**T: 01243 276 916**

**W: www.mindbodymedical.co.uk**

**E:** [**info@mind-body-medical.co.uk**](mailto:info@mind-body-medical.co.uk)

**Yoga Veda Training Course - Overview**

Thank you for your interest in booking onto the Yoga Veda Training Course commencing in Feb 2019.

Please see below the key information about the course:

**Course Duration:**

5 days

**Duration and Dates:**

* February 18th – 22nd 2019, 5 consecutive days. Day starts 09:00 finishes 16:00 (Lunch break 50-60mins additional breaks when needed)

**Location:**

 Bitterne Park 6th Form Dance Studio, Dimond Road, Bitterne Park, SO18 1BU

**Course Cost:**

Per person :£600 + VAT

**To complete your booking:**

Please read through the information enclosed in this booking pack, and complete the information required at the back of this document.

Please return your completed form to:

Holly Watts

Mind Body Medical

Unit 12, Wittering Walk

Cakeham Rd

East Wittering

PO208RR

**Payment:**

Upon receipt of your booking form, you will be invoiced for 100% of the course fee which will reserve your place on the course. Payments can be made using debit or credit card or BACS. Confirmation of your place on the course will be sent via email upon receipt of payment in full.

**Pre-requisites:**

Participants on this course should have a desire to apply Ayurvedic principles to their existing Yoga practice or teaching. A qualification in Yoga instruction is not essential to join this course. An interest in promoting and developing personal wellbeing by further understanding the links between traditional Yoga and Ayurveda philosophy’s is desirable.

**Assessment information**:

* Assessment Day 1: Identifying specific dosha characteristics - group activity
* Assessment Day 2: Application of different doshas, Yamas & Nyamas on the mat- observed discussion contribution
* Assessment Day 3: Student practical session 10-minute asana adaption based on dosha constitution (in pairs or individual) observation and feedback
* Assessment Day 4: SWOT analysis and Cloze activity
* Assessment Day 5: Practical application of 15 minute yoga session linked to specific areas Agni /ama / Dhatu / Dosha –observation and feedback

**Attendance**

* 90% attendance is required to complete the course. Participation in the final assessment is compulsorily for certification to be achieved.

**Accreditation**

* This professional Yoga Veda training course is fully accredited by the Complimentary Medical Association (CMA)

On completion of this course participants will

* Understand the philosophy, lifestyle & ethics of Yoga Veda
* Be able to apply principles of Yoga Veda techniques & training into own practice or teaching
* Know how to effectively support self or clients who take part in Yoga Veda sessions

**Outcomes of course**

* To have gained 35 hrs CPD points (35 GLH)

**Training Week Schedule & Syllabus**

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| **Monday – 09:00 – 16:00** | | |
| **Theory** |  | **Practical** |
| **Day 1 Fundamentals of Yoga & Ayurveda:**  Introduction to the course  Course aims and objectives  Participant introductions and background  5 principles of wellbeing  8 Limbs of Yoga  Ayurveda principles   * + Concept of Yoga Veda   + Prakruti & Vikriti   + Dinacharya   Plenary | **09:00**  **09:15**  **Break**  **10:30**  **12:30**  **Lunch**  **13:15**  **14:30**  **15:30**  **16:00** | Mantra & Mudra Yoga session  Small group activity  Individual activity  Small group activity  Pair work  Observed discussion  Guided meditation  Session ends |

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| **Tuesday– 09:00 – 16:00** | | |
| **Theory** |  | **Practical** |
| **Unit 2: Applying Principles of Yoga Veda: Techniques, Training & Practice:**  Understanding Constitutions (Doshas) How can this impact on the mat?  the concept of Yamas & Nyamas when approaching the mat/  teaching/ practicing / applying  Plenary Q&A session | **09:00**  **09:15**  **Break**  **10:30**  **12:30**  **Lunch**  **13:15**  **14:30**  **15:30 16:00** | Mantra & Mudra Yoga session  Small group activity  Pair activity  Small group activity  Pair work  Observed discussion  Guided meditation  Session ends |

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| **Wednesday 09:00 – 16:00** | | |
| **Theory** |  | **Practical** |
| **Unit 3 Know How to Support Clients or Whoever Take Part in Yoga Veda Sessions**  Asana modification / extension  Asana practice for different Dosha –   * body clock * type * style * impact * Dinacharya   Observations  Plenary | **09:00**  **09:15**  **Break**  **10:30**  **12:30**  **Lunch**  **13:15**  **14:30**  **15:30**  **16:00** | Mantra & Mudra Yoga session  Pair activity  Class activity  SWOT analysis  Guided meditation  Session ends |

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| **Thursday 09:00 – 16:00** | | |
| **Theory** |  | **Practical** |
| **Day 4: Yoga Veda Psychology and Physiology for Health & Wellbeing**  Balancing mahas (3 Gunas)  Developing Dhyana Dyana Samadhi -  Chakra connection  Nadis- subtle energies  Plenary | **09:00**  **09:15**  **Break**  **10:30**  **12:30**  **Lunch**  **13:15**  **14:30**  **15:30**  **16:00** | Mantra & Mudra Yoga session  Video  Meditation - Pranayama  Class activity  Group activity  Cloze activity  Guided meditation  Session ends |

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| **Friday 09:00 – 16:00** | | |
| **Theory** |  | **Practical** |
| **Day 5 Programming a Yoga Veda Session: the subtleties of sub-dosha awareness**  Asana for Sub doshas relating to   * Breath * Asana * Chakra * Conditions | **09:00**  **09:15**  **Break**  **10:30**  **12:30**  **Lunch**  **13:15**  **14:30**  **15:30**  **16:00** | Assessment cards issued  Group guided 15 minute session – Observations and assessments  Feedback sessions  SWOT Analysis  Evaluation  Guided meditation  Session ends |

**Specific resources required for this course**

You are invited to bring along your own mat, blocks , blanket , straps etc although there are a limited amount provided if required. Please wear comfortable clothing.

