

camatkara

200 hr professional Yoga Teacher Training



@ BAMBOO LOFTOMAGH AND STUDIO 11 BOYLE

**Become a yoga teacher, or simply develop your personal practice,
Camatkara yoga 200 hr teacher training programme and retreat
will provide you with the tools to enrich your yoga practice**



camatkara

STARTING
JANUARY 2022
NINE WEEKENDS AND ONE
40-HR RETREAT

WE ARE OFFERING A
WELL ROUNDED YOGA
TRAINING TO DEEPEN
YOUR PRACTICE.

FOCUSING ON A STRONG
FOUNDATION IN
ANATOMY, PHYSIOLOGY,
PHILOSOPHY AND
MEDITATION, AND
TEACHING THE
TECHNIQUES AND
BENIFITS OF YOGA FOR
EVERY BODY.

DEVOLP YOUR PERSONAL
PRACTICE IN BOTH
ASANA AND MEDITATION,

LEARN TO BUILD A
PROFESSIONAL
TEACHING PRACTICE

AND

GROW OUR PASSION ..

200hr yoga certification



A 200HR yoga teacher training programme, where you will gain a thorough foundation to begin teaching yoga with a strong component in unique anatomy and alignment alongside a well-rounded foundation in yoga principles, philosophies and observations. You will be trained to lead a group class interweaving the physical and philosophical components yoga while using your authentic voice to weave in your unique expression of yoga.

Welcome to camatkara 200-hour yoga teacher training

A foundational 200-hr training will serve as a powerful base from which to teach yoga. You will learn to guide your students through a practice that educates and inspires them. It will be taught by combining practice and theory and is not just for aspiring teachers, but for anyone who wishes to deepen their personal practice and gain a better insight into the origins and the philosophy of yoga and how that relates to our culture and to us as yogis today.

You will;

1. Deepen your yoga and meditation practice.
2. Study the anatomy of yoga from the physical to the emotional level.
3. Explore yoga philosophy.
4. Understand asana, pranayama, mudra, bandha, kriyas, koshas and much more.
5. Attend a 40-hour yoga retreat on Inishbofin.
6. Gain a fully recognised yoga teaching qualification from the internationally recognised Yoga Alliance and Yoga Teacher Central.

The benefits of yoga teacher training go far beyond a teaching qualification. The aim of our training is to develop the resources to improve your overall knowledge of all things yoga. Not only will you qualify as a teacher but you will also develop a personal mental, physical, emotional and spiritual awareness for yourself and in your life.

Investment options:

£2800 in total - paying £500.00 (or the equivalent in euro) deposit to be paid on acceptance into the programme and the balance to be paid two weeks before training starts.

Early Bird: £2500.00 (or the equivalent in euro) paid in full by November 30th.

Pre-requisites and Application

We ask for a minimum of two years of yoga practice, Applicants will work closely with our teachers to guarantee a high level of proficiency. Please submit your application online, and please feel free to Marella or Christine if you have any questions.



Training content

What You'll Learn

- 01 HUMANITIES
- 02 PHILOSOPHY
- 03 ANATOMY & PHYSIOLOGY
- 04 TEACHING METHODOLOGY
- 05 TEACHING FOUNDATIONS
- 06 YOUR PRESENCE AS THE TEACHER
- 07 ALIGNMENT, ADJUSTMENTS & TRANSITIONS
- 08 SEQUENCING FOUNDATIONS
- 09 ADAPTING FOR STUDENT NEEDS
- 10 PERSONAL PRACTICE & SELF-CARE
- 11 PROFESSIONAL DEVELOPMENT
- 12 PRACTICUM & ELECTIVES — KEY COMPETENCIES & ELECTIVES
- 12 SAFETY, ETHICS & EQUITY

About the Training

Course requirements.

1. Review your weekend's notes and answer a few questions to be reviewed in conversation the following weekend.
2. Take at least one yoga class a week for the duration of the training. This can be an online class or suitable personal practice
3. Try different styles of yoga to broaden your understanding and awareness as part of your training.
4. Develop a meditation practice and gain a deeper understanding of meditation and breath in your own time.
5. Read recommended books as part of your training.

