



Still Flowing
Yoga teacher training

Still Flowing Training @ The Yoga Garden

(West Sussex, UK) 2021 - 2022

Still Flowing Teacher Training was established in 2008 offering trainings internationally, and is highly regarded as a pioneering programme in integrating contemporary Somatic Insights and Mindfulness with Yoga.

www.stillflowingyogateachertraining.com

The 200 hour non-residential training is accredited by UK Yoga Alliance and is delivered by an experienced teaching faculty, all highly respected in their fields integrating the worlds of Yoga, Insight Meditation/Mindfulness, Somatic Experiencing (Body Orientated Trauma Therapy), Somatic Well Being, Dance, and Body Mind Centering.

It is an ever evolving and creative teacher training, known for its non-dogmatic, authentic and feminine approach. The training is offered to small groups (maximum 12 participants) to cultivate a personal and well-held experience for all involved.

The training is held at The Yoga Garden in West Sussex.

This beautiful natural centre is found within a pioneering 3,500 acre rewilding project that is the Knepp Estate. The training takes place in a handcrafted yurt set within a wild flower meadow, accompanied by the chorus of uplifting birdsong.

Teaching Faculty & Team: Gemma Mallo, Marcela Enriquez Wakeham, Blanche Mulholland, Nina Fowkes (The Yoga Garden) & Neville Cregan (Guest Teacher)



Still Flowing

Yoga teacher training

200 hr Training Taster Workshop: March 2021 @ The Yoga Garden

This is a 'deep dive immersion' into the innovative integration of Yoga, Neuroscience, Mindfulness and Somatics that is Still Flowing Teacher Training. Discover a 200 hour yoga training programme which is heart-centered, trauma-informed and creatively responsive to our times.

Who is this taster day for?

This taster day is for people interested in applying for the 200 hour training beginning June 2021 at The Yoga Garden. It is not obligatory to do this workshop to apply for the training.

We welcome experienced yoga practitioners who are beginning their path towards teaching (3 year minimum practice of yoga/ mindfulness is a pre-requisite for applying), as well as 200 hour graduates from other yoga schools who may wish to expand and deepen their teaching in the realms of Neuroscience, Somatics and Mindfulness.

Booking: For registration, full info & enquiries contact blanche@somatic-alchemy.co.uk

Cost: £90

Date & Time: March 20th 2021, 10am - 6pm

Venue: The Yoga Garden, West Sussex, UK

200 hr Still Flowing Teacher Training

Module 1: Foundations of Embodiment & Mindfulness

Content: Somatic Yoga & Movement, Insight Meditation (4 Foundations of Mindfulness), Embodied Anatomy (Developmental Movement Patterns)

Dates: 30th June – Sunday 5th July 2021 (5 days)

Teaching Faculty: Gemma Mallol, Ana Marcela Enriquez Wakeham, Blanche Mulholland



Still Flowing

Yoga teacher training

Module 2: Mixed Module

Content: Asana (Standing Postures and Sequencing), Cultivating Self Practice, Yoga Philosophy & History

Dates: 4th – 5th September 2021 (Weekend)

Teaching Faculty: Ana Marcela Enriquez Wakeham, Neville Cregan (Guest Teacher)

Module 3: Deepening into Mindfulness, Yoga, Somatics

Content: Asana (Rotations, Forward Bends, Sequencing & Teaching Practice), Structuring a Class, Practices to Process Somatic Work (Mindfulness, Embodying Nature, Dialogue, Q&A, Creativity)

Dates: 5th – 7th November 2021 (3 days)

Teaching Faculty: Blanche Mulholland and Gemma Mallol

Module 4: Mixed Module

Content: Asana Sequencing, Embodied A&P, Cultivating Self Practice, Yoga Philosophy and History

Dates: 15th – 16th January 2022 (Weekend)

Teaching Faculty: Ana Marcela Enriquez Wakeham, Neville Cregan (Guest Teacher)



Still Flowing

Yoga teacher training

Modules 5: The Somatic Practices of the Heart

Content: Asana (Back Bends, Sequencing & Teaching Practice), Metta (Loving Kindness Practices), Understanding and Working with the Inner Critic, Cultivating Self Practice

Dates: 25th – 27th February 2022 (3days)

Teaching Faculty: Blanche Mulholland and Gemma Mallol

Module 6: The Art of Teaching

Content: Asana (Inversions), The Art of Teaching, Embodied Touch & Assists, Ethics of Teaching, Final Practicums, Integration

Dates: 6th – 10th April 2022 (5 days)

