



MEADOWLARK YOGA

Our offering:

Q: What Courses do you offer for current teachers of Yoga?

If you're already a qualified yoga teacher with a 200 Hour Certificate from any Yoga Alliance accredited RYS, we recommend the following options:

Our 50 - 100 Hour CPD Courses:

- [Avid Yogi 100 Hr Advanced Summer Intensive module](#)
- [100 Hr Yin & Restorative Training with Nadine Watton](#)
- [85 Hr Pregnancy Training with Sally Parkes](#)
- [45 Hr Vinyasa Training with Frankie Culpin and Joanne Ewen](#)

Weekend CPD:

- [Anatomy for Yoga Level II with Karen Kirkness](#)
- [100 Hr Yin & Restorative Training Weekends with Nadine](#)
- [45 Hr Vinyasa Training Weekends with Frankie Culpin and Joanne Ewen](#)

Avid Yogi Advanced 100 Hour Summer Training Intensive (Ashtanga based but covering a wide range of modifications):

- [Apply here for the 100 Hour Intensive](#)

Avid Yogi Advanced 300 Hour YTT:

- [Apply for the entire Avid Yogi 300 Hr Advanced Training Course](#) (instead of separate 100 Hour modules) and receive a commitment discount of £250
 - *Please note: previously qualified 200Hr Trainees can register our 300Hr qualification with Yoga Alliance and then upgrade their credentials as a 500 Hour teacher (E-RYT when teaching hour requirement is met).*

Q: I'm really interested in yoga and keen to know more about Yoga Teacher Training. **Where do I start?**

We advise keen yoga students to deepen their practice with our **200 Hour Foundational Yoga Teacher Training Course**, which we offer in two formats annually as follows:

- [200 Hour Immersion](#) (5 longer weekends) starting in **February** and finishing in early June, annually.
- [200 Hour Modularised Intensive](#) starting in **June** each year:
 - Module A: 100 Hour Summer Intensive
 - Module B: 100 Hours offered in 3 long weekends (Jan, March, May the following year)

Q: How do I know if I'm ready for Yoga Teacher Training?

- Only you can decide if you're ready for the commitment of undertaking one of our courses, but we recommend you check in with your regular yoga teacher for advice. You should also get the support of your family and check with your employer in case you'll need to miss any work in order to commit to the attendance policy of our trainings.
- Book a 1:1 with with one of our faculty if you'd like to discuss your individual practice and interest in Teacher Training
- Attend a YTT Orientation Event
 - Live, with Nadine Watton in studio. Please visit [Nadine's workshops](#) for her upcoming orientation dates.
 - Online, with Karen Kirkness via Zoom video call. Please visit [Karen's workshops](#) online for her upcoming Zoom calls.

Curriculum:

Q: What will I learn in these courses?

- You can find out more details about each course on the [Bookings Page](#).
- We offer several **YTT Orientation Events** free of charge on select Saturday evenings; check out the options and [book yourself into one here](#).
- Click here for a breakdown of the [Yoga Alliance Curriculum changes for 200 Hour RYS](#) (Registered Yoga Schools)

Q: What does a typical day on a Yoga Teacher Training look like?

- *Each Training offers a different level of content, but each of our YTT will include practical and theoretical elements.*
- *You can find out more details about each course on the [Bookings Page](#).*

Q: What are the minimum requirements for registering for one of the Yoga Teacher Training courses?

- *All our YTT courses (100 Hr, 200 Hr, and 300 Hr) are based on the practice of Ashtanga Yoga in the lineage of Krishnamacharya; registrants will be expected to have proficiency in the Sun Salutations and standing postures of this tradition*
- *Foundational Training (200 Hour) must have at least one year of yoga experience and memorisation of standing sequence*
- *Advanced Trainees must have a 200 Hour qualification from any RYS (OR, in the absence of a certificate, Advanced Trainees should have 5+ years of practical experience as committed yoga students)*
- *Minimum 18 years of age*
- *Registrants must be physically fit and well enough to comply with the attendance requirements to fulfill the hours of any course*
- *Registrants must agree to our [Terms & Conditions](#) before their place is confirmed*
- *You can find out more details about each course on the [Bookings Page](#).*

Q: What if I have to miss some hours/days of the Training?

