



300hr Advanced Yoga Teacher Training Course

*** Good news!! We have now rearranged this course so that more of it can be completed online in case of continued Covid-19 restrictions. The start of the course will all be online and interactive. Then from November onwards if we can meet in person we will, and if that is not possible, the training will be online. We will make the final decisions about these modules a month before each one is due to start. ***

WHAT YOU WILL LEARN: COURSE MODULES & CURRICULUMS

Module 1 | 11th and 12th September 2021 9am to 6pm: ONLINE RETREAT

A private inauguration to welcome the students, an introduction of the core teachers Stephanie Shanti and Lila Lolling, to the course as a whole and its structure. A chance to practice together and share where we are and pool ideas about accessibility, inclusivity and yoga wisdom. There will be yoga practice, meditation, pranayama, nidra, journalling and philosophy included in this weekend retreat. It is designed to build community for the core teachers on this training, and to share resources.

Open only to ATTC participants

Module 2 | 25th and 26th September, 2021, 9am-12pm, 2pm-6pm: ONLINE

20-hour Myofascial Release for Yoga Teachers with Stephanie Shanti

This module is a weekend online training plus supporting video content to enable yoga teachers to work with myofascial release techniques using myofascial or tennis balls, foam rollers and yoga blocks to release the myofascial chains of the body. We will look at fascia research, trigger points and referred pain in the context of yoga practice to lead students towards a deeper awareness of the body, how it functions as a whole and how to use yoga as a therapeutic tool to bring overall nervous system balance.

Open to all yoga teachers. Certificate given on completion.
Online training

Module 3 | ongoing dates throughout the training: ONLINE

20-hour Stress and the Nervous System with Lila Lolling

Open only to ATTC participants.

Module 4 | 15th October, 2021, 6-9pm and 16th & 17th October 2021, 9am-6pm: ONLINE

20-hour Yoga Philosophy Certification: Level 1 with Lila Lolling

This intensive weekend training and online module will look at the philosophy and psychology of the classical Yoga systems and how to use it as a mirror for your personal and spiritual refinement. You will also learn how to use these ancient teachings as a guideline to aid your students in processing their life karmas, becoming better suited to coach them in their spiritual endeavours. You will also gain insight into how to structure yoga philosophy workshops, courses, and immersions that will take your offerings to the next level, helping you to grow yourself beyond asana instructor.

Open to all yoga teachers. Certificate given on completion. Online



Module 5 | 12th to 14th November, 2021. 9am-6pm

30-hour Accessible Yoga Teacher Training Certification with Alessandra Uma Cocchi
This is a three-day practical training and online module gives you a special certificate in teaching Accessible Yoga. The practical training includes introduction to the concept of accessible yoga, with accessible chair, wall and mat classes, hatha yoga theory and anatomy check-ups, bed yoga instruction, yoga service to the world, touching and consent, raja yoga, yoga nidra and the koshas, and practice teaching of accessible yoga.

Open to all yoga teachers, practitioners, body workers and care workers. Certificate given on completion.

Venue: St Werburghs Community Centre, Horley Road, Bristol, unless COVID restrictions apply, then it will be moved online

Module 6 | 4th & 5th December, 2021. 9am-12pm, 2pm-5pm ONLINE

15-hour Special Yoga with Jyoti Jo Manuel

During this weekend immersion, we will share an introduction to the therapeutic teachings of Special Yoga's programme for children. Our intention is to support all children with a therapeutic approach to yoga, with an additional focus on children with special and additional needs. Children today are struggling with higher levels of anxiety and mental health issues than ever seen before. Children with autism and learning challenges are at risk of exclusion from education due to what is perceived as unmanageable behaviours. Our time together will give tools and support to understanding children's behaviours as a form of communication and using yoga to support their nervous systems and hearts, to bring lifelong practices to enhance their well-being and work towards reaching their potential.

Open to all yoga practitioners and teachers.

Module 7 | 15th & 16th January 2022. 9am-6pm

15-hour Ethics, Bhakti Yoga, and Yoga for Cancer

Saturday morning: Bhakti Yoga Workshop with Sivanani Mata Frances

Saturday afternoon: Yoga for Cancer Workshop with Morven Hamilton

Sunday: Ethical Relationships in Yoga with Theodora Wildcroft

The changing role of yoga teachers and evolving interpretations of Patanjali's yamas and niyamas. A deep dive into our embodied experiences of consent and touch, power and persuasion. Writing our own codes of ethics and knowing where we stand, as individuals and as allies teaching for context, consent and agency. Reconciling change with tradition in diverse cultural contexts. A brief introduction to the evolving edge of contemporary yoga, including the concept of 'post-lineage yoga', its opportunities, risks and common features

Bhakti Workshop open to all.

Cancer workshop and Ethics module open to all yoga teachers or student yoga teachers.

Venue: St Werburghs Community Centre, Horley Road, Bristol unless COVID restrictions apply, then it will be moved online



Module 8 | 5th & 6th March 2022. 9am-6pm

30-hour Womb Yoga and Yoga Nidra with Uma Dinsmore Tuli

There is a Total Yoga Nidra Immersion Experience online prerequisite to this weekend course. For the practical course Uma will present 'Honouring the Power of Cyclical Wisdom Through Yoga' enabling yogis and yoginis to access power, vitality and awareness in circles with satsang and mantra, using mudras, bandhas, shakti bandhas, postures and breathing to support vitality and of course, Total Yoga Nidra! Internationally-acclaimed educator, yoga therapist, spiritual activist and author of Yoni Shakti, Uma Dinsmore Tuli contributes to Stephanie's Accessible Yoga team, offering sixteen hours on these aspects of yoga practice.

