



2024 | JSY  
200 HOUR  
TEACHER  
TRAINING  
STATE YOGA





# YTTC OVERVIEW

## IS THIS COURSE FOR ME?

Deciding to join a yoga teacher training course (YTTC) is an exciting, and often defining, moment in life. People join trainings for all sorts of reasons - some to teach, others to simply enjoy a deeper practice.

It is a big investment, and it can be hard to work out what one YTTC will offer over another. This information pack details our course's content and explores what makes this training distinct from others. Its aim is to help you discern whether our approach and inspiring curriculum aligns with your goals and intentions.

Many people start a YTTC with no intention to teach. This course has been designed to foster a deep understanding and love of yoga, whether you choose to go on to teach or not.

# OUR OBJECTIVES



## THIS COURSE WILL

- Enable you to understand and dramatically develop your own yoga practice
- Coach you in clear, strong teaching skills for hatha and vinyasa yoga
- Educate you in depth in the anatomy, technique, philosophy and mindfulness that underpins an authentic yoga practice.
- Connect you to London's top wellbeing professionals and yoga teachers, and a community of people with a shared passion for yoga
- Provide you with opportunities to develop a deeper understanding of yourself, your patterns and how to overcome obstacles and challenges
- Empower you with the confidence to stand up as a leader and educator





# WHY THIS COURSE?

## INTIMATE GROUP SIZE

Capacity on this course is kept to an optimum group size of 18 and all applicants are interviewed, ensuring all students are ready for the course, get quality of support from tutors and the trainee community can thrive.

## ANATOMICALLY INFORMED APPROACH TO ALIGNMENT AND SEQUENCING

Our course tutors on classical and anatomically-based alignment and sequencing of hatha and vinyasa yoga. Our technical approach to postures and clear explanation of anatomy is explored in relation to the unique-ness of every individual and how this plays out in a group practice.

## AT THE INTERSECTION BETWEEN HOLISTIC MEDICINE AND SCIENCE

Our training advocates a balanced 'east meets west' approach. The training honours the rich history and traditions from which modern yoga has evolved. However, we offer a non-dogmatic, non-lineage based approach so you develop a broad understanding of the systems and approaches that make up modern yoga. Enabling you to find your own 'voice' in the wellbeing industry, and so that you have a great foundation for future specialisms within the industry.

## AUTHENTICITY

We encourage students to find their own unique and powerful practice and voice. Our tutors are renowned for being passionate, highly knowledgeable and personable. We measure our success by the increase in confidence and integrity we see in our students.

# TEACHING TEAM



Jessica Stewart  
Course leader  
(TTP, TP, YH)



Alice Blunden  
(A&P, TTP& TP)



Andrew McGonigle  
(A&P)

Plus supporting teachers:

Adriana Maldonado  
Anu Paavola  
Hannah Kluman  
Anastasis Tzanis  
Nicola London



Victoria Grove  
Voice coach (TP)

## AM I READY?

When we bring together a group of people that are ready to learn, comfortable in their practice and passionate about the course, the rate of learning is far more rapid and enables every person to thrive. So we want to make sure you are in the best place possible to get the most from the course.

## WHAT IS THE APPLICATION PROCESS?

When you email your interest to the team, we will offer a free consultation to every applicant and request that you get observed in a group practice by one of the teachers on the YTT team.

This is not about being extremely bendy or strong. We are looking for an intelligent, informed practice and open-minded, discerning attitude to learning.

When you have been observed and the lead teacher has confirmed you are ready to join the course, we will process your application and offer you a place.

## HOW MUCH TIME DO I NEED TO PUT IN TO THE COURSE?

You will need to make time for a 10-20 minute self-practice / day. This can be meditation, breath-work or asana.

You will need to observe 2 public classes towards the end of the course and assist on 1.

You will need to schedule time to watch the online content, following the online learning schedule which is given at the beginning of the course. We recommend assigning one evening a week for yoga studies.

The Fridays before the weekend blocks are mostly online live stream between 6-8pm. Detailed schedule released in September.

2-3 hours homework per week.

We recommend that you attend 3 IRL public classes / week. Ideally with your YTT teachers, but otherwise at a studio that is convenient for you. State Yoga offers a membership discount of 50% for the duration of the 6 month course.



# STUDENT RESOURCES

A reading list is provided when your place is confirmed. You are encouraged to start reading before the course starts.

Manual - a full manual is provided on course content for reference and reflection.

Access to the online content from the start of the course and for 3 months following.

Access to online practice resources - from your teaching sequence, to mantras, breathing techniques and meditations.



