

Frequently Asked Questions

Yoga & Somatics for Healing & Recovery and Teaching Somatics

Is it possible to do the courses at different times?

Yes, you can do the two courses at the same time or one after each other in either order - they are designed to fit in with whether you prefer to do a more intensive immersion or need/prefer to do over a longer time frame. So your choice can fit both your time availability and learning style; whatever creates least stress and helps you connect with the material.

To clarify, someone would do the theoretical part and the practical part, plus the four day workshops to get the full 170 hours certification?

Yes, the theoretical part includes the 4 day workshops too and the practical part includes the weekend retreat... you can do the two courses at the same time or one after each other in either order.

What is the difference between teaching yoga therapeutically and being a yoga therapist?

Yoga therapy is a different, specific training to this (or to yoga teacher training) that is mostly to work with a client for a health issue in a process that includes an assessment.

Therapeutic yoga teaching is then essentially guiding a practice that has an emphasis on health, taught by a yoga teacher, rather than a yoga therapist. This means that it is often taught in groups or one-to-one without the full assessment process. It is also about the nature of the practice itself; to be guided by embodied awareness to support health/equilibrium/homeostasis and a body relationship that helps people to recognise and respond to their deeper needs.

Are both courses now hybrid courses?

Yes, both of the courses are now called this as a good proportion moved online. There is the option to do just the online element of the course for each one. [You can sign up to the online elements only here.](#)

How long are the live discussions each week?

These are 60 minutes each week for each course. There are two sets of dates for each course:

Yoga & Somatics for Healing & Recovery -

Tuesdays 2pm UK time 2020 – October 6, 13, 20, November 3, 10, 17, 24, December 1, 8, 15

Thursdays 7.30pm UK time 2020 – October 8, 15, 22, November 5, 12, 19, 26, December 3, 10, 17

Teaching Somatics -

Tuesdays 10am UK time 2020 – September 15, October 13, November 10, December 15, January 12 2021

Wednesdays 7pm UK time 2020 – September 16, October 14, November 11, December 16, January 13 2021

You will need to sign up to a specific group, but there may be the option to attend the other occasionally if you cannot make a session.

Are the live sessions recorded if I can't attend?

No, the live sessions are not recorded as we don't believe it is ethical to record others voices and send out. These sessions need to remain a space where folks feel they can speak freely and openly without any censoring that can occur when they are being recorded.

What are the dates for next year if I was to postpone until then?

I am not sure yet - I'm also waiting to see where we are as it's very difficult to see how the future will be...

I'd prefer an in-person course...

I've run a few courses online now and they have gone really well with excellent feedback (especially the fact that you then have lifetime access to the resources and videos!). We will meet to do in-person stuff at some time in the future also!

There is a whole weekend retreat for the Teaching Somatics course, and there is the possibility of meeting in London for the Yoga & Somatics for Healing & Recovery course – which is now looking like will be Sunday sessions in 2021, but obviously that cannot be confirmed yet. There are also an extra 4 day workshops for this course – again, dates are dependent on Covid-19 but this can be worked out somehow in a studio.

What is the cost for each course?

Teaching Somatics: <https://www.charlottewattshealth.com/teaching-somatics-course-for-yoga-teachers/>

£249 full/ £280 instalments

£350 retreat

£80 day workshop on teaching skills specific to Somatics

£80 day workshop on sequencing classes

= £759 or £790 before any discounts or concessions (plus attending class costs for observation c.£30)

Yoga & Somatics for Healing & Recovery: <https://www.charlottewattshealth.com/yoga/yoga-for-healing-and-recovery-online/>

£480 full/ £540 instalments

£80 x 4 day workshops

= £800 or £860 before any discounts or concessions

Payments are taken for each element as you go.

Are there concessionary rates for those on lower incomes?

I am keen for anyone to do the courses who will find the content useful on a teaching or personal level. I understand keenly that income has dropped for many yoga teachers in the light of Covid-19, so please do get in touch if you would like to sign up, but any financial implications in the way.

For those on lower income (for any reason), I am happy to offer you a 20% discount, whether for the full amount of instalment options for either course, taking the course costs to:

Yoga & Somatics for Healing & Recovery:

£480 full price if paid in full – **concessionary rate £400**

£540 price as 4 payments of £135/month – concessionary rate **4 payments of £107/month** - £428 total

Somatics for Yoga Teachers:

£249 full price if paid in full – **concessionary rate £199**

£540 price as 2 payments of £140/month – concessionary rate **2 payments of £112/month** - £428 total

Please get in touch directly with Charlotte at info@charlottewattshealth.com to discuss.