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The Guardian*

# **Ard Nahoo Yoga School Yoga Teacher Training**



**300/500hr Advanced  
Yoga Teacher Training**  
A follow on training  
for yoga teachers and  
advanced students



**[www.ardnahoo.com](http://www.ardnahoo.com)**



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# Ard Nahoo Yoga School

## Yoga Teacher Training

### Level 2 - Advanced Teacher Training – Course description

We are dedicated to offering all our students and guest teachers the space, opportunity and freedom to be the best version of themselves that they can be. We will do this by providing a top quality yoga learning environment with some of the best teachers from around Ireland and the world.

This training provides the gateway for taking your love of teaching and all things yoga to the next stage of depth, integration and understanding. This is an opportunity and invitation to you to develop and refine your skills and understanding both in your practice and in your teaching

This course builds on and develops further both your personal practice and your skills as a teacher. We offer you further 'yoga tools' to enrich your own lives and to make this world a better place through the practice and teaching of yoga in the greater community.

Principal teacher **Noeleen Tyrrell** will be joined by great teachers both from Ireland and around the globe to deliver this exciting programme. This is a one of a kind opportunity to go deeper into your own practice and to bring your yoga education to the next level.

Faculty includes yoga luminaries such as **Prof Bill Mahony (USA), Mary Mc Dermott, Jaye Martin (USA) and Noah Maze(USA)**. There is simply no other course of this calibre in Ireland.





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## Yoga Teacher Training

**This Advanced Teacher Training offers you the opportunity to**

- Develop your understanding and practice of asana in a structured and comprehensive way
- Refine and expand your knowledge and practice of anatomy and alignment
- Audit and refine your current teaching skills
- Teach yoga with anatomy and alignment as the focus and starting point
- Shine a light on and improve your teaching skills so that you can become more effective as a teacher
- Learn and improve teaching skills and confidence in key areas – Sequencing, Adjustments, Observation, Theming and leadership
- Learn how to create powerful and well-structured class plans and courses
- Understand the common causes of injury and the means of prevention
- Understand Yoga and its scope as a therapy
- Take an in depth look at the theory and practice of Restorative Yoga
- Develop your connection to understanding of the Subtle Body and improve your confidence to teach the more subtle practices including mantra and meditation
- Explore pranayama and build an authentic connection to your breath
- Study yoga philosophy with one of the world's leading scholars
- Immerse yourself in the ancient and sacred scripts and texts and find tools to help you and others live happier lives
- Explore yoga ethics and lifestyle
- Take time for contemplation, planning and building the type of future that you dream of. Create a 'real life' strategy that aligns with your vision. Examine money, pricing, marketing and the whole enchilada.
- Develop and shine as a person, yogi and teacher

Upon completion graduates will

- Master fundamental teaching skills
- Advance their practice of asana
- Have a well grounded understanding of the tradition, philosophy and history of yoga
- Have a deeper understanding of bio mechanics of movement
- Have many new skills to offer their students/communities
- Be a more confident and skilled teacher



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# **Ard Nahoo Yoga School**

## **Yoga Teacher Training**

**Dates:- (may be subject to change)**

**March 1<sup>st</sup> – 5<sup>th</sup> - Module 1 - Sadhana – deepening the practice - Yoga Philosophy, Asana & Meditation with Bill Mahony (USA) and Noeleen**

**April 7<sup>th</sup> – 9<sup>th</sup> - Module 2 – Fundamentals of Yoga Teaching with Noeleen**

**June 10<sup>th</sup>-14<sup>th</sup> - Module 3 - Advanced Asana and teaching skills with Jaye Martin (USA) and Noeleen**

**August 9<sup>th</sup> – 13<sup>th</sup> – Module 4 - Asana, Myth & Legend with Noah Maze**

**October 18<sup>th</sup>-22<sup>nd</sup> - Module 5- Advanced teaching skills & Restorative Yoga with Noeleen and Mary Mc Dermott**

**December 16<sup>th</sup> – 17<sup>th</sup> – Module 6 - Asana, Presentations**

**January 24<sup>th</sup> – 28<sup>th</sup> – Module 7- Yoga Therapy and Injury Prevention and Yoga Business with Noeleen and guest teacher (TBC)**

**March 9<sup>th</sup> – 11<sup>th</sup> – Module 8 – Asana & Presentations**

**April 2018 - Final Module – Graduation & Celebration**

### **Pre-requisites**

Applicants must have completed a 200 hour teacher training with Ard Nahoo Yoga School or a course of similar standard (Yoga Alliance UK or US, British Wheel etc.)

Applicants must be healthy and willing to work hard.

