



Beginner's
Yoga for Athletes
Course Prospectus



The Institute of Yoga Sports Science®



You Are 3 Simple Steps Away From Joining Us

Everything you need to know about joining this revolutionary training starts here. Take a look at how this **YSS 100 Hour Yoga for Athletes Beginner's** course is right for you. If you love yoga, love sport and love getting results then read on...

1

Find out more about Yoga Sports Science® (YSS) and what makes us different not just in the yoga world but in the sport and Strength and Conditioning worlds too. In the first few pages in this prospectus we introduce you to YSS and give you some background on how it was developed.

2

Discover the benefits to this training and how we teach you online.

3

Apply today to join our next course in September 2016.

Applications for this course must be made online via the Yoga Sports Science® website. All online applications will be followed up by a meeting with you via Skype to discuss what you are looking to achieve with the training.

Once accepted on the course, you will be allocated a personal Tutor and details on how to start the course will be sent to you.

Then you're ready to go!



Get a World-Class Education

The training with the Institute of Yoga Sports Science® is brought to you by the world's leading experts in their fields. They will support you through your studies, sharing their knowledge and providing you with their valuable insights to ensure that you learn, achieve and succeed.

We are using the latest technology to deliver this exciting training to you, so wherever you are in the world you can train with us.



Hayley Winter, Founder of The Institute of Yoga Sports Science®

The Yoga Sports Science® Story

The Institute of Yoga Sports Science® was founded over a decade ago by Hayley Winter, a practitioner and teacher of yoga for over 30 years, with a background in sports exercise biomechanics. With a love for both yoga and sport, she knew that if yoga could be applied to the athlete scientifically, the results could be proven to be directly related to the efficacy of yoga. Her research took her all over the world where she delivered her unique training system to performance directors, coaches and athletes in all sports and at all levels from the playground to the podium.

"I knew that there would come a time when the perceptions of yoga would change and that the world of sport would recognize the benefits of yoga. I also knew that we would reach a tipping point of demand from athletes who wanted to use yoga to take their performance to a new level. I created the Yoga Sports Coaching course to share my knowledge of how to successfully use yoga in sport. We now have a growing team of experts all over the world who are making a positive difference to athletes by improving performance and preventing injury."

Hayley Winter believes we are now at that tipping point of change and the demand is already increasing. If you want to learn how to apply functional yoga to sport and make a career from your passion, then join us today.

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1. Introduction

Welcome to Yoga Sports Science® (YSS), the only organization worldwide to train and accredit Yoga Sports Coaches™. We are very excited to offer what is proving to be a breakthrough training program for achieving sporting excellence. Developed over many years, working closely alongside athletes and their coaches, this unique, professional training is the first comprehensive course of its kind - evidenced based, innovative, ground-breaking, and facilitating a new generation of highly-qualified professionals.

Yoga is a science and one of the original systems used to study the body. For over 5,000 years, it has been successfully referenced by many other disciplines. In ancient times, it was at the heart of a warrior's preparation for the battlefield. The nature of the battle field may have changed over the centuries, but throughout its history, yoga has remained a practical pathway towards improving performance as it enhances the body's natural ability to perform to its highest level.

Yoga is becoming increasingly recognized as an essential part of that tool kit in many different sports. **This YSS 100 Hour Athletes Beginner's** course is the first step to bridging the gap between yoga and sport.

This is where our training differs from traditional delivery of yoga: we integrate science into our Methodology and apply a scientific rationale to the sports-specific yoga techniques of each sport and athlete we work with.

Whether you are from the world of yoga, health or sport, Yoga Sports Science® offers you the opportunity to learn how to apply our sports-specific yoga techniques and scientific approach to improve your own athletic needs and biomechanical requirements.

2. The Course

This **YSS 100 Hour Yoga for Athletes Beginner's** course is the first of its kind to introduce you to a scientific approach of learning how to use yoga to improve your own athletic needs.

