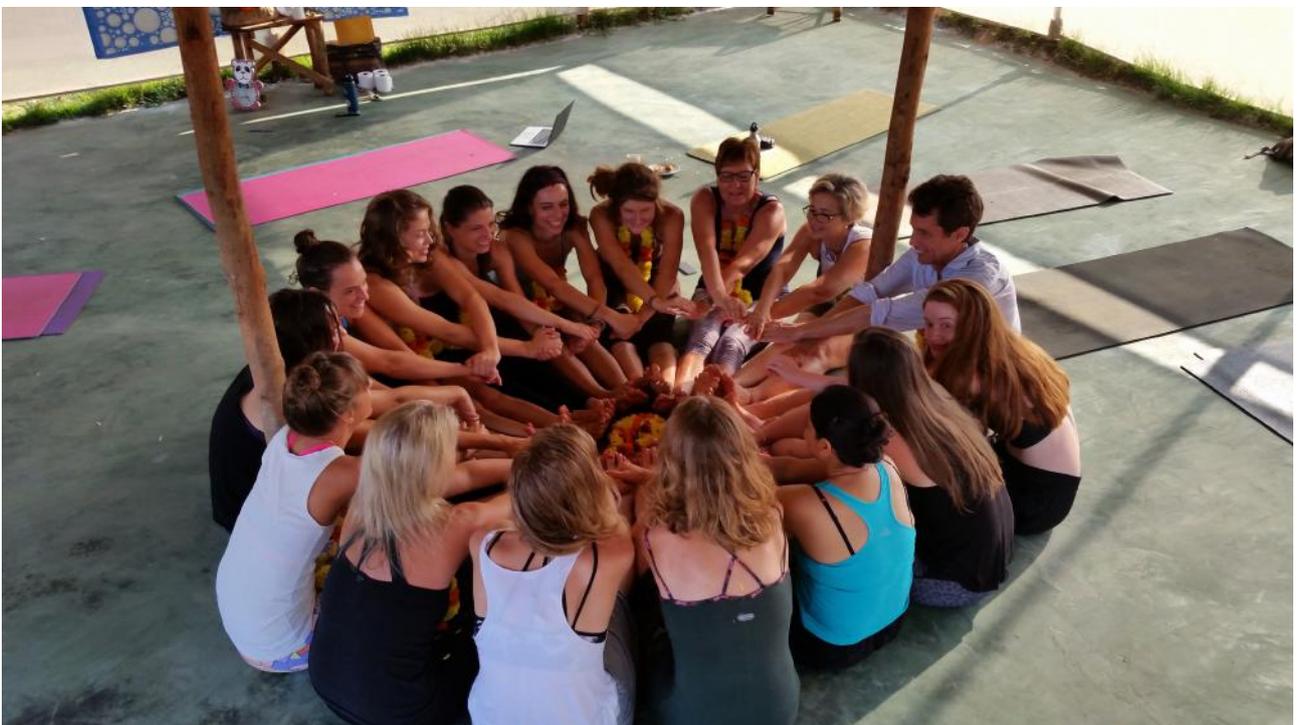


Jan 13th - Feb 7th 2018

With Carol Murphy & Dan Morgan
from Green Lotus Yoga Training school

Taught by **Carol Murphy** and **Dan Morgan**. Together we will bring you on a journey of transformation and fun. Carol Murphy has been teaching yoga for 20 years and training teachers for 10 years internationally. Dan Morgan is an inversion specialist as well as an established, up and coming yoga teacher with a background in a multitude of disciplines including; rock climbing, gymnastics, calisthenics, mixed martial arts, meditation. Together they bring a wealth of experience, information, talent and all the tools necessary to deepen and strengthen your practice in addition to preparing you to teach Vinyasa yoga with creative intelligence and professionalism.



Yoga R- Evolution

Evolution begins with revolution; revolting against all the things in your life that hold you back from being the person you want to be; being the change you want to see in your world, becoming the best version of you and helping others to do the same. This TTC is a journey of growth on many levels. In addition to preparing you for the classroom to teach yoga, it offers you many tools to develop all aspects and dimensions of you. Yoga R-evolution involves disciplining your body and mind for daily early morning asana practice, moving through your blocks and mental obstacles with the support of the teachings, the teachers and the group, creating understanding about your body and how it works and deepening your awareness of how your mind and emotions work in relation to Patanjali's Yoga Sutras and the Tantric teachings.