### **Contact Hours**

- You will begin your +300 hours with 250 onsite/contact hours training over the year from March 2017 to April 2018. Please note that when you compare 300 hour courses it is wise to ask what are the contact hours. Many 300 hour courses have as little as 150 hours class room training. This of course directly effects the overall cost of the course fees.



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### **Non-contact Hours - The remaining hours will be made up as follows**

- **Teaching:** It is a requirement that you teach your own classes and workshops. Noeleen will support you with any issues or questions as they arise. This can be done by email or by phone.
- **Project:** Making an in depth study on a subject of your choice. Researching, writing and presenting your findings. Usually this takes the form of a 1.5-2 hour workshop.
- **Reading-** deepening your knowledge of key areas such as Anatomy and Philosophy

**Make up Hours** – All 250 contact hours must be completed. If students miss hours, days or modules they are responsible for 'making up' those hours at their own expense.

### **Cost/Fees**

To register for the full training costs **€ 4,000** if paid on / after 8<sup>th</sup> February 2017

**Early bird registration €3,800** if paid in full before 8<sup>th</sup> February 2017

Alternatively you can pay **€650 per 5 day module or €400 per 3 day module, due 6 weeks prior to start date. Fees can be paid by bank transfer or by cheque.**

**Modules can be taken as trainings in their own right** or as part of the whole programme.

### **Module Timings**

All 5 day modules are 40 hours (Wednesday – Sunday 9am – 6pm).

Weekend modules are 20 hours (Friday 2pm – 7pm, Saturday 9am – 6pm, Sunday 9am – 5pm)



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# Ard Nahoo Yoga School

## Yoga Teacher Training

### Application process

Prospective students must complete an application form and return the form with a €500 non-refundable application fee. Upon acceptance on the course this fee will be deducted from the full cost of the tuition fee.

### Qualification

Upon satisfactory completion of the course, (including all projects listed above) and final exam graduates will receive a Level 2, Advanced Teacher Training Certificate from Ard Nahoo Yoga School. Ard Nahoo is a registered yoga school at both 200 and 300 level with Yoga Alliance UK. We are in the process of registering our 300 hour course with Yoga Alliance US also.



**Student Accommodation** – we offer affordable hostel style shared accommodation for those are travelling. One night 35, 2 nights 30 per night and three nights plus, 25 per night.

**Media** - Lonely Planet Ireland, National Geographic stay list, Eco Eye, Nationwide, 6 One News, Image, Harpers Bazaar, RTE Guide, Irish Times, The Guardian and lots more besides. Winners Green Tourism awards 2015. EU Flower Environmental award.



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# Ard Nahoo Yoga School

## Yoga Teacher Training

### Testimonials

#### What our graduates are saying about us..

*'The Yoga Teacher Training course at Ard Nahoo was everything I'd hoped for and so much more. Noeleen is a dedicated, knowledgeable and very experienced yogi. Mix these traits with her gifted teaching qualities and you have a powerful course which also happens to be set in an enchanting and inspirational venue. At all times I felt confidently guided and positively encouraged to reach my full potential not only as a teacher but also in my own yoga practice and life. What an amazing life changing journey! The course was perfectly paced to encourage, challenge and grow our teaching skills and our yoga both on and off the mat. I loved my year at Ard Nahoo and hope to return to further develop my yoga and teaching skills. I highly recommend this course'* **Rebecca**

#### What people are saying about Ard Nahoo..

*'Ard Nahoo is one of my dreams come to life. Noeleen has created the perfect place for a cozy retreat by yourself or with a group. I enjoyed teaching the very enthusiastic local community and am already planning my next visit. Great food, beautiful countryside and the warmest hospitality in a gorgeous setting'* **Desiree Rumbaugh, International Yoga Teacher**



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# **Ard Nahoo Yoga School**

## **Yoga Teacher Training**

**Module 1** - This foundational module will provide the yoga student/teacher/therapist with a practical way to audit and improve their key teaching skills.

### **This 40 hour module will help the student to**

- Access the structure and function of the human body in an easily applicable way by revising/learning the basics of the anatomy of movement
- Learn new (and further develop) their teaching skills in key foundational areas such as voicing, directionality and observation
- Further develop skills and tools to help access a deeper understanding of the structure of key asana.

### **We will cover**

- Introductions and overview of 300/500 hour programme
- Basic anatomy of movement
- The skeleton, joints, spine, anatomical neutral, movement and landmarks
- Foundational teaching skills - Voicing, Directionality and Observation
- Asana Laboratory – key poses explored in depth (this type of study will continue throughout the course)
- An introduction to yoga philosophy
- Sadhana – Practice of asana, pranayama, chanting and mudra