You can take this Course on its own or see it as the first step to becoming a certified Yoga Sports Coach™.

We teach you how to integrate our evidenced based yoga techniques into modern day athletic performance. You will begin to learn about the science of sequencing, how to use the basic principles of biomechanics to assess your own structural fitness, as well as learning the modern day science of yoga and how to apply the benefits to your own training.

The learning outcomes on page 8 and outline of the course syllabus on page 10, will show you the topics that you will cover and the areas of skills that you will develop.

3. Entry Requirements - is this Course for Me?

The prerequisite for this course is that you want to learn how to apply the science of yoga to improve your own athletic performance.

Your background might be as a yoga practitioner or teacher. It could be in a sports-related field, for example as a coach or athlete.

You maybe someone with a background in the healthcare profession such as a physiotherapist, osteopath, sports massage therapist or fitness trainer.

If you are in any doubt about whether you have the necessary background or need further information on the commitment required, please get in touch.

You must also be able to commit to the necessary Module Hours for this **YSS 100 Hour Yoga for Athletes Beginner's** Course (see page 11 for more details).



4. How Does it Work?

We deliver our course online, the fastest-growing area of education and learning, through the Yoga Sports Science® 'virtual classroom', a user-friendly, intuitive space requiring relatively basic computer skills.

Our online delivery:

- allows our students to enjoy their learning experience in the comfort of their own home and at times which fit within their schedule.
- enables us to deliver the course internationally. YSS students come from all parts of the world, and online delivery allows all members of the YSS community to network easily and quickly become part of a wider global community.
- enables students to experience the continued support of the course team and their own peers throughout their studies, and to actively develop networks.
- aims to meet the needs of all types of learners. At YSS we have always understood the importance of progressive training when applying yoga to sport, and believe this to be true of the way in which people learn.

This is what makes our training ground-breaking. Delivery includes online video and audio as well as extensive written material, made available to download to your computer, tablet or mobile, ensuring that you always have the relevant techniques to hand. Interaction takes place through online tutorials, webinars and discussion forums, with full support from a Tutoring and Operations team and the allocation of a personal Tutor to each student.



4.1 Learning Outcomes

You will be able to:

- Understand about the Science of Sequencing 101 to help you design a training plan for your own athletic needs.
- Learn Biomechanics 101 and start to apply the basics to assess your own structural fitness.
- Use our functional yoga techniques to do an analysis of your own posture which helps to improve your body reading skills.
- Learn about the Science of Breathing 101 and design your own performance breathing strategy.
- Learn about the modern day science of yoga and how to apply the benefits to your sport or training.
- Understand about periodized training and where yoga fits.
- Learn how yoga can be used to enhance athletic performance and prevent injury.
- Understand our approach to relaxing athletes as restorative training.

4.2 Approach to teaching and learning

The course team supports the following principles and aims to:

- Encourage students to develop as self motivated and independent learners.
 - Support students in developing reflective practice in their work.
 - Provide an environment which respects and values the experience of the course participants.
 - Encourage individual contributions and critical debates in relation to the dynamic range of places where yoga fits and adds value within 21st century sport.
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4.3 Your Course Support Team

Students receive support and input throughout the course from YSS Tutors and Performance Advisors. In addition YSS management and technical teams ensure the online course experience runs as smoothly as possible.

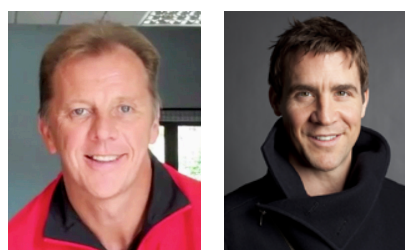
4.4 The Academic Team and Faculty

Tutors are senior Yoga Sports Coaches™ with a variety of different fields of expertise. You will be allocated a personal Tutor, with 1:2:1 tutorials throughout the course, conducted via Skype for a face-to-face experience. These sessions will give you the support and guidance you need to prepare for your course assignment. For profiles of key team members, see page 14.



