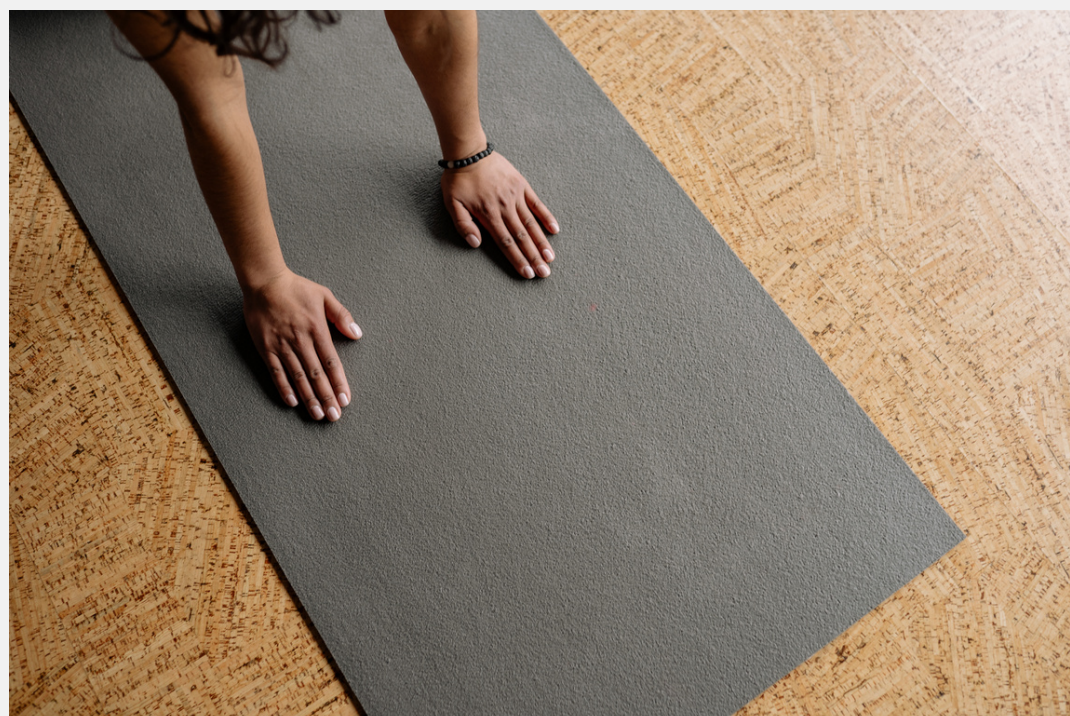




its never too late to begin
enquire now



Yoga Dublin introduces to you 3 weeks intensive YTT



Are you in need for an unforgettable journey one that will change the trajectory of your mind & body connection.

Are you ready to experience a training which will help you deepen your own practise as well as give you the tools to become a teacher?

Teachers
Kate McQuillan
Mignon Vdl
Jocelyn Brown
Snehaa Midha
Ruth Delahunty

this training is *yoga alliance*
accredited



ASANA, ANATOMY, PHILOSOPHY, MEDITATION, BREATH WORK

01 July - 23rd July

€2599 (membership included)

€2299 early bird

€2199 super early bird (1 spot left)

this training has a limited number of spaces we have kept it small in order to attend to everyones needs.

Giving you a niche, specialised training. We ask for students to have minimum 1 year of practice.

Please be advised that due to high demand.





things to **note**

deposit of €895 is non-refundable

schedule is monday - saturday (sundays off)

Certification is dependent on you attending all hours and the completion of a written and practical exam.

Any missed weekends must be made up in the following trainings.

day starts at 8:30am - 5:30am (subject to change)

If you are interested please let us know and we will send you an application form to fill in and then will be in contact for any questions you may have.



MEET THE TEAM

all our trainers have more than
7 years experience and multiple
hours in different trainings





Kate McQuillan

Kate is a Yoga, meditation and breathwork teacher from Dublin, with over 1500 hours of training and 10 years of practice under her belt. She has assisted on trainings in India, volunteers as a teacher trainer for the Gaza Women's Yoga and Circus Hub and currently manages and teaches on Krama Yoga International trainings. Kate is passionate about the power of community, connection and activism through Yoga.



Mignon vdl



Intuition is power - But how do we tap into this?

In life we often fall into a rut of not trusting our own minds and often even our bodies and hearts.

In yoga we move in a way that allows us to shift stagnant energy, this can often be misplaced as stiffness or tightness in the body. Mentally it can leave us feeling drained or unmotivated.

Yoga forced me to listen to my body, mind and heart for the first time. It encouraged me to find deeper meaning to my life as well as contributed combat tactics with my battle with fibromyalgia, depression & anxiety. I am honoured to learn and teach to all those who join us on this journey

Mignon has been teaching for 8 years around the world. She is trained in ashtanga, rocket yoga, hot yoga, yin, yoga nidra and breath work / meditation.

She loves to combine all her styles to make a niche vinyasa class focusing on mobility and mindfulness.

Snehaa Midha

Snehaa Midha is an internationally certified yoga teacher (RYT 600) and wellness coach from India, the land of yoga.

She dedicated the initial years honing her skills at Bihar School of Yoga, Munger, India and Sivananda Yoga, Uttarkashi, Himalayas, India.

