**Breeze Yoga Improvers Course January 2021**

The Breeze ‘Yoga Improvers’ course is a 40hr training taught by senior yoga teacher Matt Gill. It is designed for any student who wishes to further their understanding of yoga - from those who are relatively new to practice, to those with several years’ experience. It is particularly useful for students who are passionate about yoga and wish to deepen their practice - but who don’t necessarily feel drawn or ready to train as a teacher (at least not yet!).

Using a combination of practical and taught sessions, the course covers all key aspects of practice; from postures, breathwork and meditation, to the history of yoga and anatomy fundamentals.

Within each of the 6 modules there will be focus on a particular category of poses - see below for more detail. Matt will incorporate elements of his training as a mobility specialist to provide you with an understanding of how to approach these postures with greater confidence, allowing you to progress your practice in the ways that serve your body best.

* **Module - 1 April 17th (Saturday 9.30am-4.30pm): History of yoga, The Benefits of Practice, Standing Poses**
* **Module - 2 May 8th (Saturday 9.30am-4.30pm): Anatomy Fundamentals, Movements of the Spine, Strength + ‘Core’**
* **Module - 3 May 22nd (Saturday 9.30am-4.30pm): What is ‘hatha yoga’, Lower Body Mobility (forward folds, squats and seated poses)**
* **Module 4 -June 5th (Saturday 9.30am-4.30pm): Breath Basics + Pranayama, Upper Body Mobility (backbends and shoulders)**
* **Module 5 - June 19th (Saturday 9.30am-4.30pm): Meditation, Standing Balances, Hand Balances + Inversions**
* **Module 6 -July 10th (Saturday 9.30am-4.30pm): Sun Salutations + Vinyasa Transitions, Relaxation Practices, Course Close**

**How long is the course?**

The course runs over 3 months across 6 full-day modules. Please see above for dates and details.

**What style of yoga is taught?**

The course is ‘style agnostic’. The poses we will explore are common to almost all forms of yoga and the principles for how to approach each category of postures with confidence can be applied to your ongoing exploration of the practice.

**How is the course material delivered?**

Teaching methods include: lectures, experiential classes, small group work, and some home practice to encourage depth of learning, exploration and discovery.

90% of the course will be live contact hours, whilst 10% is personal home practice.

**How much homework is there?**

There’s no ‘homework’ per se and the course is not formally assessed. However, you will be encouraged to explore some home practice and will be pointed in the direction of additional resources should you wish to further deepen your exploration of yoga outside of course hours.

**How much practice will I be expected to do throughout the course?**

You will be encouraged to take at least one home practice per week, in addition to the classes that you regularly attend at Breeze.

This will empower you to take greater ownership of your practice and integrate what we cover in the modules so that you can effectively deepen your understanding of yoga.

**I have particular learning needs, is support available?**

Absolutely. Please notify Breeze yoga at the time of booking and we will put in place appropriate learning adjustments to support your study.

**How much does the course cost?**

The Breeze 40 hr Yoga Improvers course is £495.

Course fees include all tuition, course contact hours and handouts.

There is no required reading for the course, though you will be pointed in the direction of additional resources to help you further deepen your understanding of yoga practice (should you wish!).

**Do you take on everyone who applies?**

Yes - applicants will be accepted on a first come first served basis.

**How many students do you take on the course?**

No more than 10

**What level yoga practitioner do I need to be?**

The course is suitable for all levels - from those with just a few month’s experience of practice, to those who have been practising for several years. The only criteria is that you wish to deepen your understanding of yoga practice.

**What if I’m not super flexible, and my inversions aren’t perfect? Can I still apply?**

Absolutely. As outlined above, the course is open to all levels of experience and will support you in progressing your yoga practice; both in the ways that you wish to and in the ways that serve your body best.

**What do I need to bring to the modules?**

Just yourself, suitable clothes for yoga practice, your yoga mat and something to take notes with.