# OUR FORMAT

## 6 MONTH INTENSIVE PROGRAMME

We run one training / year - September - March, enabling you enough time to develop your practice and embed knowledge, and yet a short enough time to keep momentum and maintain your focus!

How is this structured?

A 6-week immersion course Thursdays 6-8pm September-October to finesse your physical practice

+

10 x non-residential weekends at State Yoga offering live in-studio tuition with lead and supporting tutors

+

50 hours online seminars and live stream Q and A's

+

2 hours/week home study

+

Practicing at 3 public classes / week

## An example day

12:00-13:00 - Opening lecture (anatomy or philosophy)

13:00-14:30 - Led practice linked to lecture

15:00-16:00 - Teaching skills/ or alignment

16:30-18:00 - Teaching practice

18:00-18:30 - Online content quiz / Q and A

18:30-19:00 - Breath-work and meditation

Where?

At our beautiful studio in Highgate, State Yoga.



# MODULES/ALLOCATION

## MODULE 1: TTP (80hours) TEACHING, TECHNIQUES & PRACTICE

The 'do-ing' module - develop your practice and understanding of asana, meditation and breath-work according to key principles.

## MODULE 2: A&P (40 hours) ANATOMY & PHYSIOLOGY

Tune into your inner nerd - we presume no background in anatomy and physiology, but take you on a deep dive into how our bodies work, what this means for a sustainable and effective yoga practice and implications for teaching evidence-based yoga.

## MODULE 3: YH (30 hours) YOGA HUMANITIES

The self-development rich aspect of the course: we explore yoga's diverse history, understand the lineage of modern yoga. Explorations into group ethics and philosophy.

## MODULE 4: PE (50 hours) PROFESSIONAL ESSENTIALS

Teaching practice, sequencing and everything you need to know to set up as a professional.





# CURRICULUM

## ANATOMY & PHYSIOLOGY (A&P)

- Principles of applied yoga anatomy
- Feet & Legs
- Hips & Pelvis
- Spine
- Shoulders & upper extremities
- Nervous system
- Respiratory system
- Fascia
- Managing injuries

## TEACHING, TRAINING, PRACTICE (TTP)

- Asana (alignment break-down)
- Pranayama (practice and theory of breath work)
- Meditation (exploration and practice of selected models of meditation)
- Kriya (cleansing practices)

# CURRICULUM

## YOGA ENERGETICS (TTP)

Prana

Pancha Kosha

Elements

Kundalini

Chakras

Nadis

Bandhas

Yoga Mind & Kleshas

Yoga Nidra

## HUMANITIES, HISTORY & PHILOSOPHY (YH)

The history of yoga

Key historical texts and figures

Modern influential yogis and ideas

Yoga philosophy

Yoga ethics

Yoga as seva (service)

Cultural appropriation and diversity

## PROFESSIONAL ESSENTIALS (PE)

Principles of teaching

Teaching practice

How to cue

How to demonstrate

Assists and adjustments

Sequencing

Voice work

Embodying confidence and authenticity

Managing mixed abilities

Theming classes

Business of yoga

Teaching one-to-ones





# MORE ABOUT US

## JESSICA STEWART E-RYT 700+

### COURSE LEADER: TTP, YH, TP, PE

Jessica is the founder of state studio and teacher training program, which has been running in London for over 7 years. Jessica has been teaching for over 12 years internationally. She lectures on corporate mindfulness, has been featured on podcasts, interview panels and senior teacher for some of London's top studios, featured on online wellbeing sites and has launched meditation albums with spotify. Balancing and lifting one's state of mind is at the heart of her classes.

Her classes are thoughtfully and creatively sequenced, alternating anatomical and energetic themes, with a passion for evidence-based connections between East and Western approaches.

## ALICE BLUNDEN

### TTP, A&P, TP

Alice is a London-based Yoga Medicine® therapeutic specialist, secondary school teacher and life long learner.

Yoga has been a fundamental part of her life for 20 years and she is passionate about sharing the practice with the State Yoga community.

Alice studied to become a yoga teacher with Tiffany Cruikshank in 2013 and has taught the Yoga Medicine® 200 hour teacher training since 2016. She is continues to study on the 1000-hour Master Teacher Training Program.

Alice teaches a mindful Hatha based class with elements of flow, incorporating therapeutic yoga, Myofascial release and breath work.

Born and brought up by the sea, when Alice isn't working in London, she is drawn to the beach. At weekend and on holidays you'll find her paddle boarding, surfing or swimming in the sea.

You can learn more about Alice's offerings here: [www.alicelouiseyoga.com](http://www.alicelouiseyoga.com)..

