

Overview of Further Trainings for Yoga Teachers - with Charlotte Watts SYT

See details of all courses [at this web page](#)

	Teaching Somatics: the art of leading others inwards towards whole	Yoga & Somatics for Healing & Recovery: moving beyond stress, trauma, burnout, anxiety, fatigue and post-illness through embodied awareness	Teaching Somatics & full YSHR together = *Therapeutic Somatics for Yoga Teachers	Teaching Yoga for Digestive Health	Teaching Yoga for Stress, Burnout and Fatigue Conditions	Teaching Yoga for Immune & Respiratory Health
Course format	online/in-person hybrid (can just do online portion)	online/in-person hybrid (can just do online portion)	online/in-person hybrid for full hours needed for certification	online	online/ hybrid when covid allows	online
Why choose this course? any course can be taken singly or as part of a larger whole, in any order	this is the part of the full 170 CPD certification* with full immersive practice - if you want to simply delve in for personal enquiry or learn to teach these practices (if a yoga teacher)	this is the theoretical part of the full 170 CPD certification* - an explorative journey into compassionate and subtly attentive relationship with bodies, practice and teaching that can help address common dis-ease states	full certification to meld practical and theoretical aspects with in-person content, teaching skills etc	specific therapeutic focus (can be added to Therapeutic Somatics for Yoga Teachers for extra specialised CPD hours)	specific therapeutic focus - co-taught with Leah Barnett for extra emphasis on yoga philosophy and sounding within practice (can be added to Therapeutic Somatics for Yoga Teachers for extra specialised CPD hours)	specific therapeutic focus (can be added to Therapeutic Somatics for Yoga Teachers for extra specialised CPD hours)
Pre- and supportive reading	Course manual/ Yoga Therapy for Digestive Health	Course notes/ Yoga Therapy for Digestive Health		Yoga Therapy for Digestive Health - 4 hours minimum	Course manual	no
Written materials included?	Manual included/ need to buy book	Manual included/ need to buy book		No/ need to buy book	Yes	No/ recommended to buy Yoga Therapy for Digestive Health
Live online contact hours	5 hours online live sessions	10 hours online live sessions		6 hours online live sessions	22.5 hours online live sessions	6 hours online live sessions
Live in-person hours	15 hours (retreat) plus 12 hours (2 x 6 hour workshops) = 27 hours	24 hours (4 x 6 hour workshops) for full 170 hours certification		no	no	no
Video practice	12 hours online course (pre-recorded content)	10 hours online course (pre-recorded content)		6 hours	no (practices taught live on this course)	6 hours
Lecture presentations via video		15 hours (2 presentations per 10 themes)		6 hours	10 hours	6 hours video/ 4 hours audio
Home study above presentations/practice	4 hours reading/ 6 hours self-enquiry worksheets/ 8 hours personal practice/ 5 hours class attendance	15 hours directed home explorations)/ 15 hours specific reading		3 hours (eg notes, self-reflections)	8 hours (directed self-enquiry)	3 hours (eg notes, self-reflections)
Assessment time	3 hours class plan	11 hours		10 hours	10 hours	10 hours
Certification hours	70 hours	76 online only / 100 hours	170 hours	35 hours	50 hours	35 hours

NB: completion of the full hours of these five courses is 300 hours – to add to a basic 200-hr YTT for a 500-hr total training