4.5 YSS Performance Advisors

YSS is proud to be able to offer valuable input from their Performance Advisors, a coach and an athlete at the highest level in the world of sport. Through online webinars, the Performance Advisors will deliver information and guidance and answer your questions on applying the YSS approach in sport. For profiles of key performance advisors, see page 15.



5. Course Structure and Timeline

The course has a short period of pre-course preparation and followed by 12 Units, representing 12 calendar weeks.

This YSS 100 Hour Yoga for Athletes Beginners course comprises of one 100 Hour Module and with one assignment.

You receive 20 YSS Credits when you complete this course. See 5.4 for more details.

You can take this course on its own, or if you want to advance your skills further, you can take the second Module in the YSS 200 Hour Course.

If you want to gain certification as a Yoga Sports Coach™, then you will need to take the YSS 200 Hour and YSS 300 Hour Course.

5.1. Course Syllabus

The syllabus below is the first 100 Hour Module which completes this YSS 100 Hour Course.

Course Weeks	Module 1 Topics	Tutorials & Group Sessions
Prep	Preparing for the Course. Checklist & Activities	
Week 1	The Modern Day Science of Yoga in Sport & Benefits in Sport	Group welcome session
Week 2	YSS Performance & Evaluating Your Training Needs	
Week 3	Yoga Biomechanics 101	
Week 4	Yoga Anatomy 101	One to One
Week 5	The Science of Sequencing 101	
Week 6	The Science of Breathing 101	Group session
Week 7	Yoga & Injury Prevention 101	
Week 8	Relaxing the Athlete & the Nature of Mind	
Week 9	How Yoga Fits into Periodized Training	One to One
Week 10	Yoga, Sport & Fitness	
Week 11	The YSS Methodology 101	
Week 12	Performance Analysis & Summary	Group end session

5.2. Contact Hours

Course Weeks	Yoga Practice	Self Initiated Study	Tutorials	Webinars / Hangouts	Total Hours
12	36 *	58 **	2	4 ***	100

* Based on a minimum of 3 hours practice a week. To attend at least 1 yoga class a week the remaining time is self practice using the recommended YSS yoga techniques.

** Includes studying all YSS course material, engaging with students and tutors on the forums. Also includes your course assignment.

*** You will have 3 group sessions with Hayley Winter and senior members of the YSS team. These sessions usually last 1 hour. However, the second group session will be scheduled to last 2 hours.

5.3. Course Assignment

To design a sports-specific yoga sequence for your own needs, based on your own structural and performance requirements. You will need to provide a brief reflective account of how you have understood the YSS rationale.

5.4. Course Credits

Our Courses have a Credit system. Becoming a Certified Yoga Sports Coach™ requires 160 YSS Credits.

YSS 100 Hour: Module 1 = 20 Credits

YSS 200 Hour: Module 2 = 40 Credits

YSS 300 Hour: Module 3,4,5 = 100 Credits

All elements of the course, including the course work, set assignments must be successfully completed in order to pass the Module. It takes 160 Credits to qualify as a Yoga Sports Coach™.

Students must successfully complete each Module by gaining the appropriate Credits in order to progress through the course and become a certified Yoga Sports Coach™.

5.5. Course Completion

Successfully passing this course gives you a **YSS 100 Hour Certificate of Completion**.

This course does not qualify you to teach or present yourself as a Yoga Sports Coach™. You may use the hours in this training to go towards your Continuing Educational Units.

When you take this 100 hour beginners course, you will be eligible to apply for the next YSS 200 Hour Intermediate Course to advance your skills.

5.6. Course Duration

This YSS 100 Hour Yoga for Athletes Beginner's course lasts 12 weeks.

It includes one course assignment, private one on one tutoring and interactive group sessions with Hayley Winter, founder of YSS and senior members of the YSS teaching team.

