

OUR INSTRUCTORS



Susie Murray

Originally a dancer, Susie was encouraged to qualify in yoga teacher training with The elbowroom. She continues to study and learn with a focus on the areas of vinyasa flow, asana, and meditation.

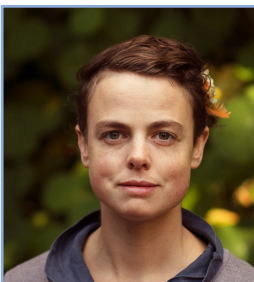
In addition to the 500-hour certification, she continues her education through classes, workshops, and teacher training. Her teacher training courses are further enhanced by her background in teaching Pilates and barre.



Sophia Pallaro

Sophia is an experienced yoga and meditation teacher. She has been part of The elbowroom foundation teacher training faculty for the past 4 years.

She leads the restorative and mindfulness modules in the 300-hour advanced teacher training. Her teaching style emphasizes integrating mindfulness and self-compassion into both practice and training.



Yaeli Margalit

Yaeli is an orthopaedic physical therapist, a yoga and dance teacher. She's also currently a student at the Irish College of Osteopathic Medicine Cork. Her love for body sciences really kicked off during her first degree, BSc Biomedical Science, NUIG, 2010. The learning was

rich and rewarding, only the stressful and static lifestyle of an academic was physically crippling!

In 2015, Yaeli set up her own business Manual Movement Medicine in Dublin and has been endeavouring to make the world a more embodied place through her practices of physical therapy, massage workshops, yoga and dance.



Orla Fitzpatrick

BA (Mod) Genetics, Lic Ac, Dip Chinese Herbal Medicine, RYT

Orla is a Yoga teacher, acupuncturist and a Chinese medical herbalist. She began her personal yoga journey over 20 years ago and began teaching in 2010.

When she began to practise under the guidance of Marianne Jacuzzi, Orla's journey dove into yoga philosophy and the deeper dimensions of the yoga practice. She teaches yoga and practises Chinese medicine in My Yoga Body in Dun Laoghaire, and teaches the Yoga Philosophy module of course.

THE BENEFITS OF TRAINING WITH US:

- Free use of our studio to practice teaching clients.
- A full manual with photographs of asana.
- Experienced teacher training instructors.
- Discounted classes and workshops at The elbowroom.

WHERE WE ARE

Tel: 01 677 9859 | Web: www.the-elbowroom.com

Email: training@the-elbowroom.com

32 North Brunswick Street, Stoneybatter, Dublin 7



200hr Foundation Yoga Teacher Training



This course is fully accredited by
The Yoga Alliance and Embody.
Full worldwide insurance is available.

The elbowroom Teacher Training

The elbowroom is delighted to invite you to our upcoming 200-hour Foundation Yoga teacher training course, beginning July 2019 in our studios.

The course will be a split experience, a moving aspect of our training, expressed through vinyasa flow, while we will further enhance your experience of a stable, unmoving approach through restorative and nidra yoga.

This 12-month yoga alliance UK accredited course is open to all yoga students who have been practicing yoga for 2 or more years. Our experienced instructors Sophia Pallaro, Susie Murray, Yaeli Margalit & Orla Fitzpatrick will bring you through a truly integrated yoga training, enabling you to teach and practice internationally. Vinyasa flow, based on the power of yang, will be the foundation of our asana practice. An introduction to restorative yoga will be included to integrate the yin quality, bringing balance and calm into your body, practice, and teaching.

200hr Foundation Yoga Training Course

Vinyasa flow is based on classical hatha. It brings a dynamic movement to your yoga practice. Vinyāsa is a Sanskrit term often employed in relation to certain styles of yoga that usually refer to a transition between 2 different positions. Like many Sanskrit words, vinyāsa has many meanings; nyasa denotes “to place” and vi denotes “in a special way”. The term “vinyāsa” can also be used to reference a style of yoga practiced as 1 breath, tied to 1 movement.



Restorative is a practice that is slowing down and opening your body through the passive “holding” of asanas. Because of the long period of time that restorative poses are held, the nervous system is stimulated in a way which is calming and nourishing. Muscles and joints can release any tension and deeply relax. It’s a unique feeling because props rather than muscles are used to support your body.

THIS COURSE FEATURES

- How to practice and teach both vinyasa flow and restorative, establishing an essential foundation for a centred and sustainable yoga practice.
- Teaching methodology.
- Principles of instruction through demonstration, observation, assisting, modifying and safely adjusting.
- How to create different sequences that nourish yet challenge you and your students.
- How to sequence classes with different emphasis whilst maintaining the integrity of a yoga practice.
- How to meditate.
- How to practice simple but powerful pranayama techniques.
- Understanding anatomy, the intrinsic structure of the body, and how this is applied to yoga.
- To recognize imbalances in students and learn how to address them.
- The subtle pranic body, the very life-force that sustains us, including the bandhas, the chakras and the nadis.
- The broader context of yoga philosophy, its foundations, its developments, and how it may apply both to your practice and inspire your teaching.
- An insight and understanding of the ethical guidelines of yoga and how these may inspire your practice, your teaching and your students!

Throughout the duration of the training, in addition to full participation on all of the weekends, each student will be required to observe and, if appropriate, assist in yoga classes.

Students will also be required to demonstrate continuous attendance at local classes. Each student will have to demonstrate at least 2 years of continuous practice of yoga in order to be eligible for the course, ensuring a proficient standard and level of teaching.

FEES & PAYMENT PLANS

Full Price - €2,650

Early Bird - €2,499 (Ends 28th February)

For the duration of the course, students will receive a 20% discount at The elbowroom for class passes, unlimited passes and workshops.

ALL MODULES RUN FROM 9AM - 17.30PM

WEEKENDS 2019 & 2020

July - 6th & 7th

August - 10th & 11th

September - 14th & 15th

October - 12th & 13th

November - 9th & 10th

December - 14th & 15th

January - 11th & 12th 2020

February - 8th & 9th

March - 7th & 8th

April - 18th & 19th

May - 23rd & 24th

June - 20th