

## **FAQ**

### **What kind of yoga do you teach in this course?**

We offer a teacher training in Hatha Yoga. Hatha yoga is the umbrella term for all physical yoga and includes traditional yoga postures which you encounter in most yoga classes i.e. supine- seated- standing- back bends- spinal twists- side bends- balancing- and inverted postures. The style of Hatha Yoga as taught by the course teachers offers a slow paced and alignment based approach that focuses great attention to detail and functional movement. The sessions are structured in a progressive manner with clear and methodological sequences that gradually prepares the body to work towards its greatest capacity. Each posture has a “why” and a “how”. Classes follow particular themes i.e. shoulder mobility, backbends, leg-strengthening standing postures, pranayama and deep relaxation to name a few. Additionally, we teach elements of yoga nidra and restorative postures as a complement to the more dynamic practice.

### **How many hours of extra work is required in addition to the weekends and what does it entail?**

This depends completely on each individual student. We take into account that each student needs to work at their own pace and in their own way. After each teacher training weekend, you will receive homework which includes both theoretical (reading and writing) and practical work (practice teach, personal practice, class observations). On average, we estimate that the theoretical work ranges between 3-6 hours per month, the practical work ranges between 3-10 hours per month. We do not expect nor do we ask that you write academic papers for this course, writing academic papers is a skill in itself and we do not think it's fair to ask that from our students as we acknowledge that everyone comes from different educational backgrounds and life experiences. However, at times we ask you to write about your own personal reflections in relation to certain yogic concepts that we explore together throughout the course. The purpose of this is to ensure that you assimilate and understand certain aspects of the philosophy of yoga, and get to articulate this in your own words and in direct relation to your own life experiences as well as how you would apply this practically as a yoga practitioner and/or yoga teacher.

### **What are the assessment criteria?**

Please refer to the document ‘Assessment and Accreditation Criteria’

### **What is the level of experience of participants in the group?**

The level in the group is mixed. We take great pride in including a diverse group of people joining us from all walks of life. Seeing as the group size is limited to 11 students we are able to offer individual guidance and support so that each participant is able to work at their own pace, starting from where they are at that given moment in time. The varied range of levels in the training serves to benefit all students as we approach the yoga practice from different perspectives, abilities and circumstances.

The Centre for Multidimensional Learning  
A Yoga Alliance Registered School of Yoga  
Course Director Eleonora Ramsby Herrera

### **What happens after I graduate?**

After successfully passing the course (please refer to 'Assessment and Accreditation Criteria') you are eligible to register as a yoga teacher with Yoga Alliance Professionals ([www.yogaallianceprofessionals.org](http://www.yogaallianceprofessionals.org)) and Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)). This allows you to register for public liability insurance should you decide to continue teaching yoga professionally.

How you choose to use your 200-hour yoga certification depends very much on your own personal interests and goals. Some participants choose to take a training for their own personal development and because they are passionate about learning more about yoga, once they graduate they either continue as students of yoga or to their own surprise find themselves teaching classes professionally even though that was not their initial intention when embarking onto the training. Some participants join the training with the intention to teach directly upon graduation and go on to do so either as a complement to their current profession, some gradually build up a career in teaching either part- or fulltime. There are many paths to explore over time. To offer you some insight into potential next steps, here are some examples of our previous teacher trainees' paths after graduating from the course:

#### **Ricky Lee Huxstep**

Since graduating my training in 2015 I have been teaching yoga at several studios around London as a freelance yoga teacher. I also decided to expand further on my teaching through completing a training in Pilates as well as pursuing a 500-hour Advance Teacher Training with Anna Ashby and Jean Hall at triyoga. Within my Advanced TT I have done projects and written essays on yoga and how it can be a complementary technique for people who suffer with mental illnesses. Currently I am finishing my final project in Yoga and Depression working on an 8-week programme which I can hopefully take further into the mental health field. As an extension of my yoga training, I am now currently studying a Masters in Psychological Science and integrating yoga techniques into my methodology of practice as a psychology practitioner. The journey I have taken from the very first class with Ellie to now has been one of academia in yoga but also in giving back my skills to the community with the purpose to integrate yoga into various aspects of our lives. I absolutely recommended Ellie's training as a starting point for anyone who wishes to form their own approach and journey of yoga, as the training does not seek to conform you into a particular teacher instead it encourages you to discover your own expression of yoga. For more information, visit Ricky's website <http://rickyhuxstep.com>.