5.7. Course Start Date

The next course starts: September 24th 2016.

You will be given access to the course classroom before the official start date. We have some course activities and information to help you prepare for your training.

6. Standards, Expectations and Codes of Conduct

We are in the process of becoming the global awarding body for yoga sports training and are the only organization worldwide to provide professional training for certification as Yoga Sports Coaches™.

Our standards are exceptionally high and we work hard to protect the reputation of both Yoga Sports Science® and its Yoga Sports Coaches™. We do this by:

- Ensuring that applicants meet our course Entry Requirements.
- Applying rigorous standards to marking course work.
- Awarding Credits for passing each Module, which covers:
 - Active and positive participation in the course and the YSS community, including:
 - Engagement with course material, the YSS team and fellow students.
 - Attendance and punctuality for tutorials, webinars and other meetings.
 - Presentation of a professional profile. Students who do not engage fully in their studies will not pass Professional Assessment and will therefore not pass the Course; in these circumstances, no refund of course fees will be made.
 - Evidence of regular practice of yoga and YSS techniques.
 - Professional presentation, communication, behaviour and attitude, both within and outside of the YSS community, including social media networking.
 - Confidentiality, including course material, communications, contact details and online access.

The YSS team will make every effort to support students in developing a professional approach. However, students who do not conduct themselves in a professional manner, or who do not fully engage with the course materials, forum discussion, online webinars/tutorials or with Tutors will not achieve the necessary Credits and therefore will not be able to move forward to subsequent Modules and/or pass the Course.

All students sign up to these codes of conduct on commencement of the course via agreement to the contents of the Course Handbook.

7. Meet the YSS Team



Hayley Winter

Founder and Director of The Institute of Yoga Sports Science® (YSS)
Creator of the Yoga Sports Coaching™ Course
Creator of the Get Fit With Yoga Training Program
Developer of the YSS Research Method
Author of the YSS Syllabus and Course Publications
International Lecturer
British Wheel of Yoga Teaching Diploma (20 years teaching experience)
Masters Education in Applied Sports and Exercise Biomechanics

Hayley is the Founder and Director of The Institute of Yoga Sports Science® (YSS). She has been practicing and teaching yoga for over 30 years and was introduced to working with athletes over 15 years ago. During that time she worked closely with athletes and their coaches to develop her unique Sports-Specific Yoga techniques. She created a methodology and approach that easily integrates yoga into the heart of an athlete's strength and conditioning training. Over the years Hayley has been asked to lecture and deliver her extensive knowledge of the application of yoga to sport to leading sports organizations from the Football Association, to the British Olympic Association as well as Sport Performance Directors and their athletes. She is widely recognized as the leading expert in her field.



Maggie Bunting

Head of YSS Research
Doctorate Researcher
Masters in Clinical Education
Lecturer in Medical Education, Norwich Medical School,
University of East Anglia

Maggie provides research advice and support at both course and student level. She worked alongside Hayley Winter to develop the YSS Research Log Book, which is a unique tool for Yoga Sports Coaches™ to monitor their impact on athletic performance. The YSS Log Book enables the trainee to easily collect and interpret data gathered from analysis, observation and interviews. It is unique in Sport-Specific Yoga, and invaluable when maximizing athletic performance.

**Leon Taylor**

Performance Advisor to Yoga Sports Science®
Olympic Silver Medalist, Athens 2004 (Diving)
Mentor to Olympic athletes
BBC Sports Presenter
Author
Yoga Teacher

Having trained at an elite level 6 hours a day, 6 days a week for 22 years and participated in 3 Olympic games, Leon is able to offer invaluable insights from the athletes' perspective. As a practitioner and a teacher of yoga, Leon also understands how yoga can be easily integrated into an athlete's training schedule, help to prevent injury and increase the performance advantage. Leon is a passionate communicator, an expert in his field and an inspiration to budding Yoga Sports Coaches™ and athletes alike.

