

# REVIVAL YOGA TEACHER TRAINING

for Black and Asian yogis



11 SEPTEMBER 2021 - JULY 2022 •  
ACCREDITED • 200HRS •

**#BlackMinds  
Matter**



**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

# ABOUT THE PROJECT



*Revival* is an accredited 200-hour yoga teacher training diploma delivered by **The Yoga for Life Project** in association with **Black Minds Matter**. It is the UK's first yoga teacher training diploma to train Black, Asian and ethnic minority teachers with a commitment to serving Black, Asian and ethnic minority communities and reducing mental health inequalities.

The training will start on **September 11th, 2021** and end in **July 2022**, spanning 12 weekends. We are exploring opportunities for paid part time yoga teaching in South West London schools and community spaces following the training period.

*The Yoga for Life Project* is a not-for-profit community interest company seeking to share the life and health-enhancing benefits of yoga with all communities. They offer low-cost, accessibility adapted therapeutic yoga classes to individuals and organisations such as the NHS. They also offer specialist group and bespoke classes for specific health conditions such as cancer, COVID-19, Parkinson's and anxiety. Through these classes, patients learn techniques for alleviating pain and symptoms. Click [here](#) to find out more about The Yoga For Life Project.

*Black Minds Matter* is a youth leadership development programme facilitated by the Wandsworth Community Empowerment Network. WCEN is a charity established in 2001 to reduce inequalities in access, experience and outcomes in health and social welfare services, with a focus on black and minority ethnic communities who are disproportionately impacted by poor care and support. You can find out more about Black Minds Matter [here](#) and WCEN [here](#).

# THE PROBLEM

Black and Brown people's mental health is under attack from multiple directions.

Racialized trauma and overexposure of ethnic minority people to stressors generate mental strain, placing ethnic minority communities at disproportionate risk of mental ill-health.

Across all social welfare indicators, Black, Asian and ethnic minority communities are disproportionately negatively impacted. Their children are more likely to be excluded from schools, in looked-after children services and on vulnerable children's registers, living in overcrowded, poor quality housing in areas with the lowest air quality. The ethnic minority workforce is overrepresented in low paid, low status and precarious employment. They are overrepresented in the criminal justice system and at the acute end of care. The impact of these often-coexisting traumas on Black and Brown minds and bodies is poorer health and well-being outcomes for these communities.

In the event of a breakdown in mental health, systemic racism in mental health services coupled with community taboo surrounding mental illness lead ethnic minorities, particularly those from Black African and Caribbean communities, to experience more severe mental health crises, later intervention and more coercive treatment. They are also much more likely to be perceived as threats to be policed and restrained, as opposed to vulnerable humans to be supported and soothed.



# OUR SOLUTION



We seek to train Black and Brown yoga teachers to share yoga with their communities in order to reduce these mental health inequalities.

You will help to equip communities with culturally adapted tools and techniques for managing their physical and mental health, delivered by people who look like and truly care for them.

We are working with local statutory agency partners such as the South West London and St George's Mental Health NHS Trust (SWLSTG) to provide yoga sessions in schools and communities. Upon completing Revival and becoming a qualified practitioner, you will be expected to contribute to this programme of work by taking on paid teaching opportunities.

By empowering children and young people with these tools, our objective is to intervene sooner and prevent the onset of trauma-induced mental illness, as opposed to reacting after the fall-out of accumulated trauma and undetected, untreated mental illness in adulthood.

Creating paid opportunities specifically for people from communities who have been economically disadvantaged through exploitation, discrimination and exclusion is one of the ways WCEN and The Yoga for Life Project seek to challenge mental health inequalities proliferated by poverty and economic inequality.



## WHY YOGA?

There is a strong evidence base for the use of therapeutic yoga as a tool for improving mental wellbeing, as well as promoting better physical health.

Research suggests that practicing yoga and mindfulness can support the alleviation of short and long-term pain, anxiety and symptoms caused by conditions such as fibromyalgia, diabetes, depression and cancer.

Learning breath control and practicing mind-body awareness via yoga has enabled people to soothe PTSD episodes, as well as to identify symptoms and irregularities in their body and mind functioning early on. Sufferers with long COVID-19 have used yoga to ease discomfort and stress, and to strengthen their respiratory muscles for improved breathing capacity.

