

✿ **Dates**

The course will take place on 6 Saturdays over 7 months

2010

18 September 2010

16 October 2010

20 November 2010

2011

22 January 2011

26 February 2011

26 March 2011

✿ **Times**

10 – 5 pm

✿ **Venue**

Satyam Satyananda Yoga Centre

1530 London Road

Norbury

London SW16 4EU

www.satyamyoga.co.uk

Car parks and train station both close by.

✿ **Cost**

The total cost of the course is £390.

A deposit of £140.00 (non-returnable, which will not be banked until your place has been confirmed) will be needed. The remainder of the fee will be due by the end of June 2010. We also recommend you purchase and read Practical Yoga Psychology by Rishi Vivekananda (£12) before the course starts. This can be purchased through any Satyananda Yoga Centre.

✿ **Application Form**

To apply for the course, please complete the application form and send with deposit cheque made payable to “Amarajyoti” to:

AMARAJYOTI

Nottingham Satyananda Yoga Centre

78 St. Albans Road, Arnold,

NOTTINGHAM, NG5 6GW.

Phone/Fax: 0115 9206397, Email: amarajyoti@ntlworld.com

www.sycnottingham.com

SATYANANDA YOGA UK

YOGA and MENTAL HEALTH MODULE



Starting September 2010

6 Saturdays over 7 months

at

Satyam Yoga Centre, Norbury, London

with

Overview of the Module

This 6 day course is intended to help yoga teachers, from any background, to develop the confidence, knowledge, insight and skills that are needed in order to work with people who are experiencing mental health problems.

The course will offer teachers an opportunity to gain greater knowledge and understanding of a range of mental health problems including anxiety disorders, mood disorders and psychosis from both a western and yogic perspective.

The course will be a mixture of practical work, theory, including relevant yogic texts, and discussions. We will look at the ways in which yoga practices, yoga philosophy and lifestyle can help people to manage their mental health imbalances. We will introduce systematic and progressive practices including asana, relaxation, shatkarmas and meditation that are helpful for specific mental health issues. The key practices will be explored on the teaching days and reinforced throughout the course.

We will also cover how to adapt lesson plans for general classes with students with mental health problems, and setting up specialist mental health yoga classes and courses.

This course will give us the opportunity to share our experiences that have helped us both professionally, personally and through our teaching of students and training teacher.

You will be required to do some written and practical homework after each session and your teaching will be assessed during the course. You will be required to attend all 6 days in order to receive certification for the course. This course can count towards continuing professional development.

EACH DAY WILL BE DEVOTED TO SEPARATE TOPICS INCLUDING:

- ✿ Anxiety and Depression & Psychosis
- ✿ Other mental health problems incl. eating disorders
- ✿ Setting up classes including specialist, community and inpatient
- ✿ Chakras (incl. how they fit with gunas/nadis) in relation to mental health
- ✿ Meditation/relaxation and shatkarmas in relation to mental health
- ✿ Bringing it all together including contra indications

Shantipriya & Amarajyoti have been running teacher training courses in yoga and mental health and are currently involved in setting up a Yoga and Mental Health Forum to support students and teachers. They are also specialist advisers for the BWY. Amarajyoti, with Swami Satyaprakash, have run several weekend courses to train Yoga teachers in suitable practices for working in the field of mental health.

Shantipriya & Amarajyoti have both taught in a range of settings including general classes and mental health classes, both in the community and hospital settings.

Shantipriya

Shantipriya has been practising yoga for over 20 years and trained as a Satyananda Yoga Teacher 10 years ago. Since then she has continued studying and training in India and the UK. Her studies have been particularly influenced by Swami Pragyamurti, Swami Vedantananda, Swami Satyaprakash and Swami Sumitrananda. Shantipriya has also been working in the field of mental health as a mental health professional for the last 10 years and is a qualified registered mental health nurse and CBT (cognitive behaviour therapy) Psychotherapist. She has worked with people with a wide range of mental health problems in GP clinics, community mental health teams and hospital settings and integrates yoga and CBT with her work with patients.

In 2008, Shantipriya completed an MSc in Cognitive Therapy researching how yoga can help people tolerate distress. She continues to research how yoga can help people with mental health problems. In conjunction with the University of Southampton, she is currently researching how meditation (in particular Trataka) can help people with Obsessive Compulsive Disorder (OCD).

Qualifications:

Yoga Teaching Diploma, Satyananda Yoga (BWY accredited), 2000
Registered Mental Health Nurse (RMN), 2002
Diploma in Cognitive Therapy, 2005
MSc in Cognitive Therapy, 2008

Amarajyoti

Amarajyoti has been practising Yoga for about 30 years and teaching since 1988. She follows the teachings of Swami Satyananda of the Bihar School of Yoga. In 1993 left Amarajyoti left her job in education and went to India. She then spent 6 months in Mandala Yoga Ashram in 1994 and six months in the Ashram in Munger in India-1994 – 1995 with her Guru (teacher), Swami Niranjanananda Saraswati. In 1995 she moved to the West of Ireland, for two and a half years, to continue her yoga studies and retrain as a Satyananda teacher with Swami's Shraddhamurti and Chetanmurti. She has since continued her studies and teaching and works regularly with Swami Satyaprakash, training teachers in the area of mental health and also works with Swami Pragyamurti on her TTC courses. She now lives and teaches in Nottingham.

Background & experience:

Having worked with her own mental health issues, Amarajyoti researched practices for anxiety, depression and psychosis whilst living in the West of Ireland.

Qualifications:

Qualified school Teacher (secondary and FE – 20 years experience)
Qualified Yoga Teacher - FRYOG1988, Bihar School of Yoga 1995 (India),
Satyananda Yoga (Ireland) 1997, BWY 1997

Satyananda Yoga UK, Yoga and Mental Health Module

APPLICATION FORM (please complete in block capitals)

Name D.O.B.

Address.....

.....Post Code

Tel No..... mobile

Email (if opened frequently)

MALE FEMALE

YOGA TEACHING QUALIFICATIONS/DATE AND OTHER RELEVANT QUALIFICATIONS

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YOGA TEACHING EXPERIENCE

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REASONS FOR APPLYING FOR THIS COURSE

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REFEREE (name, email & phone)

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This course is for fully qualified yoga teachers only

SEND THE COMPLETED FORM & CHEQUE TO:

AMARAJYOTI - 78, ST ALBANS ROAD, ARNOLD, NOTTINGHAM NG5 6GW.