

VAJRASATI YOGA



GUIDE

500 HR

yoga teacher training

DISCOVER YOUR POTENTIAL

Led by

Jim Tarran & Khadine Morcom

CELEBRATING 23 YEARS OF EXCELLENCE: VAJRASATI YOGA TEACHER TRAINING

OVER TWO DECADES AGO, JIM PIONEERED VAJRASATI YOGA TEACHER TRAINING. WE STAND PROUD AS ONE OF THE LONGEST-RUNNING INDEPENDENT TEACHER TRAINERS IN THE NATION. OUR LEGACY EMBRACES DEEP YOGIC INSIGHT, MECHANICAL EXPERTISE, AND PHILOSOPHICAL RICHNESS.

VAJRASATI HOLDS HIGHEST YOGA ALLIANCE PROFESSIONALS ACCREDITATION (YAP 500+). OUR TWO-YEAR JOURNEY ENSURES COMPLETE YOGIC ABSORPTION. THE CURRICULUM ENCOMPASSES: YOGA FUNDAMENTALS, ĀSANA MASTERY, PRĀṆĀYĀMA, MANTRA, EFFECTIVE TEACHING METHODS, ANATOMY, PHYSIOLOGY, ALL-ENCOMPASSING PHILOSOPHY, AND SANSKRIT BASICS.

JIM AND PARTNER KHADINE MORCOM, WITH OVER 55 YEARS OF PRACTICE AND 48 YEARS OF TEACHING, LEAD THE FACILITATION. ADDITIONALLY, SARAH PAILTHORPE AND SENIOR INSTRUCTORS CONTRIBUTE TO THIS ENRICHING JOURNEY.

**JOIN US TO EMBRACE YOGA'S DEPTHS AND IGNITE
YOUR TEACHING PASSION!**



WELCOME...

Congratulations on taking the momentous step towards advancing your journey in yoga by considering the Vajrasati Yoga School for your teacher training. The comprehensive two-year course thoughtfully allows ample time for the profound assimilation of yoga's teachings. Encompassing a rich array of subjects including āsana, prāṇāyāma, meditation, mantra, teaching techniques, anatomy and physiology, as well as yoga philosophy from diverse traditions, including Sanskrit basics, the course provides a holistic understanding.

Guided by the experienced hands of Jim and his partner Khadine Morcom, boasting a collective practice of over 55 years and 48 years of teaching, alongside the support of Sarah Pailthorpe and other esteemed senior teachers, the training promises depth and authenticity.

We have two intakes; one in Brighton (at Brighton Buddhist Centre) in September 29 (2023) and one in Brixton (at Yoga Point studio) in October 4th (2023).



TEACHERS



Jim Tarran

Since 1990, Jim has been immersed in the practice of yoga, a journey that led him to teaching in 1992 upon completing his first teacher training in Kathmandu. Subsequently, he embarked on a transformative two-year course in 1996, solidifying his path as an instructor. Within the vibrant and enlightened community of Vajrasati Yoga, to which he is profoundly honored to belong and have founded, the values of mindfulness, kindness, compassion, and good humor thrive. Jim, a beacon of experience, stands as one of Brighton's most enduring yoga teachers. Over the past three decades, he has had the privilege of guiding an eclectic spectrum of students, ranging from absolute beginners to advanced practitioners and everyone in between. This journey has taken him across the globe, teaching in captivating countries such as Morocco, Mexico, Italy, and India, among many others.



Khadine Morcom

Khadine's journey into yoga began serendipitously in 1997. After completing her university studies, she embarked on a Buddhist meditation course, which unexpectedly led her to her very first yoga class - an experience that instantly captivated her.

Since that transformative moment, yoga has become an integral part of Khadine's life, so much so that she describes it as the essence of her being. Amidst her exploration of various yoga styles both in her home country and in India, Khadine remained steadfastly devoted to Vajrasati since its inception.

Her commitment is evident in her attainment of the full 500 Hour Vajrasati Teachers Certificate, a testament to her dedication. Notably, Khadine has earned Senior Teachers status within the Vajrasati school and with Yoga Alliance UK, reflecting her profound expertise.

Since February 2014, Khadine has played a pivotal role in co-managing the teacher training alongside Jim, seamlessly sharing her knowledge and passion.

VENUE

**BRIGHTON - BRIGHTON BUDDHIST
CENTRE**

LONDON - YOGA POINT BRIXTON



INVESTMENT

It's important to note that financial constraints should never be a barrier to teacher training opportunities. The aim is to make Vajrasati teacher training affordable, and candidates facing financial difficulties can discuss viable alternatives. The training comprises 10-week terms, offered 3-4 times a year.

TIPS FOR ADMISSION

The process of being accepted on the course is in many ways part of the course too.

Prospective trainees will usually plug in more deeply with what we are doing. This typically

involves:

- attending classes
- attending courses
- attending days
- attending half days
- attending retreats
- attending Vajrasati assessments for trainees on the course
- meeting up with the course tutors
- meeting up with trainees and graduates
- reading all the content on the web site
- starting to read from the book list

Priority will be given to those who:

- show an appropriate level of commitment
- have been interested for the longest
- have a long-term regular practice

Let the countdown begin....

We would be delighted to receive your application!

Any enquiries, please email:

email - vajrasatiyoga@googlemail.com



vajrasatiyoga@googlemail.com