Yoga has also been attributed to improved concentration and communication, confident self expression and increased physical and mental wellbeing in yoga-practicing children and young people .

By enabling communities to manage the daily stress and microaggressions they face with healthy mechanisms, more pathways towards good mental health and well-being are created.

You can find further research and testimonials on the health benefits of yoga [here](#) and [here](#).

# YOUR EXPECTATIONS



By the end of Revival, you will be a qualified and confident therapeutic yoga teacher, ready and able to contribute to your personal and community health and well-being.

Over the course of the diploma, you will be taught by some of the UK's best yoga teachers, exploring the Afro-Asiatic origins of yoga and its applied relevance to racially sensitive social work and community outreach in the 21st century.

You will also have an experienced yoga teacher to mentor you throughout the course.

Rather than focusing on a specific school or mode of yoga, this teacher training takes a holistic approach; introducing, combining and bridging multiple disciplines to focus on the mental and physical health benefits of yoga.

As well as being equipped to bring yoga into your own life and strengthen your personal understanding and practice, you will be supported to develop your unique voice and style of teaching to empower communities and schools with well-being tools.

# OUR EXPECTATIONS

Participation in the Revival Yoga Teacher Training Diploma entails 200 hours of contact teaching, which will take place from 10am – 6pm on Saturdays and Sundays across 12 weekends, from September 2021 to July 2022. We expect full attendance. After this, you will be expected to use your new skills to teach yoga to students and young people in South West London schools and community spaces for a period of 10 months. We are actively exploring for these to be paid assignments. We also hope that you will remain participants in our movement for change. You are also welcome to offer additional private classes.

Outside of contact teaching hours, you will be expected to:

- Observe 15 hours of teaching
  - Have a daily self-practice, which you record in a journal
  - Take at least 2 yoga classes or workshops every week
  - Teach 12+ hours of yoga as a trainee teacher
- Write 2 detailed class plans

There will be reading to do- if this is not your strong point, please let us know so that we can help you!

There will be 3 written exam papers – anatomy, history & philosophy. Your final assessment will be teaching a class.

## COST

The course is funded so **your fees will be paid for!**

However, we ask that you make a contribution of £5 each weekend, if this is within your means.





# MODULES

## The following modules will be taught:

- Yoga pose principles and creative class planning
  - Adjustments and modifications
  - Class management
  - Yoga philosophy
  - Yoga history
- Therapeutic yoga for mental health
  - Therapeutic yoga for back pain
- Therapeutic yoga for gut and vagus nerve health
  - Therapeutic yoga for heart health
- Yoga poses for mental and physical wellbeing
  - Breath work
  - Mindfulness
  - Meditation
- Subtle and energetic anatomy
- Identity and healing from racial trauma
  - Taking yoga into schools
  - Mental Health First Aid
- Setting up business as a yoga teacher
  - First Aid



# HOW TO APPLY

## Should you apply?

- If you:
- Belong to a Black, Asian or minority ethnic background, where at least one of your parents is of an ethnic minority background,
- Are aged 18 - 30
- Have an interest in yoga,
- Have experience as a yoga student or
- Have a thirst for learning, sharing, caring and exploring the mental and physical benefits of yoga and mindfulness,
- Care about actively tackling inequalities, discrimination and racism,
- Are prepared to be 100% committed.

## Timeline

Taster session: Saturday 3rd July 2021, 1pm - 3:30pm, Elays Network, 68 St Rule Street SW8 3ED

Application deadline: Saturday 31st July 2021, 23:59pm

Course offers: Saturday 31st July 2021

Course start: Saturday 11th September 2021

Course end: July 2022

**Then YES, you absolutely should apply!**

Thank you for taking the time to read this document- you are already showing yourself to be committed!

We look forward to hearing from you and receiving your application and questions.

