurophysiology, and subtle energy systems of our bodies.

You will leave possessing greater confidence in describing the physiological benefits of yoga to the general public and to medical professionals.





## Training objectives

Students will be guided through the following subjects:

- Comprehensive anatomy to allow them to teach in an intelligent manner
- Cell Biology gives rise to a special understanding of the human body
- Physiology of major systems of the body such as the respiratory, nervous and cardiovascular system allows for a deep appreciation of the power of contemplative practice
- The energetic systems of the body including the nadis and chakras placed alongside of gross anatomy contextualises the inherent wisdom of yoga
- Yogic and Buddhist Philosophy shines light on the subtlety of body and mind from ancient sciences
- Asana, Pranayama and meditation teachings offer practical tools for transformative processes
- Appropriate sequencing shares how we create alchemy from multiple perspectives
- Safe methods for modifying practices and/or how to adjust posture to the varied student levels and needs begins to introduce health and safety in practice
- Strong language skills that promote clear, precise, and uplifting teaching supports safe space which leads to successful outcomes
- How to identify and meet unique anatomical needs further compounds health and safety in yoga practice
- Support others in personal transformation is an essential skill, thus, a strong focus of the training
- As teaching groups and individuals require different methodology, we prepare our students for both
- Managing challenging situations will be addressed on the course
- Imparting safety, kindness, and personal insight to yoga students through the teachings is a strong component in our training
- Ethics of practice informed by Minded principles uses self-reflection and practice to allow the student to responsibly navigate the role of yoga teacher
- Business and marketing skills of a yoga teacher can be challenging, therefore, we offer a comprehensive workshop on this topic

## Teaching techniques

- Self-practice: Students are required to do home practice to cultivate their relationship to yoga
- Class lecture
- In class partner practicum
- Yoga practices
- Home study and assignments
- Client sessions
- Written and practical assessments

## Course structure

The course is divided into eight foci that present a combination of biological, physiological and subtle anatomical offerings. In addition, we consecutively impart and give reverence to the eight limbs of Patanjali.

We have found that the way the course is structured enables participants to contextualise and embed the diverse learning program.

Each of the eight foci are outlined in the next page.





## Foci one: Foundation

Limb: Yamas

Asana: Standing Poses

Pranayama: Ujjayi

Meditation practice: Anapana Sati

- Introduction to standing poses
- Anatomy of standing poses
- Overview of the Ashtanga Yoga (standing sequence)
- Kinetics of movement
- History of yoga & yogic lifestyle
- Yogic diet & food prep
- Overview of the nervous system
- Pancha koshas
- The yogic approach to relationship

## Foci two: Shaping

Limb: Niyama

Asana: Sun Salutation

Pranayama: Ujjayi

Meditation practice: Anapana Sati

- Sun salutation variants
- Pilamaya sun salute
- Anatomy of sun salutation asana
- Overview of Vinyasa Yoga
- Alignment of Asana
- Stages and forms of yoga
- Story of Hanuman
- The peripheral nervous system
- Safety in the flow
- Intelligent Sequencing
- Self study

## Foci three: Building

Limb: Asana

Asana: Side bends and twists

Pranayama: Ujjayi

Meditation practice: Anapana Sati

- Introduction to side bends and twists
- Overview of the Hot Yoga sequence
- Enteric nervous system
- History of Agni and practical application in yoga
- Origin of Hatha Yoga
- Anatomy of the spine
- Use of props
- Yoga practice
- Giving clear verbal instructions

## Foci four: Expansion

Limb: Pranayama

Asana: Backbends

Pranayama: Various

Meditation practice: Anapana Sati

- Introduction to backbends
- Anatomy of backbends
- Science of pranayama
- Teaching pranayama
- Pranamaya kosha
- Sun/ Moon – Ida/pingala nadis
- Pancha vayus
- Hatha yoga
- Dealing with common physical problems