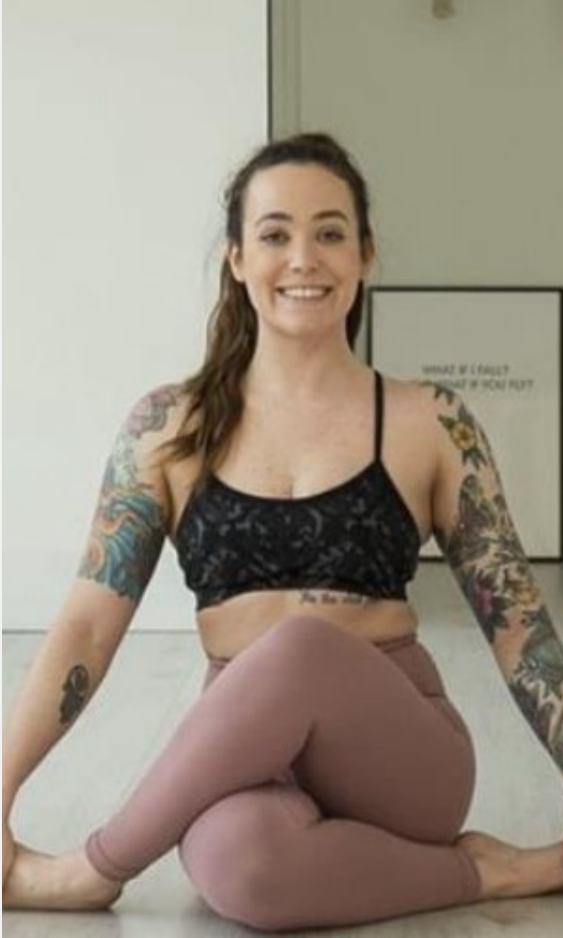
Since then, she has been constantly upgrading her skill sets and taking up yoga courses in various parts of India until 2021, as well as conducting live yoga classes for multiple brands in India.

She has been teaching various formats like Hatha, Ashtanga, Pre & Postnatal, Power Yoga, and Meditation for over 8 years and is also a Pranic Healer (Energy Healer).

Currently, she is bringing her expertise to Yoga Dublin, offering a plethora of content to keep people stress-free and improve their productivity in all aspects of life. Snehaa lives in Dublin with her husband and loves to explore the exterior and interior world. See you on the other side and stay well!



Jocelyn Brown



Jocelyn started practicing yoga in her home country Canada almost 15 years ago as a way to destress. Through her practice she came to appreciate the benefits of yoga for not only physical, but mental health. The connection of body-mind-and breath that yoga brings continues to be a driving force not only in her teaching, but throughout her daily life.

Teaching for over 10 years she has 200hrs in Sivananda and Baptiste Power Flow, as well as advanced trainings in assisting and sequencing from Amy Ippoliti and 50hr in Budokon Yoga training.

Jocelyn has been fortunate enough to be able to share her practice and teachings around the globe from Canada to Ireland over to Italy, and now back to Dublin.

She loves to teach a dynamic vinyasa style class, connecting movement and breath, allowing students to be playful and really challenge themselves while being accessible to all.

Ruth Delahunty

Ruth is a RYT500hr Yoga Alliance certified teacher, 300hr [Yoga Medicine](#)® Therapeutic Specialist, teacher trainer, writer and creator of [Yogaru 108 Asana](#). With a particular interest in anatomy and physiology she has completed Yoga Medicine® certifications on 55hr Hip Therapeutics, 55hr Shoulder

Therapeutics, 55hr Spine Therapeutics, 55hr Myofascial Release (MFR), 55hr Nervous System & Restorative Yoga, 18hr Pranayama.

As a Therapeutic Specialist Ruth works with private students focusing on supporting existing conditions, injury recovery and injury prevention. She also works with students looking to develop and refine their yoga practice, in the comfort of their own home. Her focus is to give her students prescriptive, self care tools and resources to empower them to build resilience and optimise their health.

Anatomy is vast and a continuing learning journey with no end point – we are all students of anatomy. Ruth's focus for this training is to provide you with a good solid understanding of anatomy in the context of yoga. It will help you create more beneficial classes for your students' physical wellness and longevity. It will also help you understand your own physical needs and how to tailor your practice to benefit you.



Our functional anatomy classes ensure an understanding of the key muscles and bones involved in asana practice and their associated health benefits and contraindications.

Substantial emphasis is placed on analytic training, muscular and skeletal anatomy, individual physical limitations and differences

Anatomy & Physiology



Philosophy

- Yoga: History
- meaning and lifestyle
- Four paths of yoga: Jnana Yoga, Raja Yoga, Bhakti Yoga, Karma Yoga
- Ashtanga yoga & Patanjali Yoga Sutra
- The eight limbs of Ashtanga Yoga
- The yogic lifestyle
- Obstacles on the path of yoga and means to overcome them
- Importance of satsang and sangha
- Concepts of three gunas: Satva, Rajas, Tamas.
- Life style and ethics for a yoga practitioner and teacher

Introduction to and history of Yoga Asana (Physical Postures)

The four elements of asana; Vinyasa, Ujjayi pranayama, Bandhas and Drishti.

Variety of Poses/Asana: Standing Asanas, Seated Asanas, Finishing Asanas.

Alignment & modifications: In this class we teach you how to practice all the asanas with proper alignment and how to modify them when necessary.

How to use props in various postures.

Teaching practice: This class is all about learning and practicing how to teach vinyasa flow classes.

You will start practice teaching from early on in the training always supervised and guided by senior teachers.

Principles and art of sequencing

*Important to know all modules will link into one

Asana



APPLY TODAY

limited spaces available

minimum 1 year experience required

[enquire now](#)

A group of people are sitting outdoors in a courtyard. In the foreground, a woman with long blonde hair is seen from behind, wearing a black top. To her right, a man in a plaid shirt is sitting and holding a coffee cup. In the background, several other people are sitting on chairs, some facing each other. The setting includes a stone wall on the left and a wall covered in green ivy on the right. The text 'YTT JULY' is overlaid in a white box on the right side of the image.

YTT JULY