**Please carefully read and complete the application form (including 2 references) and email your completed form to [info@theyogaforlifeproject.co.uk](mailto:info@theyogaforlifeproject.co.uk), with REVIVAL TEACHER TRAINING APPLICATION in the subject line.**

## Revival Yoga Teacher Training FAQ'S

### 1. What is the Revival Yoga Teacher Training Diploma?

Revival Yoga Teacher Training is an accredited 200hr yoga teacher training course for young adults of colour aged 18 - 30 years old. Our teaching faculty consists of highly experienced, skilled senior yoga teachers from ethnically diverse backgrounds.

It is the UK's first yoga teacher training diploma to train Black, Asian and ethnic minority teachers with a commitment to serving Black, Asian and ethnic minority communities and reducing mental health inequalities.

### 2. Which organisation will the training be accredited by?

The course will be accredited by the **Yoga Alliance Professionals (UK)**. When you graduate, you will be awarded a teaching certificate which will show you are qualified to teach yoga anywhere in the world.

### 3. When does the training start?

The training will start in September 2021 and end in July 2022. In September, there will be 2 consecutive weekends of training so that you have an opportunity to fully immerse yourself at the beginning of your teaching journey and can really get to know your teachers and fellow trainees.

After this, training modules will run over one weekend a month.

Below are the provisional dates of each training weekend:

*(Please note some dates may be subject to change, with dates confirmed in mid-August)*

- [Saturday 11 Sept + Sunday 12 Sept | 9am-1pm & 2pm-6pm each day \(1 hr for lunch\)](#)
- Saturday 18 Sept + Sunday 19 Sept | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- Saturday 9 Oct + Sunday 10 Oct | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- Saturday 6 Nov + Sunday 7 Nov | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- [Saturday 4 Dec + Sunday 5 Dec | 9am-1pm & 2pm-6pm each day \(1 hr for lunch\)](#)
- Saturday 15 Jan + Sunday 16 Jan | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- Saturday 12 Feb + Sunday 13 Feb | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- Saturday 12 Mar + Sunday 13 Mar | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- [Saturday 9 April + Sunday 10 April | 9am-1pm & 2pm-6pm each day \(1 hr for lunch\)](#)
- Saturday 7 May + Sunday 8 May | 9am-1pm & 2pm-6pm each day (1 hr for lunch)
- [Saturday 4 June + Sunday 5 June | 9am-1pm & 2pm-6pm each day \(1 hr for lunch\)](#)
- [Saturday 2 July + Sunday 3 July | 9am-1pm & 2pm-6pm each day \(1 hr for lunch\)](#)
- [Saturday 17 July | Final Teaching Assessment and Closing/Farewell](#)

Training will take place at a suitable and safe space in South London. More details will follow when you have been accepted onto the course.

#### **4. What will I learn on the course?**

The Revival Yoga Teacher Training Course has been carefully designed to ensure you learn from the most experienced yoga teachers as you start your journey and become a yoga teacher yourself!

You will learn and explore all the key yoga postures and breathwork. You will also learn how to establish and maintain your own yoga practice, which is an important element of teaching yoga- teaching should always flow from your personal experience. Yoga Philosophy, Yoga History and Yoga Anatomy & Physiology are important elements to any practice and will be taught in an open and accessible way.

The course will train you in how to teach and find your own teaching voice, with hands-on group and solo opportunities to start developing your teaching skills very early on in the course. There will be several workshops focusing on specific issues affecting BME communities and how to bring yoga into these communities. Some other modules include First Aid Training, the essential business of being a yoga teacher and self-management. More details will follow when you have been accepted onto the course.

#### **5. What commitment is expected of me?**

One of the main criteria required for this course is a serious commitment from every student accepted- this means engaging in all practical work, completing assignments attending every module. A large percentage of the course will be practical - which means there will be a lot of face-to-face work and guidance with a senior teacher on how to do postures correctly and how to teach them safely.

You will be put into small groups and assigned an experienced yoga teacher as a personal mentor- they will guide, advise and support you throughout the course. As well as attending all your weekend modules, you will need to attend approximately 4 - 6 mentor group sessions- these could be face-to-face or online depending on what your mentor prefers.

In order to keep up your personal yoga practice, you will be required to attend regular classes (either in person or online), observe yoga classes and take notes, and practice teaching yoga classes to friends, family or colleagues. Homework and assignments will be set after every module- we endeavour to make these interesting and accessible to a range of learning styles and needs!