You will be required to provide your own lunch. The site does NOT have catering facilities on site however tea and coffee will be provided throughout the course.

Pen and paper will be required throughout the course.

All slides from course will be sent electronically to you after the course has been completed

**Other important information**

This is a pass / fail graded course: Candidates are required to meet all the stated assessment requirements and attend a minimum of 90% of the course.

Assessment sheets will be issued during the course for completion and are to be handed back to assessor once completed on the same day.

Practical observations will be informal and knowledge assessments will form part of the whole practical learning experience. Assessment of knowledge will be assessed through a variety of group, paired and individual tasks for each module.

Following receipt of Tutor assessment records, feedback and Quality Assurance procedures being met certificates for successful candidates will be issued by the CMA direct to the course Tutor / Assessor. Certificates will be distributed to successful candidates by post once received by Tutor.

**Terms and Conditions**

* All workshops require payment in full in order to reserve a place.  Upon the booking of the course a deposit of 100% of the total course fee shall be payable. Once a course is booked, the full amount shall be due and payable to The College of Ayurveda and Mind Body Medicine on the dates stated above. Refunds shall be made solely in accordance with these Terms and Conditions.
* Unless otherwise agreed by The College of Ayurveda and Mind Body Medicine, written notification is required a minimum of 180 days prior to commencement of the relevant course or workshop if the attendee wishes to cancel his/her place. If such written notification is received a minimum of 180 days prior to the commencement of the course/workshop a full refund of any amounts paid will be given, less an administration fee of £50.00. If such written notification is received after the date falling 180 days prior to, but at least 90 days prior to, the commencement date of the course or workshop, a refund of 50% of the course or workshop fee (to the extent paid) will be given, less an administration fee of £50.00. If such written notification is received after the date falling 90 days prior to the commencement date of the course or workshop no refund of the course or workshop fee will be given.
* In the event of an attendee failing to attend the confirmed course/workshop or complete the course for any reason (except serious illness evidenced by a medical certificate) no refunds of fees or deposits will be made and no entitlement to a later-date course will be gained, unless The College of Ayurveda and Mind Body Medicine, at its sole discretion decides otherwise.
* If The College of Ayurveda and Mind Body Medicine cancels a course/workshop for any reason, a choice of a full refund or alternative course/workshop dates will be offered. The College of Ayurveda and Mind Body Medicine reserves the right, in exceptional circumstances (eg illness of the appointed tutor), to provide a different tutor to that advertised and to alter the course/workshop dates, hours or venue. If this should become necessary we will notify you in advance and make every effort to transfer your booking, together with any payment made, to the next available equivalent course/workshop at your available chosen date and venue. However, it should be noted that The College of Ayurveda and Mind Body Medicine will not be held liable for any costs/losses incurred as a result of any such changes.
* The College of Ayurveda and Mind Body Medicine holds the right to cancel a course under circumstances where the number of students are below required number. Under such, circumstances, the students will be informed at least 1 week in advance of the course commencing to inform about the cancelled course.
* All attendees must be 16 years or over.
* In the case of courses accredited by 3rd Party accreditation bodies, students must meet the minimum attendance requirements required by these accreditation bodies for successful completion of the course. Typically this requires at least 95% attendance of the scheduled days of the course - if you are unable to attend a teaching day for any reason, please notify your tutor at the earliest available opportunity in order to arrange for the missed study notes and instruction to be covered by some alternative to be discussed with your tutor. Failure to do so may result in you being unable to complete the course and obtain the required accreditation.
* It is acknowledged that The College of Ayurveda and Mind Body Medicine is a division of Mind Body Medical and all contractual arrangements with, or payments, to The College of Ayurveda and Mind Body Medicine shall be deemed to Mind Body Medical, Unit 12 Wittering Walk, East Wittering, West Sussex, PO208RR
* These terms and conditions are governed by English Law and the courts of England shall have exclusive jurisdiction.

BOOKING FORM

Please complete this form and return it to

Mind Body Medical

Unit 12, Wittering Walk

Cakeham Rd

East Wittering

West Sussex

PO208RR

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| --- | --- | --- | --- |
| Name: |  | | |
| Mobile Number: |  | Alternative Number: |  |
| Email Address: |  | | |
| Address: |  | | |
| Gender: |  | DOB: |  |
| *Office Use:* Course Code: | Yoga Veda Feb 19 | | |

I confirm that I have read and understand the terms and conditions

Upon receipt of this booking form, I understand that I will be invoiced for the total course fee.

Payments can be made using debit or credit card, BACS.

Name of Course Attendee

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Attendee Signature  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_