Topics Covered:

Day 1 - PRANA SHAKTI CYCLES - Foundation of Womb Cycle Awareness in relation to wellness and yoga therapy. Initiations into power, vitality and wellness.

Day 2 - PELVIC POWER - 'Mending the leaky bucket' Pelvic organ health, mudras. bandhas, shakti bandhas, postures to support vitality.

Online for 14 hours - TOTAL YOGA NIDRA - a means to encounter intuitive awareness to nourish and support all aspects of yoga practice.

Open to all yoga practitioners

Venue: St Werburghs Community Centre, Horley Road, Bristol
unless COVID restrictions apply, then it will be moved online

Module 9 | 26th & 27th March 2022 9am to 6pm

15-hour Subtle Anatomy and Chakra Development Intensive PART 1 with Stephanie Shanti
Stephanie Shanti will guide you through the first 4 chakras using ritual, nidra, asana, meditation and pranayama to access the unique levels of consciousness associated with each chakra. This enables you to work closely on your own personal development as a yoga trainer and look at all aspects of your life associated with these levels of awareness and possible blockages of powerful conditionings of the mind. Through looking at your learned patterns of behaviour and being you can move towards a more open and receptive way of sharing yoga in the community from the heart.

Venue: St Werburghs Community Centre, Horley Road, Bristol
unless COVID restrictions apply, then it will be moved online

Module 10 | 2nd-8th May 2022

55-hour PRANA INTENSIVE immersion at Shanticulture with Lila Lolling and Stephanie Shanti
This is a private, 5-day classical Hatha Yoga immersion that includes asana, meditation, pranayama, silence, communal living, karma yoga, bhakti yoga, nature-connections, and embodied philosophy. Home preparation of purification of the nadis is a requirement for this retreat and needs to be documented in a spiritual diary submitted weekly from Module 1 onwards.

Venue: Shanticulture Yoga Holidays, Italy
unless COVID restrictions apply, then it will be moved online



Module 11 | 21st & 22nd May 2022. 9am to 6pm

20-hour Subtle Anatomy and Chakra Development Intensive PART 2 with Stephanie Shanti
We will work through the three higher chakras using ritual, asana, pranayama, nidra and meditation to gain access to higher levels of consciousness and learning new ways to integrate the lessons learned here with the grounding and embodiment of the lower chakras.

Venue: St Werburghs Community Centre, Horley Road, Bristol
unless COVID restrictions apply, then it will be moved online

Module 12 | 15th, 16th & 17th July 2022

15 hour Presentations and Graduation

Friday 5-9pm Sat and Sun 9am-6pm.

Giving a presentation or a workshop on a topic of your choice from all that you have learned during your course which will be assessed by all on the course and the course supervisor. We will also end this module with a graduation ceremony and blessings for your work in the world.

Venue: St Werburghs Community Centre, Horley Road, Bristol
unless COVID restrictions apply, then it will be moved online

Home Study: 15 hours

- Spiritual diary requirement for purification of the nadis and subtle energy system to be submitted weekly to Stephanie Shanti.
- Required reading: Lila Lolling's Walking the Ancient Path of Yoga. You will be required to answer the questions in the book and turn them in by Module 8, May 2022.
- Give a 75-minute workshop on the subject of your choice (from topics within the course). You will need to prepare as if you are offering this workshop to your students as an advanced teacher.

Personal Study with Steph Shanti: 15 hours

- Live, 90 minute online yoga sessions the first Wednesday morning or each month at 9:30am starting 6th October. You will be learning five restorative yoga sessions & five chair yoga sessions.

This is a specialist Advanced Yoga Teacher Training Course (ATTC) for qualified yoga teachers who currently have a 200-hour certificate, and are seeking a 300-hour, post graduate certificate in the fields of classical and accessible yoga. As a participant of the course, you will also earn two additional specialised certifications, one in Accessible Yoga and the other in Classical Yoga Philosophy. If you have qualified with Shanticulture Training School at the 200-hour level, you can upgrade at the end of this course to a 500-hour certificate with us.

This intensive 10-month advanced training course includes a 5-day retreat immersions at Shanticulture in Italy as well as weekend modules in Bristol U.K. (or online if we are unable to meet due to COVID restrictions) offering specialised trainings in:



- 20-hour Module in Myofascial Release for Yoga Teachers with Stephanie Shanti
- 20-hour Module on Stress, Neuroplasticity, Nervous System + Spiritual Wellness with Lila Lolling
- 30-hour Accessible Yoga Training with Uma Alessandra Cocchi, European Trainer for the Accessible Yoga Organization (certificate offered)
- 30-hour Womb Yoga and Yoga Nidra course with Uma Dinsmore Tuli, founder of Womb Yoga and author of Yoni Shakti
- 30-hour Intensive Chakra Development course with Stephanie Shanti, founder of Shantacentre Training School
- 15-hour Special Yoga for Children with Jyoti Jo Manuel, founder of the Special Yoga Organisation
- 20-hour Yoga Philosophy Teacher Training with Lila Lolling, founder of the Saraswati Yoga School (certificate offered).
- 15-hour Specialised yoga classes with Stephanie Shanti
- 6-hour Ethical Relationships in Yoga Day with Theodora Wildcroft.
- 3-hour Bhakti Yoga workshop with Sivani Mata Francis
- 3-hour Yoga for Cancer workshop with Morven Hamilton, founder of Yoga by Nature & Yoga for Cancer Teacher Training

INVESTMENT: £3250 EARLY BIRD until June 30th. £3500 after July 1st

Early Bird: Deposit £325 then 9x £325 installments to be paid each month from Sept 2021 to May 2022

Deposit £350 then 9 x £350 installments to be paid each month from September 2021 to May 2022

Course is limited to 10 students.

This course fills each year, so early registration is highly encouraged.

To book your space, please visit stephanieshanti.com