#### **6. What happens if I miss a training weekend?**

As mentioned above, a large part of the course is practical so this will make it very challenging to catch-up if you miss a module- unfortunately, we will be unable to hold any extra sessions.

If students do have continued difficulty with commitment or attendance, we will always try our best to support you. However, there is a possibility we will not be able to pass you at the end of the course as we are required to meet strict student criteria set by Yoga Alliance Professionals (UK) who will provide you with your accredited teaching certificate at the end of your training.



## **7. How much do I have to pay?**

The Revival Yoga Teacher Training Diploma is funded, so all your fees will be fully paid for. We do ask that each student contributes £5.00 towards every training weekend. Currently a yoga teacher training course in the U.K. costs around £3000 so each place on this course is highly valued. We will need to be selective and only accept applicants who understand and accept the level of commitment required to complete this course.

## **8. Will the course be online or in person? What about COVID-19; could the programme be cancelled?**

We intend for weekend training to happen in person, but this is of course dependent on the on-going Covid-19 situation. We will constantly review how we can deliver the course safely, and if necessary explore which elements of the course can be taught online. Depending on how government guidance develops, there is a possibility that some parts of the course will need to be postponed to a later date if they cannot be delivered online.

## **9. What if I don't want to do the reading elements of the course?**

We are looking to set up a book club where the reading of key texts is shared and then discussed collectively to help encourage a better understanding. Before the course begins, we will be asking if anyone would like to be a part of this initiative.

## **10. Can I still apply for the course if I don't want to teach in South London schools & communities after I graduate?**

We will be actively working to secure paid opportunities for you to teach yoga in primary/secondary schools and community hubs in South London. This is not a compulsory obligation though, and you will be encouraged and supported to teach yoga wherever and to whomever you wish.

## **11. Do I need to get a DBS check, or will this be taken care of for me as part of the training?**

After graduating, if you would like to teach yoga in schools, to youth or to vulnerable groups, you will be required to apply for a DBS check which discloses if you have any previous convictions or cautions- this costs around £23. We aren't able to cover the cost of your application but we are always here to help with your online application should you need us!

## **12. I don't meet all of the requirements, but I am really keen to take part - can I apply?**

As an initial requirement we are asking for ethnic minority students aged 18-30 who have been practising yoga for 2 years or more, and for you to supply references from a yoga teacher or sports coach, as well as someone else who can vouch for your commitment. That said, if you feel you don't meet all the requirements, please don't let that prevent you from applying. We will always consider each case individually, and are willing to make exceptions to experience and reference requirements for inspiring and promising candidates.

Hey there! Here is some extra paper in case you need it. If you are continuing an answer, please indicate which question(s) you are answering. Feel free to duplicate this page if you need even more writing space. We look forward to reading what you have to say!



## Revival Yoga Teacher Training Diploma Application Form 2021 – 2022

Revival is an accredited 200-hour yoga teacher training diploma delivered by the Yoga for Life Project in association with Black Minds Matter, a youth leadership development project run by the Wandsworth Community Empowerment Network (WCEN).

The deadline for applications is **July 16<sup>th</sup>, 2021**. Applications and two references should be emailed to [info@theyogaforlifeproject.co.uk](mailto:info@theyogaforlifeproject.co.uk), with **REVIVAL TEACHER TRAINING APPLICATION** in the subject line.

Course offers will be made by **July 31<sup>st</sup>, 2021**. The course will begin **September 11<sup>th</sup>, 2021** and end **July 2022**, running from 10am – 6pm one weekend a month, with a total of 12 weekends.

Please email [info@theyogaforlifeproject.co.uk](mailto:info@theyogaforlifeproject.co.uk) if you have any questions, with **REVIVAL TEACHER TRAINING ENQUIRY** in the subject line.

### Contact Information

First name:

Surname:

Address:

Preferred pronouns:

Country and Postcode:

Email:

Mobile number:

Telephone number:

### Personal Information

Date of Birth (dd/mm/yyyy):

Ethnicity:

Native language:

If your native language is not English, please tick the box which best describes your level of fluency in English.