**Tim Newenham**

Performance Advisor to Yoga Sports Science®
BSc Sports Science & Management, PGCE
Competed internationally in Athletics and Bobsleigh
British Olympic Association accredited Strength and Conditioning Coach,
Lead Coach England Athletics Commonwealth Games 2010

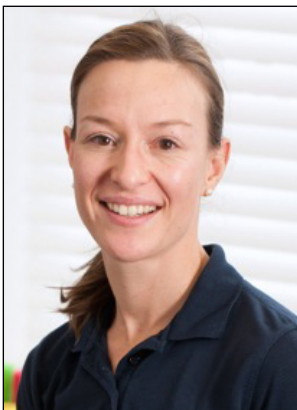
Tim's extensive knowledge and expertise brings a valuable contribution to this course. He is one of the UK's most respected coaches and over the years has been instrumental in the performance development of many of Britain's top athletes. His coaching career includes five years as GB National Javelin Coach, five years as Strength and Conditioning Coach/Sports Science support to Tim Henman, then going on to work with the winning Le Mans motor racing team. Tim has been involved with the English Institute of Sport (EIS) from its inception to the Beijing Olympics debriefs. He was the EIS Eastern Regional Manager for seven years and then Regional Manager for London, working closely with the British Olympic Association (BOA) and National Governing Bodies of Sports (NGB's). Tim is currently Performance Director for Olympic Shooting, the National Coach Mentor for Javelin and CEO of the Guernsey Sport Commission. He continues to work directly with athletes optimizing their performance. Through his consultancy business Tim offers advice and support to athletes and their support teams.

**Anthea Sweet**

YSS Course Manager & Head of Tutoring
Advanced Yoga Sports Coach™
Yoga Teacher
Sports & Remedial Massage Therapist

Anthea is an Advanced Yoga Sports Coach™ and is the YSS Course Manager for the Yoga Sports Coaching Course. As a YSS Tutor and member of YSS Academic Faculty as well as part of the YSS Senior Management team, she brings a wealth of expertise, not only from her experience within YSS, but also as a highly qualified Yoga Teacher. She also has a background in body reading, postural analysis and Sports and Remedial Massage therapy.

[Take a look at Anthea's profile on our Register of Coaches.](#)

**Annelize Ferreira**

YSS Consultant Physiotherapist & Senior Tutor
Advanced Yoga Sports Coach™
Chartered Physiotherapist

Annelize is an Advanced Yoga Sports Coach™ and the YSS Consultant Physiotherapists. As a YSS Senior Tutor and member of YSS Academic Faculty, she shares her wealth of experience and expertise, not only from within YSS, but also as a Chartered Physiotherapist. She has a Masters in Orthopaedic Medicine, as well as extensive experience of neuro-musculoskeletal physiotherapy and sports rehabilitation and first-contact management through her work in the Ministry of Defence and private practice.

[Take a look at Annelize's profile on our Register of Coaches.](#)

**Bonnie Strati**

Head of YSS Graduate Community
Advanced Yoga Sports Coach™
Yoga Teacher
Personal Trainer
Ex Athlete

Bonnie is an Advanced Yoga Sports Coach™ as well as Head of the YSS Graduate Community. She shares with YSS students a wealth of knowledge and expertise from her experience within YSS and 20+ years in the fitness industry as well as being a competitive athlete.

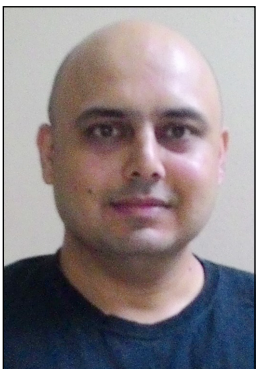
[Take a look at Bonnie's profile on our Register of Coaches.](#)

**Surina Schutte**

YSS Tutor
Advanced Yoga Sports Coach™
Yoga Teacher
Pilates Instructor

Surina is an Advanced Yoga Sports Coach™ and brings a wealth of expertise as a qualified Yoga Teacher and Pilates Instructor. She has a background in Postural Realignment and Physical Rehabilitation.