On this training you can expect to :

- * Develop your asana practice and your understanding of your body through yoga anatomy and alignment studies
- * Learn how to creatively sequence and weave together vinyasa threads that open and strengthen the body.
- * Develop your individual teaching voice, as an expression of your true self and learn how to teach yoga and share the gifts it has to offer safely and confidently.
- * Learn how to teach Vinyasa style Yoga.
- * Delve into the depths of subtle anatomy, learn healing meditations, myofascial release and energy balancing work.
- * Create deeper spiritual understanding in a life-connecting, non-dogmatic way through the study of the Yoga Sutras and an exploration of the major spiritual traditions in India.
- * Learn the basics of Ayurveda and the holistic aspects of the practice.
- * Learn the business side of yoga and how to operate as a teacher ethically and effectively.

- * You can also expect to work hard with the support of a group that wishes to evolve through the path of yoga like yourself. You will be challenged to journey deeper within, to move beyond your self-limiting beliefs and stories that hold you back from moving forward with your intentions and dreams. This is a physically, emotionally, mentally and spiritually demanding experience. It is both intense and wonderful. Expect to bend, sweat, ache, collapse, stand up, strengthen, open, cry and giggle. Expect also to move deeper into relationship with the core nature of who you are, to connect with your authentic self and to learn how to spread the teachings of yoga from that place.



Green Lotus Yoga Teacher Training school was established in 2007 by Carol Murphy. Carol is teaching yoga 20 years and training teachers internationally for 10 years. She has graduated over 300 teachers from her trainings. She loves to travel and has taught yoga in London, California, India, South Africa, Morocco and Spain. She teaches Vinyasa style yoga as mindful, strengthening, slow, deep, breath-centered movement, creating various forms and threads to keep her classes creative and alive. She is also very interested in structural yoga therapeutics and uses her background in Neuro-muscular therapy, Iyengar yoga and the work of Tom Myers to work with alignment and tension patterns in the body. Her work synthesis eastern and western approaches and always honours the heart and core essence of yoga.



“Carol’s years of dedication to yoga have provided an extraordinary depth of knowledge and experience of all its aspects. She combines a refreshing strictness and rigour in her methodology and teaching practise with a sensitivity to spirit that provides an intellectually, physically and emotionally challenging and life enriching experience. I thoroughly recommend her and the training course she has created.”

Johnny Paterson – London

“Carol’s yoga teacher training intensive is just that; intensive. It is also a life changing. Carol has a wealth of knowledge and a deep love for the many and varied facets of yoga. Having spent years obtaining this knowledge, it is clear she has a desire to share it. This makes for fascinating insights into the world of yoga both on a practical level -with detailed anatomy lectures and on a spiritual/emotional level. She offers support but more importantly gives her students the tools to manage for themselves. Her training offers a safe exploration into the world of meditation and spirituality, where people are held and supported appropriately. Carol’s morning classes were dynamic, fun and at times challenging. The flow from movement to movement powered by the breath makes for a beautiful practice. The technical classes were also excellent with clear breakdown of asanas and good instruction, including some helpful tips to master that new pose. I have come away feeling confident in my ability to teach. Feeling rich with the knowledge I have been given and having made some special bonds. My own practice has improved and I have a clear understanding of the areas I need to work on and how and why. Thank you..... “

Jo Stephans- London

“It was an amazing experience! I was looking for a yoga training which covers in-depth knowledge about the alignment of the yoga postures. I’m glad I found the right one! I loved the yoga anatomy of this program. It was like an eye opener! Now I realise how I was practising so many yoga poses in a wrong way and that is why there was so much pain.

No one ever told me about it in the yoga studios I have been going to back home in Delhi. The course content is super from all aspects. The Ayurveda and Philosophy sessions were meaningful and beautiful! It all comes from Carol's life experience and study from so many years. She is a great teacher with great knowledge! I sincerely thank Carol for putting all this together in the training. Now I have much more knowledge about the yoga postures and can teach safely. I highly recommend this TTC for not only learning how to teach but also for enhancing one's self-practice and awareness about life in general. Will definitely do the 300 hr TTC after two years !! “

Monika Bansal -Delhi



For more information, please see
<http://greenlotusyoga.com/yoga-teacher-training-varikla-kerala/>

