

Summer Healing Private Education Society [PES] Standards

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Summer Healing PES standards maintain the highest ethical and moral principles for yoga teachers in order to ensure high quality, exclusive, prime, and equitable trainings and teachings of an international and Global standard.

The experience of Yoga today has been established from many decades and from many different lineages, great Yogis have dedicated their lives to invest into the expansion of consciousness and self-inquiry to convey this ancient vast science of the soul. We are a Private Yoga Education Society setting the highest level of excellence for over a decade. Established in 2010, Summer Healing Private Education Society has expanded with yoga's modern evolution while maintaining the roots of the teachings through the timeless texts and resonation of yoga's original roots and Gurus.

We show great awareness in the requirement for modern standards that are aligned with the current research and functionality of the biomechanics of the physical body and in alignment with modern day body worker practitioners that offer high quality, safe, attainable, and approachable yoga teaching.

For over 12 years we have been adapting the current standards of our teachings to bring forth the research, we have found a way to offer attainable teachings and trainings for the new beginner to the advanced yogi.

Through the research and thousands of hours of teaching and studying we have developed

1. 200 hr internationally recognised Yoga Teacher Training course in Hatha and Vinyasa



The course has been intelligently designed to give you all the skills and experience you need to be a leading Yoga Asana Teacher.

✨ The course specialises in the methodology of asana bringing ancient teachings into an easy-to-understand format, integrating it into your yoga classes. We teach the pure science of yoga, not just standard exercise.

In Our 200hr Yoga Teacher Training, You Will Learn:

- How to adjust and assist yoga students.
- How to sequence a class.
- All the different families of asana and how to instruct them.
- The anatomical movements of the body.
- Methodology of asana and how to integrate traditional methods into your classes.
- Developing all the skills you need to teach yoga to the public.
- Administration skills.
- Career skills.
- Self-development skills.
- Self-inquiry.
- How to deepen your practice.
- The history of yoga.
- The physiological aspects of yoga.
- Program teaching to members during the duration of the yoga course.

Code of Conduct

Scope Of Practice

Outlines the role of a yoga teacher, including responsibilities, limitations, and boundaries, such as advising and teaching according to credentials, experience, and abilities.

Equity In Yoga

Continued Education 50 hrs YTT

2. 50 hr continued education program for teachers who have graduated to advance their teaching by attending 10 lectures at 5 hrs each for continued growth



3. 50 hr Yin Yoga Accreditation



This 50-hour intensive programme was created for certified and aspiring yoga teachers as well as dedicated yoga students who simply wish to delve more into the world of yin yoga for their own practice.

We cover 36 contact hours over the 4 days, the remaining 14 hours are covered through some homework assignments and then predominantly through assisting and teaching SEVA classes, a unique approach that we have developed to give students real life teaching experience.

We live in a fast paced, yang dominated world where the epitome of this pace is the dominance of stress and anxiety in our lives, essentially creating imbalance. Even many yoga practices which are in essence designed to bring us back into balance tend to be yang focused. Yin is the medicine required to help return our balance resulting in a more calm, centred and focused state of being.

Our Yin Yoga Teacher Training program will give you the knowledge and skills to confidently teach yin yoga with a deep understanding for anatomical variation which will benefit your own practice as well as the teaching of not only yin yoga, but all forms of yoga, dance, sport and bodywork.

Some of the subjects we cover over the course:

- History and roots of yin and Taoism
- Individuality of anatomy
- Yin tissue and yin techniques
- TCM/meridians

- Non-duality and the yin energy
- Yin postures, how to prop and sequencing

Contact hour days run from 9:00am – 5:00pm with a one-hour lunch break. These days include several lectures, classes and practical work and play. The remaining non-contact hours are completed at the student’s personal pace with assistance from Summer Healing to implement SEVA and assisting classes.

50 hr Yoga Nidra Teacher Training



50 hr Meditation Teacher Training



100hrs Yoga Lecturer Accreditation



50 hr advanced pranayama accreditation



Registered Yoga Teacher Trainer



Community Standards and Ongoing Support Network

Registered Yoga Teacher Trainers will be able to join our Summer Healing PES members group where you will have a community to expand the ongoing learning and you will have the lifetime support to assist each other with your career and personal growth in Yoga

While these courses offer the basic platform for the continued expansion of the high standards of yoga universally, we grant this work, like the nature of yoga , is eternally in expansion.