[Take a look at Surina's profile on our Register of Coaches.](#)

**Vedant Patwardhan**

YSS Tutor
Advanced Yoga Sports Coach™
Yoga teacher
Ex Professional Athlete

Vedant is a former professional sportsperson, having played National Level Cricket in India. He is also a qualified Yoga Teacher. As a YSS Tutor, he brings a distinct perspective through combining his experiences as a professional sportsperson and his expertise in Yoga and Sport Specific Yoga.

[Take a look at Vedant's profile on our Register of Coaches.](#)

8. Course Fees

The fee for this **YSS 100 Hour Yoga for Athletes Beginners** course is £1,480 GBP / \$2,300 USD

Early bird discount of £148 / \$230 when you pay for the YSS 100 Hour course two months in advance of the start date. A £600 / \$900 non-refundable deposit is required to secure your place on this course. The balance is to be paid before the course starts.

9. Advancing Your Skills & Career Opportunities

Yoga Sports Science® (YSS) is the only organization worldwide to train and accredit Yoga Sports Coaches™. Once you have completed your studies, you will be eligible to apply to join our 200 Hour Intermediate and 300 Hour Certified training courses. Qualifying from the YSS 300 Hour course means that you join the Yoga Sports Science® team. You become part of a global network of highly respected specialists and can be recommended to support the ever-increasing demand for specialist training and coaching.

We are very excited to offer what is proving to be a breakthrough training program for achieving sporting excellence. Developed over many years by Hayley Winter, working closely alongside athletes and their coaches, this unique, professional and vocational training is the first comprehensive course of its kind - innovative, ground-breaking, and facilitating a new generation of highly-qualified professionals. If you know that you want to become a certified Yoga Sports Coach™, then you will need to take our YSS 200 Hour Course first before being eligible to apply for our YSS 300 Hour Course. Details on the course fees are below:

YSS 200 Hour Yoga for Sports Intermediate Course: consists of Modules 1 and 2.

You will need to take this course if you want to advance your skills and train to be certified Yoga Sports Coach™

Course Fee: £2,600 GBP/ \$4000 USD

Early bird discount of £260 / \$400 when you pay for the YSS 200 Hour course two months in advance of the start date. A £1000 / \$1,500 non-refundable deposit is required to secure your place on this course. The balance is to be paid before the course starts.

YSS 300 Hour Certified Yoga Sports Coach™ Course: consists of Modules 3, 4 and 5.

You will need to take this course to become a certified Yoga Sports Coach™

Course Fee: £4000 / \$ 6,300

Early bird discount of £400 / \$630 when you pay for the YSS 300 Hour course two months in advance of the start date. A £1000 / \$1,500 non-refundable deposit is required to secure your place on this course. The balance is to be paid before the course start date.

YSS 500 Hour Certified Yoga Sports Coach™ Course: consists of Modules 1, 2, 3, 4 and 5.

Training to become a certified Yoga Sports Coach™ takes 500 hours of study. It is the combined study of the YSS 200 and YSS 300 hour courses, which makes it YSS 500 Hour Certified.

Course Fee = \$10,300 / £6,600

There is an early bird discount of \$1030 / £660 when you sign up to take the YSS 200 hour and the YSS 300 hour courses back to back and pay your course fees two months in advance of the course starting.

10. How to Join Us

You can apply to join the YSS 100 Hour Yoga for Athletes Beginner's course by going to our website.

All online applications will be followed up by a meeting with you via Skype to discuss what you are looking to achieve with the training. Once accepted on the course, you will be allocated a personal Tutor and details on how to start will be sent to you. Then you're ready to go!



11. Contact

If you would like any further information, don't hesitate to contact us via email at:

admin@yogasportscience.com

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