

Body Symphonies Yoga Teacher and Practitioner Training

This Teacher Training course is experiential above all.

The course is structured over 12 weekends (full days Saturday and Sunday). It is led by Annamaria Sacco, who has 30 years of practice experience and 20 years as a full-time yoga teacher. Annamaria's approach is informed by her background in the Iyengar Tradition along with the enquiries that evolved in her personal practice, as it deepened and unfolded over the years. She qualified to the current Iyengar Level 3 during the teaching years from 2000-2020 in the Iyengar Tradition.

Her approach is based on understanding the elements, their qualities, how they interface within us and how they influence who we are in our lives. There is an emphasis on learning principles rather than instructions so that we learn how to teach, with intelligence and sensitivity, without imposing on a body. Once the principles have been absorbed, the aim is to be able to listen to the class or the person that is presenting to us in that moment, remaining open to creativity and surprises.

Classical Yoga is taught alongside somatic awareness, movement and sound. In the 300-hour course we will also look at how to teach safely and with compassion. We will study philosophy and anatomy and physiology, mainly in the context of the work. We will cover how to teach, advise and correct, while reflecting on what seems to work (or not) and the reasons why that may be. The more the course unfolds, the more your own enquiries will create the ground from which we will progress.

We will devote part of the training to looking at what most commonly shows up in a class, ranging from organisational considerations to injuries and some ways to address them. A key element is understanding the creative ways to support someone in a pose, enabling you to adapt your teaching to the individual. You will learn how to discern why the person in class with the most striking pose may not be your most aware student, and vice versa.

The Director of this teacher training course, Annamaria Sacco, started practising yoga in 1991. Annamaria created and successfully ran Yoga Stable in Edinburgh for sixteen years. Annamaria taught around 100 students per week in person for over fifteen years and has a wealth of teaching knowledge to share.

Annamaria trained and taught in the Iyengar System until 2020, under the main influence of Firooza Ali Razvi, with whom Annamaria studied regularly for 16 years. Over her time studying the Iyengar system Annamaria felt that what she was connecting with through the practice was simply Yoga, and that is beyond labels. The years of discipline of deeply listening, honouring and reflecting, developed into a practice which is very deep, somatically-based, archetypal, instinctual, compassionate, open and forever curious.

Her deepest love lies in bringing the practice more fully into our lives, not only experiencing it on our mats. Annamaria chooses simplicity in exposition. She believes in sharing through experiential understanding, with depth and humour, while remaining steeped in openness and self-enquiry.