



the elbow room

200hr Slow Flow Teacher Training  
(Blended Learning)



Starting March 2021

# Blended Learning 200hr Slow Flow Yoga Teacher Training A Myofascial Perspective

Slow Flow is a Dynamic Style Hatha Yoga Experience, which mimics real life. Our Asana are taught from both a traditional and contemporary perspective, with emphasis on both static alignment for strength plus dynamic stability while transitioning between Asana. To mirror functional movement and add a deeper connective tissue education.

Unlike modern Vinyasa, our Dynamic movements have an emphasis on control and deliberate placement, building a different kind of heat.



This Teacher Training also places an emphasis on Teaching Methodologies and style, ensuring students have access to real world techniques for sharing the magic of Yoga with their students.

The dates are particularly suitable for Teachers or students who wish to incorporate Yoga into their lives and work.

## This Course Features

### Asana & Practice

- An in-depth exploration of asana both as static and dynamic slow- transitioning poses.
- Alignment guidelines are suitable for common postures and populations. With variations for slow flow practice.
- Pre-poses to prepare the body from a Myofascial perspective using 4 main myofascial training methods.

**GLIDE:** Training low load 3-D movement between adjacent tissues. Reaching areas of adhesion, or dehydration and encouraging a more lubricated environment. Essential for ease of movement and healthy patterns.

**ELASTIC LOADING:** Using small amounts of soft elastic bounce to enhance natural, more energy-efficient movement strategies. Training a more youthful architecture.

**TENSEGRITY, SPIRALING & BODYWIDE INTEGRATION:** By practicing low load multidirectional movements, push-pull and listening, we can progress our asana into a real-time fully functional approach to Yoga. Training fully integrated load transfer through joints, muscles, fascia and bone, enhances proprioception and healthy movement patterns leading to movement courage and quality of life.

**MYOFASCIAL RELEASE:** Post poses myofascial melt sessions using massage balls and rollers for tissue nourishment and hydration.

- In-depth self-study of asana and how they impact the individual teacher trainee.
- Exploration asana and their suitability relating to specific outcomes, goals, anatomy, themes and personal preference.
- Guidance in Sequence building for general classes
- Building a creative intent from day 1
- Instruction in building a self-practice
- Interoception & Proprioception in the yoga class

## Teaching Methodology

- Safety and ethical conduct in the classroom and beyond
- Developing an easy to use teaching template
- Appropriate adjusting or assisting. Ethics and consent.
- Communication skills, body language, voice, demonstrations and verbal cueing.
- Teaching practice and assisting teaching
- Observation skills, body reading, listening and dialogue
- The business of Yoga-social media, promotion, finding work, evolving.

## Pranayama & Relaxation

- Prana, breath and pranayama
- Breath and energy techniques, effects and methods of teaching
- Yoga Nidra
- Meditation - what, why and how?
- Bandhas
- Visualisation and affirmation

## The Human System

- Anatomy of the breath
- An Introduction to the fascial system
- Anatomy & physiology
- Applied anatomy and intrinsic structure
- In-depth study of the anatomy of the muscular-skeletal system
- Anatomy of Yoga movement
- Practical chakra awareness
- Diet and nutrition
- Surface anatomy

## Philosophy & Ethics

- The yoga sutras
- Karma yoga in practice
- Ethics of a teacher
- The philosophy and aim of yoga
- Applying yoga philosophy to your practice

## Prerequisites & Applications

To attend the course you should have no less than two years of instruction under a yoga teacher.

To qualify for a place on the accredited course you must complete all weekends and have at least one of the following:

- A yoga teaching qualification
- 2 years instruction under other teachers
- References from your teachers



## Additional Hours & Graduation

Each student will be expected to complete 15 Hours of observation and 10 hours of Assisted practice.

Each successful student will graduate with a Teaching Certificate for 200 Hour Yoga Teacher Training and can register as an RYT200 with Yoga Alliance UK.

## BLENDLED LEARNING 200 HOUR SLOW FLOW YOGA- A MYOFASCIAL PERSPECTIVE

11 MONTH COURSE MARCH 2021 TO FEB 2022

---

### ONLINE

- Wednesday evenings:  
6pm to 9pm  
(33 sessions @3 hrs = 99hrs )
- One saturday per month (5 hours)  
(8 sessions@5 hrs = 40hrs)  
**NO CLASSES IN AUGUST**

Wednesday evening 6 - 9pm  
Starts 31st of March 2021

### 2021

**March** 31st 2021

**April** 7th & 21st ( Easter holidays)

**May** 5th, 12th, 19th, 26th

**June** 2th, 9th. 16th, 23rd

**July** 7th, 14th, 28th

**September** 8th ,15th, 22nd, 29th

**October** 20th & 27th

**November** 3rd, 10th, 17th, 24th

**December** 1st, 8th, 15th

### 2022

**January** 12th, 19th, 26th

**February** 2nd, 9th, 16th

One Saturday a month  
Starts 24th of April 2021

### 2021

**April** 24th

**May** 29th

**June** 26th

**July** 24th

**September** 25th

**November** 27th

### 2022

**January** 8th

**February** 19th - **EXAM DAY** (other elements of the exam will be sent via videos assignments)

---

### CLASSROOM

**Six Day Studio Immersion**

### 2021

**October:** 6th to 11th inclusive (5hrs @48 hrs)

## Your Instructor



### Susan Church

With a personal practice of 20+ years and with many years of extensive teaching practice, Susan brings a wealth of knowledge her students.

Susan is the lead instructor at The elbowroom's foundation Yoga Teacher Training Course. With many years of successful graduates she is now a key instructor with the 300 Hour Advanced Yoga Training Course this summer.

After a decade of dance training, Susan Church studied Theatre at TCD in the late 1980's and dance with the National Theatre Institute in Connecticut U.S.A. It was during this time that she received her first yoga training, along with Laban, Alexander method and many other forms of dance and movement. Although, she eventually left the arts, she remained committed to yoga and Pilates.

**Assisting Susan is a team of experienced teachers for the different training modules including Bev Porrino as our Anatomy Teacher, Paula Flood as our Philosophy and Sophia Pallaro hosts a restorative workshop.**

## Fees

### Full Course Cost of €2,795

Early Bird Offer of €2,595 Available

Payment plans are available to spread the cost of your training throughout the year. Once approved, a non-refundable deposit of €400 is required to secure your place. The balance is due before the course starts.

### THE BENEFITS OF TRAINING WITH US

- Ireland's most established Yoga school.
- A full manual with photographs of asana/weekly webinars.
- Experienced senior Yoga instructors.
- Free on demand membership to Yoflicks while you train.

Contact Moya at The elbowroom Training School:  
Tel: 01 677 9859 | Email: [training@the-elbowroom.com](mailto:training@the-elbowroom.com)  
[www.the-elbowroom.com](http://www.the-elbowroom.com)

Find Us: 32 North Brunswick Street, Stoneybatter, Dublin 7.