

Mark Whitwell Launches Recorded Online Teacher Training 2022

Developing a full understanding of Yoga practice and Yoga teaching by Mark Whitwell



South Pacific, Fiji Islands Nov 24, 2022 ([Issuewire.com](https://www.Issuewire.com)) - Filmed live in Fiji by a professional crew, this recorded training captures the joy and immediacy of live training, with philosophy and practice woven seamlessly together. It is available now for those who require the flexibility of self-paced learning, where you can complete the course at your own speed. The course represents a deep and complete yoga education for those who cannot attend a live gathering. The intention of the training is to empower

you to become a Yoga Teacher—capital “Y” capital “T”—rather than merely an instructor of the patterns of other people’s brands and styles. Learn the principles of practice and teaching that came through “the teacher of the teachers,” Tirumalai Krishnamacharya, and how to insert those principles into the brands and styles that you already know and love. You will then be able to empower your students in the local community.

Over three progressive parts, you will develop a full understanding of Yoga practice and Yoga teaching. Part One “You Have a Good Teacher” explores the refinement of personal practice to align with the breath principles of the heart of yoga, understanding the origins of this tradition, and investigating a range of practices for different needs. 5 long practices and 20 videos on different aspects of practice and teaching, the online teacher training workbook, and access to live weekly teaching mentorship gatherings if you would like to join. [Register for Part 1.](#)

Part Two “You Practice Yourself,” goes deep into the various practical qualities of our yoga, with a richness of detail and depth on how to practice and create coherent and powerful sequences for others. Enjoy 32 videos filmed live during teacher training in Taveuni, Fiji; extended explorations of vinyasa krama, bandha, pranayama, meditation, pratyahara, and energetic anatomy; 10 practices with asana, pranayama, meditation, and chanting; sublime extended raga on sitar and sirod from Bruce Hamm and Joanna Mack. [Register for Part 2.](#)

Part Three “You Care About Others,” unpacks the teaching relationship that is the heart of yoga itself. In completing this part of the course, you will experience the quality of a real, equitable teaching relationship in action, and understand the function of the Yoga teacher—the nurturing force of Mother Nature. 22 videos filmed live; one-on-one teaching masterclasses; special sections on birth, death, addiction, sexuality, and relationship with parents; and more. [Register for Part 3.](#)

This 100% recorded training will suit the more self-motivated person. It will also suit those with less fast English, as you can rewind the video and listen again.

Visit us <https://www.heartofyoga.com/>



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