- *In order to meet the high standards of our Trainings and maintain the value of the qualification for all successful graduates, we follow a strict attendance policy.*
- *However, we do understand that life doesn't always follow strict schedules and have devised a [Make-up Policy](#) to help everyone meet the minimum attendance criteria required for successful graduation.*

Application process:

Q: Do I have to submit an application form to register on the Training?

Meadowlark Yoga does not operate an applications process; simply register via our [Bookings Page](#).

Investment:

Q: How much do the courses cost?

- **100 Hour Advanced CPD Module:** £1,250
- **200 Hour Foundational YTT:** £2,500
- **300 Hour Advanced YTT:** £3,500
- **85 Hour Pregnancy Training:** £750
- **100 Hour Yin Training:** £800
- **45 Hour Vinyasa Training:** £385

Payment Plan Queries: Yes we do offer payment plans; however the total balance must be paid minimum one month before the course start date.

Faculty:

Q: How can I get to know the teachers who run these courses?

- Attend [classes](#) and [workshops](#) with **Amy**
- Attend [classes](#) and [workshops](#) with **Nadine**
- Attend [workshops](#) with **Karen**
- Attend [classes](#) and [workshops](#) with **Jo**
- Attend [classes](#) and [workshops](#) with **Frankie**
- We offer several **YTT Orientation Events** free of charge on select Saturday evenings; check out the options and [book yourself into one here](#).

Governing Bodies:

Q: How are the courses regulated/accredited?

- Visit our [Yoga Alliance public profile](#)
- Visit our [Yoga Alliance Professionals public profile](#)
- 100 Hour Advanced Module:
 - Yoga Alliance (USA) CPD Certificate with [Karen Kirkness, YACEP](#)
- 200 Hour YTT
 - Yoga Alliance (USA) 200 Hour Yoga TT Certificate
 - Yoga Alliance Professionals (UK) 200 Hour Yoga TT Certificate
- 300 Hour YTT
 - Yoga Alliance (USA) 300 Hour Advanced Yoga TT Certificate
- Anatomy CPD Courses and Workshops with Karen Kirkness: [see Karen's YACEP page](#)
- 85 Hr Pregnancy Training - This training is 85Hours (including private study time) to meet with the standards of Yoga Alliance Professionals, Yoga Alliance USA and also the Federation of Antenatal Educators (FEDANT).
- 100 Hr Yin Training - This training counts for 100 CPD hours with Yoga Alliance Professionals.
- 45 Hr Vinyasa Training - This training counts for 45 CPD hours with Yoga Alliance Professionals.

Q: *Can I teach whilst I am a Trainee?*

- *Trainee Yoga Insurance is available for those who want to start teaching public classes before they are qualified*

Reading List:

<http://bit.ly/2020ReadingListMLY>

Logistics:

Q: *What is the parking situation?*

- There is metered parking right outside (this is free on Saturdays & Sundays) which is £2.90 per hour, with a maximum stay of 4 hrs. We suggest parking a little further away where the parking is free. Here is a link to the parking map, if you enter our address - 43 Argyle Place - you'll see areas around

Blackford and Newington that are not restricted, and about a 10 minute walk from the Studio.

- Parking Map:
http://www.edinburgh.gov.uk/info/20276/parking_spaces/507/find_parking_bays

Public Transport:

The nearest train station is Waverley Station, it is a short 20 minute walk away.

Buses: there are several [Lothian Buses](#) that pass near the studio. The 41 stops right outside. Other buses stopping on nearby South Clerk Street (10 minutes walk from the studio) are 2, 3, 5, 7, 8, 29, 30, 31, 33, 37, 47, 49, 300.