Teaching Faculty: Ana Marcela Enriquez Wakeham and Blanche Mulholland

Location:

The Yoga Garden, Knepp Estate, West Sussex, UK

<https://www.the-yoga-garden.co.uk>

Cost:

Super Early Bird £2,975 (Applications before 1st Feb 2021 & full payment by 1st March 2021)

Early Bird £3,100 (Applications by 21st March 2021 and full payment by 15th April 2021, 12 month payment plans available plus admin fee)



Still Flowing

Yoga teacher training

Full Price £3,300 (12 month payment plans available + admin fee)

Assisted Karma Yogi Spaces: £2500 (2 spaces available)

£50 Application fee (non – refundable) donated to **Treesisters**. Please pay your application fee here: <https://treesisters.org/fundraisers/yoga-garden-forest-fundraiser> as part of our support and work on behalf of the trees, reforestation and rewilding of our inner and outer ecologies

Bank Details:

Name: Blanche Mulholland, Bank of Scotland, Account Number 16567465, Sort Code 80-46-34

PayPal:

blanche@somatic-alchemy.co.uk

Food:

We provide a simple delicious wholesome vegetarian breakfast and light lunch every day of the training. Tea is available during breaks.

We cater for dairy and gluten free options. If you have more complex dietary needs, please bring your own food.

Basic Course Timetable:

This is a basic timetable for the course. However we may have to vary the contents of the timetable here and there depending on the module.

8 - 10am	Mindfulness Practice, Led Asana and Somatic Movement Class, Sequencing
10 - 11am	Breakfast



Still Flowing

Yoga teacher training

- 11 – 1.30pm** Embodied Anatomy & Physiology, Teaching Methodology, Therapeutic Touch & Embodied Process, Yoga Philosophy and History (depending on module)
- 1.30 – 2.30pm** Lunch
- 2.30 – 5.30/6pm** Four Foundations of Mindfulness, Somatic Embodiment Practices and Creative Process, Open Dialogue, Embodying Nature, Self Practice, Practicums (depending on module)

Accommodation near the Yoga Garden:

Knepp Wildland Safaris

On site accommodation is available between Easter and end of October each year.

There are pitch your own tent camping options for £20 pp per night, and more expensive glamping options (shepherds huts, tree houses, yurts etc).

All bookings through Knepp Safaris <http://www.kneppsafaris.co.uk/stay/camping>

Non-camping and winter options:

The Crown Inn

Worthing Road, Dial Post, Horsham, RH13 8NH · (01403) 710902

(2 rooms available)

<https://www.crown-inn-dialpost.co.uk>

The George and Dragon

Shipleigh

<https://www.thegeorgeanddragon.pub>



Still Flowing

Yoga teacher training

Gofflands Farm

Address: Shipley Road, Horsham, RH13 9BQ

Phone: (01403) 730434

<http://goffsland-farm.co.uk/b&b.html>

Lambs Farm Barn

Address: Muttons Barn, Muttons Lane, Ashington, RH203AL

Michelle Villeneuve

Phone: 07941018262

Mvilleneua@gmail.com

In addition please see Air B n B (search Dial Post, Horsham) for further options

Application:

We suggest 3 years consistent Yoga or Mindfulness Meditation practice to be accepted on the course and we are very interested in students that have an already established self practice, mindfulness practice, or that come from therapeutic, creative, bodywork or dance backgrounds. We believe that this type of students will benefit most from the training that we offer.

However as open minded individuals we take every application on an individual basis and we have accepted relative beginners who have always been a great asset to the programme. With this in mind, if you do not fulfil our criteria as set out on our application form, please apply anyway if you feel this course is right for you.

How to Apply:

Download and submit your application form along with your application fee of £50 (non – refundable) to Still Flowing's administration.



Still Flowing

Yoga teacher training

You can submit your application via post or email and pay the application fee via bank transfer to this account:-

We will then contact you within 7 days of receiving your application (along with your fee) to arrange a Zoom/Skype call with one of the teaching faculty.

Once we have conducted this brief virtual part of the application process we will get back to you within 48 hrs to confirm that you have been accepted onto the programme.

At this point you will need to pay the initial deposit of £500 to secure your place on the training.

The remaining balance must be paid a minimum of 2 months in advance of the training via PayPal, or bank transfer as arranged.

Bank Details:

Name: Blanche Mulholland, Bank of Scotland, Account Number 16567465, Sort Code 80-46-34

PayPal:

blanche@somatic-alchemy.co.uk

Certification:

It is a requirement of the training that you must attend **ALL** the classes to receive certification.

