



# the elbow room

200hr Foundation Yoga Teacher Training



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

## The elbowroom Teacher Training

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The elbowroom is delighted to invite you to our upcoming 200-hour Foundation Yoga teacher training course.

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 Susie Murray, Yaeli Margalit & Orla Fitzpatrick will bring you through a truly integrated yoga training, enabling you to teach and practice internationally. Vinyasa flow will be the foundation of our asana practice, deeply rooted in cultivating a movement practice within a mindful and soft watchful approach.

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.

## This Course Features

- ★ How to practice and teach Hatha, 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 tains 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 classes, demonstrate a commitment to learning and change plus, cultivate a daily self practice while they train.**

**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.**



### THE BENEFITS OF TRAINING WITH US

- A full PDF manual with photographs of asana and written notes.
- Experienced Senior teacher training instructors.
- Discounted classes and workshops at The elbowroom. while you train.

## Your 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.



### Orla Fitzgerald

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. Her practice, study and teaching are fuelled by a deep spiritual passion to understand the truth of who we are; to unite body, mind and breath in a way that facilitates this understanding; and to use this understanding to bring peace, health and harmony to day-to-day living.



## Upcoming Dates & Times

### 2024

5th & 6th Oct  
2nd & 3rd Nov  
7th & 8th Dec

### 2025

25th & 26th Jan  
22nd 23rd Feb  
22nd & 23rd Mar  
12th & 13th Apr  
10th & 11th May  
7th & 8th Jun  
5th & 6th Jul  
26th July- Exam Day

**An online session will be held on Fridays during each training weekend from 6pm to 8pm.  
Saturday 10am - 5:30pm (in-person)  
Sunday 10am - 4pm (in-person)**

## Fees & Payment Plans

### Investment of €2,799 for full course

€2,650 Early Bird

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.

**Contact Moya at The elbowroom Training School:**  
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