Accommodation:

Some useful options nearby -

Some options below to consider when visiting Meadowlark Yoga for any workshops/training, should you need accommodation.

Argyle Backpackers on our street - <https://www.argyle-backpackers.com/>

These are all recommended and verified homes of our teachers and staff. Please see AirBnB listings for the following:

- Nina Goldberger: ninagoldberger@hotmail.co.uk 07739 850 041
<https://www.airbnb.co.uk/rooms/18473197?s=51>
- Catherine Cant: chcant@gmail.com 07582 613 001
<https://www.airbnb.co.uk/rooms/17940606?location=viewforth%20edinburgh>
- Kirsten Waugh: waughthisway@outlook.com 07787 148 630
https://www.airbnb.co.uk/rooms/7543134?adults=1&children=0&infants=0&location=M%20cNeil%20Street%2C%20Edinburgh&s=yuGI__LI
[w.airbnb.co.uk/rooms/20260669?preview_for_ml](https://www.airbnb.co.uk/rooms/20260669?preview_for_ml)

- Mark & Karen:
<https://abnb.me/Hk01o1oNjY>

Supplies:

Our fantastic neighbours, New Leaf Co-op, the local wholefood store is just up the road - <https://www.newleafcoop.co.uk/>

Further Information regarding YTT:

Teacher Training Certification Protocol at Meadowlark Yoga

- 200 Hour Foundational Yoga Teacher Training
 - The Avid Yogi Training pathway starts with our 200 Hour YTT Course
 - Prerequisites:
 - one year of regular yoga practice
 - the memorisation of Ashtanga Vinyasa Surya Namaskara & standing sequence (minimum)
 - 18 years of age or over
 - The 200 Hour YTT Course is available annually in the following formats:
 - **Immersive Longer weekends** (5 total) starting in February, totalling 200 Hours
 - **Intensive + Long weekends** starting in June as follows:
 - Summer Intensive: a 9-day intensive module of 100 Hours
 - Long weekends: 3 long weekend modules comprising the final 100 Hours
 - Certificate issued upon successful completion of all 200 Hours
 - Graduates may register with either Yoga Alliance (USA), or Yoga Alliance Professionals (UK) (or both, or neither)
- 100 Hour Advanced Module
 - Application required
 - Our annual 9-day Summer Intensive is available as a stand-alone period of in-depth study
 - Prerequisite: previous 200 Hour YTT qualification OR advanced/experienced Ashtanga practice
 - CPD Certificate awarded upon satisfactory completion of each 100 Hour Summer Intensive module
 - In case of the successful completion of all three distinct syllabi (Nadine's, Amy's, Karen's), the 300 Hour Advanced Training is considered complete

- 300 Hour Advanced Certificate
 - Application required
 - 300 Hour Advanced Training Certificate awarded upon satisfactory completion of each 100 Hour Summer Intensive module as outlined above
 - Graduates may register our 300 Hour Certificate with the Yoga Alliance (USA) and become eligible to download their 300 Hour registry mark (see YA credentialing page on their website)*
- 500 Hour Status with Yoga Alliance (USA)
 - Application required
 - Our 500 Hour Advanced Training is in the development stages and not available for booking yet (watch this space!)
 - Until we launch our 500 Hour Advanced Training, there is no associated certificate available.
 - There is a precedent for yoga trainees registering their 200 Hour and 300 Hour training Certificates with Yoga Alliance (USA) as evidence of 500 Hours training.*

**Please note:*

Neither Meadowlark Yoga nor the Avid Yogi course teachers are responsible for Yoga Alliance policies or advise on the credentialing rules of independent governing bodies. The Yoga Alliance (USA) and Yoga Alliance Professionals (UK) are separate firms that have their own Terms & Conditions and policies that change periodically with their respective governance updates.

We do advise that when trainees choose a governing body for registration, they pursue the career advancement programmes that are available and advised *through that particular body*. All points advised above in the Avid Yogi training pathway are intended for guidance purposes only. Please see the Yoga Alliance pages for their [professional pathway](#).