## Foci five: Sealing

Limb: Pratyahara

Asana: Forward Bends

Pranayama: Kundalini breathing

Meditation practice: Kundalini

- Anatomy of forward bends
- The seven chakras
- Kundalini yoga chakra meditations
- Various Pratyahara methodologies including:
- Use of mudra
- Use of mantra
- Bandha lecture and practice
- Dealing with student challenges

## Foci six: Stillness

Limb: Dharana

Asana: Yin Yoga

Pranayama: Elemental breath

Meditation practice: Anapana Sati

- Introduction to yin yoga
- Yoga Nidra
- Introduction to Buddhist principles
- Teach Meditation
- Metta meditation
- Lecture on myofascial connective tissue and yoga
- Review of yogic texts

## Foci seven: Binding

Limb: Dhyana

Asana: All

Pranayama: Various

Meditation: Various

- Lesson planning & intelligent sequencing
- Introduction to Minded Yoga
- Safety in asana, the practice and personal space
- Teaching methodology
- Teacher, Steward, Leader: Becoming a Yoga Entrepreneur
- Yogic creative identity
- Yogic diet & food prep

## Foci eight: Union

Limb: Samadi

Asana: All

Pranayama: Various

Meditation: Various

- Earth Festival
- Practical
- Assessment
- Student interpretations
- Celebration
- Group process

***“I did not just learn how to be a yoga teacher, I learnt what steps to take to become an improved version of myself”***

**– Muna, Pilamaya Yoga graduate 2016**



## Location

The Pilamaya Yoga teacher training course is held in the Algarve, Portugal. Students will need to book flights to Faro airport, we can help you to arrange a transfer to take you to the accommodation in the tranquil fishing town of Tavira, where we will commence the training.

## Dates and investment

2017/18:

Part one: 14th - 24th October 2017

Part two: 13th - 23rd April 2018

Investment for this training is **£2750**.

This price includes all of your training, accommodation and food during your stay with us in the Algarve. It also includes personal supervision sessions (via Skype) every month throughout the training period (October - April).

Please note, a non-refundable deposit of £1000 is required when booking.

*Following receipt of a deposit, the full balance is due prior to the commencement of training. However, we do understand that this is an investment and are happy to discuss payment plans with our prospective students. Please do get in touch.*

*Once admitted onto the course the student is liable for the full training fee; there is no obligation on the part of The Yogologist/ Pilamaya or the Minded Institute to refund monies if a student decides not to complete the training.*

## Assessment process

Our students will be supported through practical assessments in a nurturing environment. Creating good teachers requires great practical experiences. All of our teachers are trained in the art of holding to a high standard, and your success is our joy. Our instructors will guide and work you through the areas you are less comfortable with and you will leave secure in your ability to teach.

Practical assessments will include teaching various practices to individuals during class hours and teaching groups both in class and outside of contact hours.

## Examination

Progress through these sessions will be supervised in a gentle and supportive manner. Participants will also deliver two classes over Skype to a member of the team.

Finally, we will guide students towards an enjoyable assessment that will allow them to see the depth of knowledge they have gained during the course. We go through the assessment together before the end of the course.

Our grading scale is:

Pass level one (excellent): 85-100%  
Pass level two (competent): 70-85 %  
Pass level three (able): 54-69%  
Fail (supported): below 54%

We do not grade students' final certificate, the continuous assessment scores indicates to us whether the student is ready for the final exam. Should overall scores fall below 54%, the student will be offered the chance to undergo further training until they are able to consistently achieve the required level.

We grade each assignment and client session on: knowledge of asana, correct application of pranayama, basic scientific understanding, rudimentary understanding of philosophy and subtle anatomy and overall evidence that emotional intelligence has been applied.

## Professional certification

On successful completion of this course, students will be qualified as a 200hr yoga teacher accredited by Yoga Alliance Professionals. This means students are able to deliver one-on-one sessions, set up classes, and approach gyms and healthcare providers to offer services.







Should you have any questions please contact us at  
[shaura@theyogologist.co.uk](mailto:shaura@theyogologist.co.uk)



[www.theyogologist.co.uk](http://www.theyogologist.co.uk)