On full completion of the 200 hr level course (attendance, practicums and written assignments) along with approval by all teachers that you have fulfilled the requirements set out by our Still Flowing Teacher Training programme, you will be presented with an internationally recognized Yoga qualification. This is a certificate issued by Still Flowing stamped with both the UK and European Yoga Alliances. This is a globally recognised certificate and will allow you to get public liability insurance, register as a teacher with UK Yoga Alliance and to teach worldwide.

If the programme is not completed as outlined here above, certification will not be given until the elements that are missing are completed. Extra classes may have to be attended, more self practice may have to be explored, more assignments completed, and practicums presented in order to get the student up to the required level.



Still Flowing

Yoga teacher training

Students may be invited back to participate on another training programme to complete, or may be asked to complete the work from home, these extra training hours will be at the cost of the student not Still Flowing Teacher Training.

Still Flowing Yoga Sangha & CPD:

Still Flowing Teacher Training is a truly international venture, pulling together yoga and movement lovers, meditators, world travellers, teachers, therapists, musicians, dancers and healers from all over the globe and from all walks of life. We come together blessed to share this unique transformational experience and time together, every time adding to our growing sangha (practice community) and making an ever more supportive network between us.

We are ongoing mentors for many of our students, and we offer ourselves openly in service of the teachings and in support of our students. We are always at the end of an email or a Skype call if necessary. We also offer therapeutic sessions for working through specific content that many come up (Somatic Experiencing Therapy) in between the modules to support the process, which are charged at an additional cost.

We also offer comprehensive continuous professional development in the form of ongoing sessions, workshops, retreats and an Advanced Somatic Facilitator training that deepen, expand and build upon the foundations established on the 200 hr trainings.

Terms and Conditions:

These are deeply transformational courses and students should be prepared to embark upon an internal process that may be challenging at times - so a sound state of mental health is required along with a commitment to see the process through from beginning to end.

We believe ethically that yoga teachers should commit to ongoing enquiry through their own self practice and exploration, and as such the Still Flowing 200 hr training is a solid foundation to approaching the teaching of Yoga in this way. Over time, this approach builds on the foundation and locates the internal well spring from which the teaching of Yoga/Mindfulness is drawn. The teaching of Yoga in the approach we present here is a sharing of one's own liberating discoveries within the body, heart and mind through a variety of embodied forms. Our trainees are given the appropriate practices and tools and shown how to use them, however it is ultimately up to them to shape their own path and teaching style with the tools that work for them, this fosters a constant engagement with one's own practice and encourages us to take personal responsibility



Still Flowing

Yoga teacher training

Students that sign up for the programme need to be aware of its nature, and be open and willing to work within this process, where at times, we may touch into unknown parts of ourselves and be confronted with subconscious material that may be confrontational. For this reason it is necessary that participants already have a level of emotional stability, balance and resilience.

Cancellation Policy:

If you cancel 60 or more days before the training starts you lose the deposit of £500 (which is always non-refundable)

If you cancel 40 - 60 days you lose 50% of total price

If you cancel 40 days or less you lose 100% of total price

For cancellations as a result of Covid-19, please go to the Yoga Garden website for current policies - <https://www.the-yoga-garden.co.uk/covid-information>

Any one of the Still Flowing Training team (it will be a team consensus) reserve the right to ask any student to leave the programme without refund at any time should they be causing themselves or the group, harm, harassment, or disturbance, not following the yogic code of conduct or in a fragile or unsafe state of body/mind (in which case they will be adequately supported to leave the training and get home safely)

Once the programme has started Still Flowing Teacher Training issues **NO** refunds for trainings.

In the case of unexpected illness, students must recourse to their medical insurers for refunds for the cost of training and/or flights.

In the case of compassionate grounds, if there is adequate space, students may transfer their fee to another programme, however this will be at the discretion of the Still Flowing Training team.

By reading this brochure and signing up for Still Flowing Teacher Training **I agree to the terms and conditions of the training outlined in this brochure and I agree to take complete responsibility** for myself and my actions during my participation in the activities of this Teacher Training school/programme at The Yoga Garden, West Sussex, UK and also during any free time during the training timetable.

We look forward to your application and embarking on this journey with you,

With Warm Wishes The Still Flowing Teacher Training Team

Enquiries & Applications / Blanche Mulholland

blanche@somatic-alchemy.co.uk

Tel: 00 44 (0)7818 361471



Still Flowing
Yoga teacher training