#### **Emma Öström**

The yoga teacher training woke me up to a better contact with myself and others, a desire for going deeper and living in harmony with my truth. After graduating in 2010, I continued to study yoga, mind and body in different forms, both in Sweden but also abroad. I ended my employment at a media company to build my own business fulltime. It has been ups and downs, as life itself, but the desire for knowing, learning through experience and sharing has gotten me through. Today I run my own yoga studio, offer classes, retreats, workshops and one-to-one sessions. I have developed a teacher training program for children's yoga and a training programme for combining yoga with deep-tissue release using massage balls. Today I offer meditation via my own Youtube channel and I am currently writing on a book. For me, yoga has no limits. It is wide open to lean into whatever area you would like to express or expand. I cannot think of a better start than to know yourself from within.

You find Emma on Instagram as Happy me yoga, @ Youtube as Emma Öström Yoga, or on her studio website [www.lugnettstudio.se](http://www.lugnettstudio.se)

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### **Lara Jane Piras**

Since graduating from Ellie and Franzi's YTT 200 hours course, I have been focusing on working with charities and community groups in and around East London. I have been teaching weekly pay-what-you-feel yoga classes, bringing together people of all ages, backgrounds, shapes and abilities in a safe environment to share the calming and nourishing benefits of this ancient practice. I have used the donations to fund free charity yoga classes, helping people and their communities, currently with small groups affected by cancer and substance abuse. I am hugely passionate about helping people through yoga and wholeheartedly believe that it is an effective mind-body medicine that can both prevent and manage mental and physical health issues.

What I especially loved about Ellie and Franzi's YTT 200 hours course is that it gave me a strong foundation to sculpt a teaching career that worked for me. There was no pressure to become a specific style of teacher, which gave me the freedom to explore unique avenues. I have continued to study, completing a 100 hours Meditation Teacher Training course in Rishikesh, India, as well as attending multiple teacher workshops, focusing on concepts like, 'intelligent assists.' I can't thank Ellie and Franzi enough for guiding me so well and contributing to my new purpose in life: helping people through yoga.

To learn more about Lara's yoga teaching path, her classes and her work with charities, please contact and/or visit: [larapiras@gmail.com](mailto:larapiras@gmail.com) / [https://www.instagram.com/lmjp\\_yoga/](https://www.instagram.com/lmjp_yoga/)

### **Wiktorija Jakobsson**

I graduated in year 2010. I joined the teacher training for the curiosity and desire of personal development. Since then, yoga became important for my own well-being and it was important for me to share this with other people. I started teaching public classes in Öland, Sweden from 2012 and I then went on to build and set up my own yoga studio in 2013. I continued my studies for teachers such as Ariel Dunaway and Bella Magnusson and received my certification as a Mind-to-body trainer at Villavi in Stockholm. I regularly attend workshops and retreats in places such as Peru, Thailand, Azores, Spain to further my learning. Today my yoga studio has established itself as a central point for yoga in Vickleby village on the Swedish island Öland and since 2017 I co-teach a yearly 200-hour teacher training together with Eleonora Ramsby Herrera.

To learn more about Wiktorija's work, visit her website:  
[www.studiowi.se](http://www.studiowi.se)

### **Phoebe White**

I started teaching the month after I graduated as a yoga teacher which really helped apply my teacher studies with Ellie and Franzi. Since then, I've continued my studies in yoga and meditation. I completed another 200 hr YTT in 2017 and have been on a few meditation retreats, teacher workshops and yoga philosophy lectures. I'm also getting through the ever increasing reading list and developing my daily practice of the yamas and nyamas. I feel more whole as a result. I've still got my day job working for a national charity, working on systemic approaches to social change which is close to my heart. And I also sing and perform regularly, also heart work. I love sharing the yoga love! I teach weekly and write monthly for a website where I bring together my studies in NLP, yoga and creativity. Check it out- the website is a great source of info and inspiration  
[www.balancegarden.co.uk](http://www.balancegarden.co.uk)

You can find Phoebe on Facebook.com/phoebewhiteyoga for news on workshops, articles and 1-1 yoga, voice tuition or coaching.