

## Yoga Sutra Shala - Yoga Teacher Apprenticeship programme



We are happy to announce our Yoga Teacher Apprenticeship programme!

This is open to any newly qualified yoga teacher with a regular and strong yoga practice of more than 2 years and experience in plant-based food preparation, who would like to gain more teaching practice and complete our Yoga Teacher Training Certificate (200 hours) in Hatha, Vinyasa & Yin Yoga, while offering their service as one of our Karma Yogis.

The 3-stage programme not only offers you the comprehensive course and the resulting 200 hour certificate, it also gives you the opportunity to build your confidence as a yoga teacher, continuously sharing with and learning from other teachers and giving weekly classes to a varied group of people.

### *Stage One:*

Before the apprenticeship begins we ask you to come for a period of 1-2 months and work with us as a breakfast Karma Yogi (working 30 to 40 hours per week, being paid €75 per week), to see if there is a mutual connection. Food preparation experience is required.

### *Stage Two:*

The apprenticeship starts with a further 10-11 months of teacher-assisting on our retreats and our 4-week teacher training courses led by Namit. This will count as the teaching practice necessary for you to gain your certificate.

During this time you would:

- attend and assist in Namit's classes
- lead some of your own classes
- fulfil the breakfast shift tasks, Monday to Friday (30 hours per week), being paid €75 per week.
- fulfil team duties (such as attending meetings and updating manuals)

### *Stage Three:*

You would then join our Yoga Teacher Training course (attending the classes in philosophy, alignment, adjustment & sequencing), while also maintaining some evening Karma Yogi duties.

This position requires you to be calm, alert and able to manage your time well. Each stage will give you the opportunity to further your own practice at the same time as developing and improving your ability to teach others.

Throughout your stay you would be accommodated in the Karma Yogis house close to the retreat centre, sharing with other team members.

For the days and the weeks that the retreat centre is open, you will receive all your organic, plant-based meals, snacks and drinks.