Beginner

Conversational

Fluent

Other (please describe in your own words):

## Health Considerations

Please briefly describe any **past or current medical conditions** and/or physical/learning **disabilities** (including dyslexia) which could impact on your ability to participate fully in the course or may require additional support. Any information provided will be treated in confidence and will only be disclosed where necessary to the teacher training board, course teachers and The Yoga for Life Project training staff:

Have you received guidelines from a health practitioner for exercising/physical activity with this condition? If so, please elaborate:

## Your Yoga Practice Background

**\*Please note that there are no wrong, right or embarrassing answers, and previous experience is not essential! If you are unsure of anything, that's okay- please feel free to email us with your questions**

1. Do you practice yoga?

No

Yes

Sometimes

I have practiced in the past

2. How long have you been practising for? If you are new to yoga, hop to question 9. If you are unsure, give a rough estimate:

3. What style(s) of yoga do you practise?

4. How often do you attend classes, and where?

5. Do you practice yoga at home? If so, describe what you do in your home practice, and how it benefits you.

No

Yes:

6. Who is/are your main yoga teacher(s)? How long have you practiced with them?

7. What do you enjoy most about practising yoga and why?

8. Apart from an inversion, what is one posture that you find challenging and why?
9. Do you have any qualifications or training you consider relevant to this application? This could be a teaching or training qualification in movement and dance, fitness instructing, personal training, certifications in the medical field, or bodywork such as massage therapy and energy medicine? If you do, please attach copies of your certificate(s).

No

Yes (please attach)

### Personal Statement

10. In 150 – 250 words, please tell us why you would like to be a yoga teacher! (Consider this range a guideline; it is okay if you are a little under or over but try your best to stay around this range. Continue on a separate page if necessary. There is extra paper at the end of this application!):

To consider your application, we will need two references- one professional and one personal. Please see overleaf for short forms for your referees to fill out. Both are slightly different, so please ensure you give each referee the correct form to complete!

By signing and submitting this application form, you acknowledge that you have read, understood and accept the course outline, and commit to completing 12 weeks of yoga teacher training potentially followed by 10 months paid part-time work as a yoga teacher in the community and schools of South West London.

Signed:

Date:

Please return your application form and 2 references by email to [info@theyogaforlifeproject.co.uk](mailto:info@theyogaforlifeproject.co.uk), with **REVIVAL TEACHER TRAINING APPLICATION** in the subject line.

**Revival Teacher Training Diploma 2021 – 2022**  
**Black Minds Matter x The Yoga for Life Project**

## Professional Recommendation

To consider your application for 200-HR Yoga Teacher Training, we need two references. Your professional recommendation should be from a **yoga or sports teacher, or a health professional who knows your physical ability**. Your personal recommendation can be from someone who knows you as a practising yoga student **or** someone who can provide a character reference of your suitability for the course. Your referees should complete the sections of this form which appear below. If you are unable to provide one or both references, please let us know why and submit your application without them!

Name of applicant:

## Referee Contact Details

Please note that we may wish to contact you to discuss the suitability of the applicant for the course.

Name of professional referee (yoga/sports teacher or health professional):

Relationship to applicant:

Telephone number:

Email address:

Website (optional):

1. How long has the applicant practised or trained with you?
2. How often does the applicant attend your classes?
3. How would you describe the applicant's practice?
4. What do you consider to be the applicant's strengths and why do you think the applicant is suitable to undertake teacher training?

Signed:

Date:

## Personal Recommendation

To consider your application for 200-HR Yoga Teacher Training, we need two references. Your professional recommendation should be from a yoga or sports teacher, or a health professional who knows your physical ability. Your personal recommendation can be from **someone who knows you as a practising yoga student or someone who can provide a character reference of your suitability for the course**. Your referees should complete the sections of this form which appear below. If you are unable to provide one or both references, please let us know why and submit your application without them!

Name of applicant:

## Referee Contact Details

Please note that we may wish to contact you to discuss the suitability of the applicant for the course.

Name of referee:

Relationship to applicant:

Telephone number:

Email address:

Website (optional):

1. How long have you known the applicant?
2. This training requires strong commitment and engagement in community work. Please tell us why you think the applicant is suitable for yoga teacher training and teaching in schools and communities?

Signed:

Date: