

PROSPECTUS 2021/2022





welcome

CHANGE-MAKER

We're so glad you've reached out to learn more about our 300-hour Advanced Yoga Teacher Training.

We're here to decolonise our yoga by decolonising our minds, hearts, and bodies.

We're here to unlearn what has been presumed about ourselves and the world that is not in alignment with truth.

We're here to embrace love completely, with intelligence and proper care, learning the depth of the yoga tradition as a template for sacred activism.

We're here to support you in becoming the most well-equipped, sensitive, and powerful facilitator - one who knows how to include the marginalised, to support folx who often don't feel supported, and gracefully take action in the world for equity and justice.

We believe in and are fully committed to creating a just world and know it begins one heart, one mind - one person at a time.

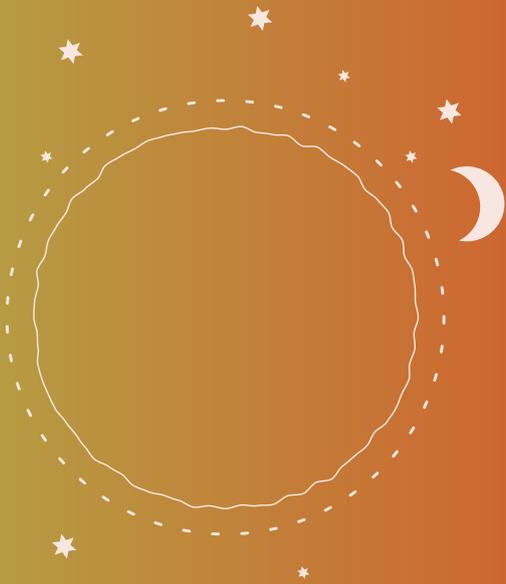
This is Radical Darshan.

Join us, and learn to give and receive

The Gift of Collective Freedom



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OUR CUR- RICU- LUM



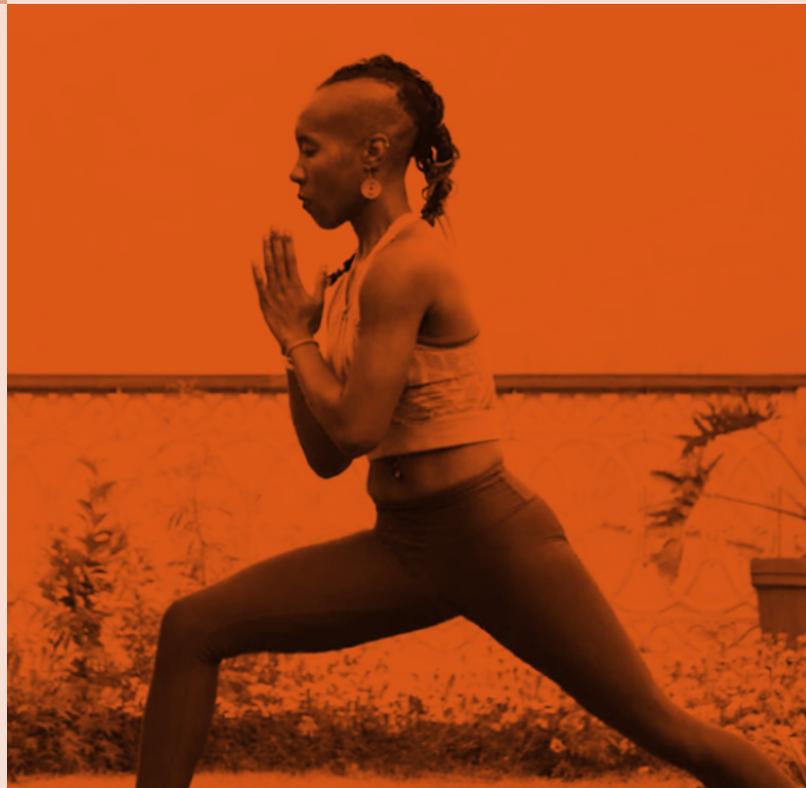
We've brought care, expertise, and passion to create a curriculum that provides the depth of skills-based knowledge that folx look for in a 300-hour training - all centred in antiracism and social justice. Right at the heart of it is your journey to embody Justice, Equity, Diversity, and Inclusion - becoming a JEDI.

ANTIRACISM AND INTERSECTIONAL EQUITY

This is a soup to nuts education in the current discourse in what racism is, what oppression is, what intersectionality is and what it all means for us - how it is embodied and reinforced individually, socially, and institutionally. You will walk away being able to clearly explain it to anyone, to speak eloquently on these matters, understanding your own position with regard to oppression and its complexities.

BECOMING A JEDI

Based on depth study and supported introspection, you will develop a team-led action project that addresses key issues that we face with regard to inequity. The project is an expression of JEDI values and models true action, service, and leadership for a new world. This is how the rubber of your intentions meets the road of your actual life.



ĀSANA

Refine your understanding, deepen your practice, amplify the impact of your teaching. We're going long on refined biomechanics for asana, and anatomical studies with a long-time osteopath who has supported practicing yogins for years. Strengthen your understanding of tensegrity and fascia, the spine and its capacities, the pelvic floor (in strength and weakness), emotional anatomy, psychoneuroimmunology, and more...

MEDITATION

It's a mini-meditation teacher training embedded in the course. Develop or deepen your own practice and learn how to lead meditation as a stand-alone offering. Meditation will be presented as a core support for spiritual evolution and will be contextualised as a practice of radical insight and re-framed personhood.





MANTRA

You will learn the vibrational science of mantra, and how mantra is deployed as a practice of liberation. We cover, experientially, how to choose mantras to support particular growth edges, and to ignite shifts in perception and capacity.



YOGA NIDRA

Another mini-course embedded in the course: yogic rest. Connect with and trust your own deep and intuitive intelligence for recovery, resilience building and creativity with this adaptogenic tool of the mind. Share it wide with your students and clients in support of their health.

ACCESSIBLE YOGA

We're taking you though yoga for ALL bodies, so all the people you call into your offerings will be supported properly. We're remembering all offerings can be trauma-sensitive, and you will learn how to create trauma-sensitive spaces. Imagine a room where everyone feels whole and welcome in every part of the class? Now that's yoga...

SANSKRIT

You will learn or refine your understanding of Sanskrit through learning the basics of the language to support correct pronunciation of Sanskrit words.

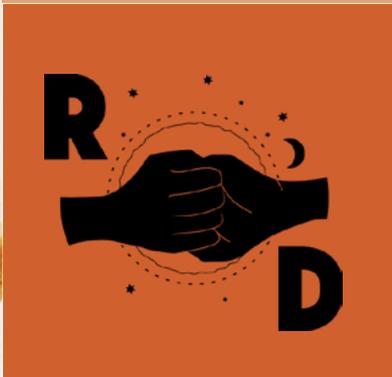




INTERSECTIONAL YIN YOGA

The depth of labor in deconstructive work at the individual and systemic interface is profound, and fatigue is very real. This is a mini-yin/lunar yoga teacher training that presents a toolkit for repair and restoration. You'll understand the ways that profound rest practices support our grief labor and facilitate inner growth. We're deep diving on the cultural overlap between elemental, chakra, and pranic systems from the Indian tradition with the Chinese medicine meridian theories... juicy. You'll walk away able to skillfully teach these practices and utilise them for your ongoing self-care.

AND: Mindfulness, Mudra, Pranayama, Kemetic Yoga, Kriya Yoga, Skilful Sequencing, Anti-Diet Culture, Ayurveda, Bhakti Yoga, & more - all through the lens of collective freedom...



PLUS you'll learn The Darshan Teaching Methodology, a pedagogical system grounded in non-oppressive, decolonised learning strategies laid out by leading teacher-activists of the 20th century.



DATES



2

10 - 13 June

08 - 11 July

0

05 - 08 August

2

09 - 12 September

07 - 10 October

1

12 - 14 November

10 - 12 December

2

07 - 09 January

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07- 13 February*

2

* seven-day residential in the UK (depending on travel restrictions and early booking availability)

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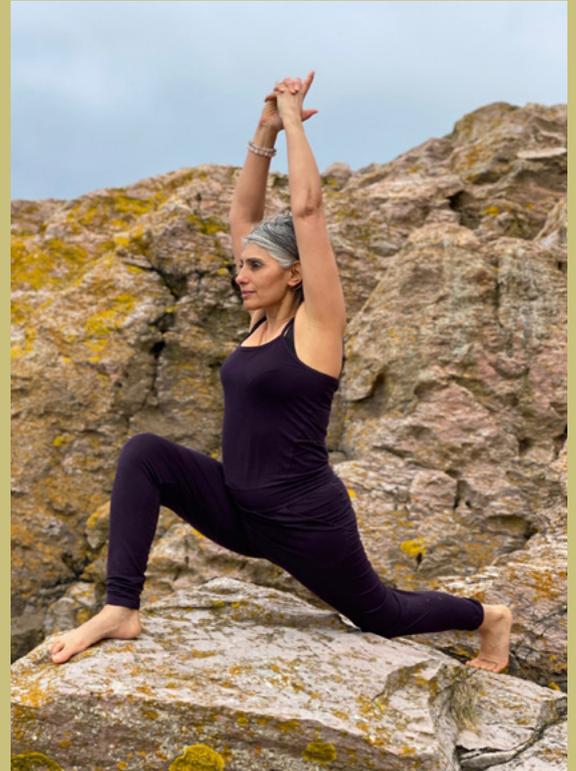


OUR FACULTY



DR. STACIE CC GRAHAM

(E-RYT 500) is a certified Hatha Yoga teacher, mindfulness teacher, and qualified life coach. Stacie has an MS in Economics and a PhD in Psychology with a focus in human motivation and leadership. She is also the founder of OYA: Body-Mind-Spirit Retreats—the first holistic wellness retreats brand in the UK that specifically serves Black women and women of color.



KALLIE SCHUT

(E-RYT 500) is a yoga and dharmic traditions culture advocate and educator and a lifelong social justice and antiracist activist. As a former criminal/family lawyer currently working to protect vulnerable children, she has always advocated for those without a voice or presence in places of power and privilege. Kallie is a yoga teacher descended from Sansi peoples of India and practices intentional hatha, yin, yoga nidra, and meditation. She is the founder of Rebel Yoga Tribe YouTube channel and the Radical Yogi Book Club.





LEILA SADEGHEE

(E-RYT 500) is a priestess, yoga and meditation teacher, and ritualist. Her teaching reflects over two decades of learning and teaching. Leila is dedicated to dismantling systemic oppression as a spiritual practice. She is the creator of The Practices of Leadership & Empowerment 200 hour Yoga Teacher Training, now in its 9th year, and co-creator of Vessel of Worth ritual community for non-patriarchal awakening practice.

WITH

Francis-Pennant
Kemetic Yoga Practices
Shani Dhanda
Accessibility to spaces for the intersectionality of race, ethnicity and disability

Aisha Nash
Anti-Diet History
Anjali Rao
Bhakti Yoga
Avni Trivedi
A&P / Pre- and post-natal
Ratna Dey Cordukes
Ayurveda - Nutrition and Cooking
Imani Francis-Pennant
Kemetic Yoga Practices
Josetta Malcolm
Teaching to gender non-conforming populations
Sheela Bringi
Mantra, Sanskrit



JONELLE LEWIS

(E-RYT 500) is a yoga teacher, practitioner, mentor, and trainer with a degree in Political Science from Howard University. She practices yoga as part of her path to awakening and liberation. She teaches yoga as an anti-oppression and social justice practice. Jonelle is also part of the movement to make yoga and wellness equitable, accessible, and antiracist. She believes, "Yoga is for EVERYBODY."



INVEST- MENT

In our endeavor to ensure that our training is accessible as possible, we have calculated course fees to cover costs which are sustainable rather than exploitative.

SCHOLARSHIPS

We will be offering two partial and two full BIPOC scholarships for the course, and you may indicate your interest in applying for one on the application form.

TUITION FOR THIS 300 - HOUR TEACHER TRAINING IS

£3,500

paid in full at the **early bird** rate by April 26, 2021.

£3,750

full price after April 26, 2021.

Full price may be paid at once or in installments.

You can use [Oanda](#) to convert to your home currency.

This fee is only for tuition.



Our studies culminate in an in-person residential week in the UK (pandemic permitting). The costs of transport, accommodation and meals for this week are not included in the tuition. We expect the prices to range from £500 - £800 for this, and it will be due to be paid by September 15, 2021.



FAQs



How will the modules be linked?

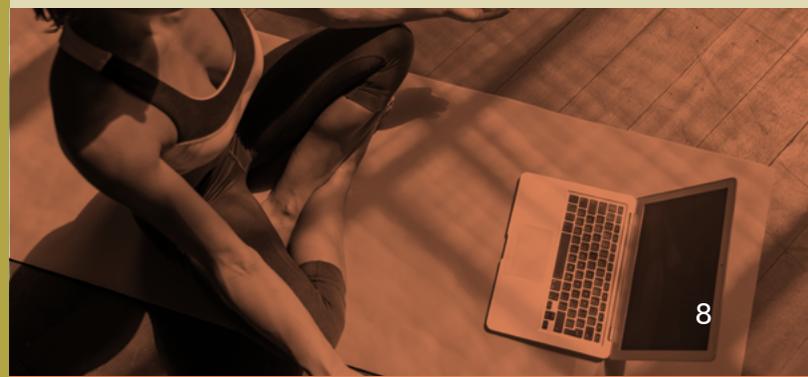
We will follow a golden thread towards a path to liberation in our teachings. Each module is designed with a thematic path of yoga as inspired by the Bhagavad Gita.

Is it online or in person?

We are delighted to offer this training to students from anywhere in the world in a mostly online format for 2021-22. We do not expect this to be the case in 2022-23 as Yoga Alliance will likely once again require learning to be in-person for accredited 300-hour courses.

We are using the online learning platform Thinkific and for this year it will be mostly virtual. You will be able to access course material and submit work through this platform, a one-source community space for our learning.

In February 2022, there will be a seven-day residential experience (pandemic permitting) that will take place in the UK. We will revert to online format if it is not possible to hold the residential portion due to pandemic restrictions.





Are there any other costs that I need to factor in?

There are additional costs that trainees will need to plan for.

We will host a seven-day residential stay in the UK. Trainees will need to cover their own transportation to the venue. The stay will cost each trainee an additional £500 - £800, inclusive of accommodations and meals. The final costs will depend on the number of trainees on the course and may vary from what is listed here.

If you are not yet registered with Yoga Alliance, this will cost a fee. You can find current application and membership rates on the Yoga Alliance website.

Some of the books that we have listed in the resource list will be discussed on the course. It is possible and encouraged to buy used or e-versions in order to reduce costs and support the environment.

How many hours of private study and home practice are expected?

A total of 300 hours - 270 of which are contact hours. Additionally, we expect trainees to plan for a minimum of one hour a day of home practice. Home practice consists of āsana, meditation, reading, journaling and other activities that support deepening both the cognitive understanding and physical experience of the practice.



What if I am worried about paying the fees?

We offer an early bird price of £3,500 that must be paid in full by April 26, 2021. The regular course rate is £3,750 per trainee. Payment plans are possible and can be set up in different installments according to a trainee's financial needs, however all payments must be completed by the first business day of the last month of the course.

Are there any minimum applicant requirements?

We invite trainees of diverse backgrounds to apply to our course. In the following we have detailed our minimum requirements for trainees.

- Five years of regular and consistent class attendance
- A regular and consistent home practice
- A foundational understanding of the importance of prioritizing justice, equity, diversity and inclusion
- A foundational understanding of anatomy and physiology

If you want your participation to be accredited by Yoga Alliance, you also need:

A completed 200-hour teacher training accredited by Yoga Alliance or equivalent.



Do I need to pay a deposit to apply? Or when I book?

You don't have to pay anything to apply for the course.

Within seven days of receiving an acceptance email, you are required to pay via bank transfer a £1,000 non-refundable deposit. If the program has not received this payment within seven days, it cannot guarantee your place on the program.



What are the attendance requirements?

You are encouraged to attend 100% of our course contact hours. Make-up sessions are possible to book at personal expense, but discouraged.



Do I get a refund if I withdraw from the program?

If you withdraw from the program after acceptance, but before the program starts, 50% of your tuition fee – not including the non-refundable deposit of £1,000 – will be retained by the program. However, such amount can be applied towards a future training program.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case, any payments you have made will be refunded in full.

A student completing more than 50% of the course is not entitled to a refund of any tuition.

Is there a trainee agreement or expectations of trainees?

We do have a trainee agreement which we would like you to review, reflect upon and honour throughout our time together, and beyond.





@radicaldarshan