Additional costs:

Accommodation and food when in Omagh, Boyle and Inishbofin. We will offer simple accommodation on Inishbofin for €20 PPS in a dorm room per night, €30 for a two-bedded room or €40 for single accommodation these are limited and include shared bathrooms. The house will be available for your use, all stays are B&B . But you can always arrange your own accommodation if you wish to, please check out inishbofin.com.

Other expenses

Attending yoga classes on your own time, Your own yoga resources, equipment and books (you can borrow equipment when at the training if Covid compliant), there will also be a library of books available in both studios and equipment available for purchase. There are no hidden/unexpected costs on this course.

What you can expect from our Training:

1. A recognised qualification for a 200-hour yoga training
2. A foundation on which trainee teachers can develop and evolve their physical, mental and spiritual well-being.
3. A deepened understanding & knowledge of yoga.
4. The knowledge, skills and attitude to teach yoga safely, confidently and professionally.
5. To become a Yoga Teacher who by taking responsibility for their own physical, mental and spiritual health.

Please continue to apply for our next teacher training in January 2022

The Next step

Please fill in your application here

You will be contacted within 10 working days to arrange a meeting

Once you are accepted you need to confirm your attendance on the course with a £500 deposit or avail of the early bird by paying in full.

Upon receipt of the deposit, you will receive your 'Acceptance Letter' which includes details of the course such as times, the book list and the initial work to be completed before we begin the first weekend.

Course Overview

Camatkara School of Yoga trains yoga teachers in the foundations of Hatha Yoga (plus some aspects of Bhakti, Jnana, Raja and Tantra Yoga) using methodology from multiple lineages, styles and schools of thought. Our training also combines insights from Anusara, Yin, Restorative, Yoga Nidra and iRest.

Warmly,
Marella Fyffe and Christine Stewart



*"Don't make
change too
complicated.
Just begin!"*

Meet your Teachers

Marella Fyffe

Marella is a seasoned and knowledgeable yoga teacher who is able to help students of all levels improve their practice and deepen their understanding of yoga.

She is deeply influenced by the non-dual teachings of Jean Klein and Richard Miller PhD. Joan Ruvinsky and Kathleen Knipp, the texts of Kashmir Shaivism and the iRest© teacher curriculum.

Marella invites students to awaken to their own awareness through the teachings of yoga, meditation and iRest. She is trained in a variety of approaches to yoga practice, is a 500-hour level teacher, her caring presence is inspiring and grounding, and her asana practice is full of alignment instructions, strong work and clarity.

Marella has been fully absorbed in the study and practice of yoga for more than 15 years.

In her free time, Marella roams far and wide over the mountains of Northern Ireland with her beloved dogs. During the summer months, you will find her on rowing expeditions to remote places around the island of Ireland in a traditional skin boat called a Curragh.

[HTTPS://WWW.MARELLAFYFFE.COM](https://www.marellafyffe.com)
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Christine Stewart

Christine lives in Boyle with her family. She came to yoga while pregnant, too long ago to mention and was hooked. She has practised yoga for many years and is eternally grateful to all her teachers.

She did her initial yoga teacher training 500 hours in Ardnahoo with Noeleen Tyrrell.

She is a fully certified Anusara yoga teacher, and has qualified in and teaches teen yoga, prenatal yoga and hypnobirthing, yoga for women, yin, restorative, iRest meditation yoga nidra, chair yoga, and meditation.

Christine teaches yoga from the heart with a conscious effort to theme her classes around the cyclic Celtic and seasonal calendar.

She teaches classes and hosts retreats, workshops, and yoga trainings in both Boyle and Inishbofin, where she can go deeper and explore with like-minded people all that these practices have to offer.

[HTTPS://CHRISTINESTEWARTYOGA.COM](https://christinestewartyoga.com)
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*"Falling down
is an accident,
staying down
is a choice."*

Dates

*These are the provisional dates
for the training TBC*

Teacher Training Weekends 2022

Jan 28th to 30th Omagh
Feb 25th to 27th Boyle
March 26th to 27th Omagh
April 22nd to 24th Boyle
May 27th to 29th Omagh
August 22th to 26th- retreat on
Inishbofin
Sep 23rd to 25th Boyle
Oct 28th to 31st Omagh
Nov 18th to 20th Boyle
Dec 2nd to 4th Omagh

*We look forward to going on
this journey together*

*warmly
Marella & Christine*