

MYOBODY TRAINING

MY BODY
TRAINING

COURSES, WORKSHOPS & QUALIFICATIONS IN HEALTH & BODYWORK THERAPIES

YOGA TEACHER TRAINING DIPLOMA

Level 3 ITEC accredited course



ITEC

APPROVED

- Accredited Level 3 ITEC Diploma in Yoga Teaching
- Qualification in 10 months so you can start your business
- Part time so you can train while you still work
- One weekend a month in person class based practical learning
- Backed by a network of tutor support
- A route to a better work life balance

INTERESTED?

 info@myobodytraining.ie

Unlock Your Potential with Myobody Training's ITEC Level 3 Diploma in Yoga Teacher Training

Are you ready to transform your passion for yoga into a fulfilling career? Whether you're looking to teach professionally or simply deepen your personal practice, Myobody Training's ITEC Level 3 Diploma in Yoga Teacher Training is your path to success.

Why Choose Myobody Training?

At Myobody Training, we specialize in adult education, providing flexible, high-quality learning experiences tailored to fit your busy life. With a focus on professional development, our ITEC-accredited course is designed to help you build both the technical skills and the confidence needed to excel as a yoga teacher.

About the ITEC Level 3 Diploma in Yoga Teacher Training

This internationally recognised qualification will equip you with everything you need to start teaching yoga, from the fundamental poses to advanced teaching techniques and anatomy. Ideal for beginners and seasoned practitioners alike, the course covers:

Comprehensive Yoga Asanas: Master the core postures with a focus on correct alignment and safety.

Anatomy & Physiology: Gain a deep understanding of the human body to guide students safely.

Teaching Methodology: Learn how to create engaging, inclusive, and transformative yoga classes.

Yoga Philosophy: Dive into the rich tradition of yoga, exploring its history, ethics, and spiritual roots.

Business Skills for Yoga Teachers: Discover how to market yourself and build a successful teaching practice.

Flexible, Student-Centred Learning

We understand that adult learners need flexibility. Our course is offered with a range of study options to suit your schedule:

Weekend Classes: Fit your learning around your current commitments.

In-Person Learning: Enjoy hands-on practice at our spacious training studio.

Tutor Support: Receive guidance from experienced, certified yoga professionals.

Why ITEC Accreditation Matters

As a globally recognised standard, ITEC (International Therapy Examination Council) accreditation ensures that your qualification is respected in the industry, opening doors for you to teach yoga not only in Ireland but internationally.

Who Is This Course For?

Aspiring Yoga Teachers: Ready to take your passion to the next level? Our course will prepare you to confidently teach classes to a wide range of abilities and needs.

Yoga Enthusiasts: If you want to deepen your practice and understanding of yoga, this course offers a transformative personal journey.

Wellness Professionals: Expand your skill set and offer your clients a holistic approach to health and wellbeing.

Course Outcomes

By the end of this course, you'll be able to:

- Confidently plan and lead your own yoga classes.
- Support your students' physical and emotional well-being through tailored practice.
- Apply your knowledge of anatomy to ensure safe and effective teaching.
- Develop a personal and professional yoga teaching practice that aligns with your values.

Your Career as a Yoga Teacher Starts Here

Whether you dream of teaching in studios, gyms, wellness centres, or starting your own business, the ITEC Level 3 Diploma in Yoga Teacher Training from Myobody Training will provide you with the skills, knowledge, and confidence to succeed.

Enrol Today and Transform Lives Through Yoga

Ready to take the first step toward a rewarding career? Enrol now in Myobody Training's ITEC Level 3 Diploma in Yoga Teacher Training and start your journey towards becoming a certified yoga teacher.

Myobody Training – Empowering Adults to Learn, Grow, and Thrive

Student Charter:

A student charter will be provided to all course participants which will define both student and school obligations and codes of conduct. Signing the student charter will constitute a contract between you as a student and Myobody Training. The charter will define assessment protocols, course materials, student submissions, parameters of qualification and attendance requirements.

If you are interested, have time to study and want to change your life, then take action, contact us today and we'll be happy to discuss the course and any questions you might have.

Contact via e-mail at : info@myobodytraining.ie