## Andrew McGonigle

### A&P

Andrew McGonigle has been studying anatomy for over twenty years, originally training to become a doctor and then moving away from Western medicine to become a yoga teacher, massage therapist and anatomy teacher. He combines all of his skills and experience to teach anatomy and physiology on Yoga Teacher Training courses internationally and runs his own Yoga Anatomy Online Courses. His new book Supporting Yoga Students with Common Injuries and Conditions: A Handbook for Yoga Teachers and Trainees was published in March 2021. He lives in Los Angeles with his husband. For more information visit: [www.doctor-yogi.com](http://www.doctor-yogi.com) Instagram: @doctoryogi

Facebook: @doctoryogiandrew

## VICTORIA GROVE

### VOICE COACH (PE)

Victoria "the voice" Grove is a force of nature: yoga teacher, actress and voice artist Victoria has trained in hatha yoga, hot yoga, yin, rocket and post natal yoga. Victoria can also be found teaching yoga to the SAS, helping to mitigate pain and stress. Victoria teaches the 'voice and presence' modules on the the teacher training at state. She has recorded meditation albums for Calm Collective, available on spotify. Her classes are empowering and strengthening, playful and creative and always set to an epic playlist.

Integrating her many years of experience as an actor and as yoga teacher, Victoria mentors students in the art of commanding attention on the state training. She guides students in how to use their voice and body to educate, connect and deliver a class that carries students on a journey.





# DATES AND LOCATION

## DATES AND TIMES 2023 -2024

### YTT IMMERSION COURSE

#### **Immersion pre-course YTT class**

6-8pm IRL in studio

Thursday 11th Jan

Thursday 18th Jan

Thursday 25th Jan

Thursday 1st Feb

#### **Weekend YTT blocks**

Fri 6-8pm mostly online

Sat and Sun IRL in studio 12-7pm

1) Feb 2-4

2) Feb 16th - 18

3) March 1-3

4) March 15-17

#### **Spring break**

5) April 19-21

6) May 3-5

7) May 17-19

8) June 7-9

9) June 21-23

10) July 5-7 (Graduation weekend)

## LOCATION

State Yoga

2-3 Broadbent Close

Highgate

London

N6 5JW

# FINANCIALS

## Course fees

The cost of the course is £3100, which includes a non-refundable deposit of £500 to hold your place. You can pay in full, or spread the total cost over 3 instalments that suit you.

We also offer a bursary to 1 applicant per course, who represent an under represented demographic in the yoga industry, and/or has charitable, social and altruistic plans following the course.

## How to apply:

1. Email [jessicastewartyoga@gmail.com](mailto:jessicastewartyoga@gmail.com) to register your interest.
2. Book a consultation with Jessica
3. Book a public class with Jessica Stewart, Sophia Latyseva, Zachary Wilcox, Anya Beaumont, Victoria Grove or Leon London at State Yoga. Tell the teacher you want to be assessed for YTT application at the beginning of the class. Once they have confirmed your practice is in a good state for the training - please email Jessica again to receive your offer and set up your payment plan.
4. Your place will become secure when we receive the deposit and you have signed, dated and returned the terms and conditions form.
5. The full balance will be due by bank transfer by the **31st January 2024**.
6. Please note, this course is non transferrable and non refundable once the course starts.



# TESTIMONIALS

'The perfect balance of modern anatomy, philosophy and teaching practice. I couldn't ask for more. Thank you so much Jessica! And for your support and encouragement. Much love'

~ JW

'Jess is energetic and passionate, with high expectations and even higher levels of compassion. She and her team delivered the course with expertise and rigour, but also humility and humour. Jessica did not seek to create clones of her (brilliant) self - rather, she equipped us with the tools to build our own honest, and authentic, teaching practice - in whatever form that might take.'

~NSS

'I enjoyed such an amazing course. The knowledge, warmth and compassion made all the difference, as did the intimacy and size of the group. I highly recommend this course.'

~DM

'This training fosters an incredible journey of self growth and awareness, and will set you up to be an excellent teacher. Two weeks after graduation I was able to teach a public class described by one student as "the clearest instruction she had ever received" in a yoga class. I owe this to this Jess's teaching style and delivery.'

~JT

# Say hello...

## We'd love to meet you!

Ask us any questions you might have:

### EMAIL

stateyogahighgate@gmail.com (for bookings)

jessicastewartyoga@gmail.com (director)

alicelouiseyoga@gmail.com (lead teacher)

### ONLINE

stateyoga.co.uk/training

### SOCIAL



@stateyogahighgate

@jessyogaradiance

@alicelouiseyoga

@theyogagrove

We cant wait to speak with you!