



4Beat Rocket: Making Rocket Accessible

Dates & Location

2-5th May 2026 @ Sunset Studios, Bussey Building, Peckham
10-5.30pm Saturday – Tuesday (including Bank Holiday Monday)

Cost

£450 early bird discount (until 1st Jan 2026) // £500 thereafter
Bursaries are available for all trainings, please ask us for info.

Course Outline & Content

As well as the chance to learn various ways in and out of the funkier Rocket transitions and postures (and plenty of ways to work towards them), students will learn about creator Larry Schultz's intention in creating The Rocket system, his emphasis on individual choice, embracing body difference and his desire to create a practice where *'everybody gets to do what they wanna do'*.

Sequence: Students will learn the full **Rocket 1 sequence**, understanding the blocks and arc of the sequence, the 'traditional' poses as well as modifications for them and will learn to adapt for all bodies and levels of experience. "It's an attitude not a sequence". We will also explore how to adapt to 60/75/90 minute classes.

4Beat: We will also dive into the **psychology of music**, looking at the technique of teaching to the beat and the effect this has on brain and body.

Accessibility: We are also joined by Fiona Callanan, who will guide students through ways of making the practice **physically accessible for all**, without losing its playfulness, and Rosie Turner, ADHD Coach, who will hold sessions on **neuroinclusive teaching**, and how it benefits everyone, not just those with neurodiversity.

Assists: The training will guide students through functional, supportive **assists**, so that whether you are a teacher or a student, you can deepen your understanding of your own body and body variation.

Inversions & Transitions: A look at the transitions between postures as well as some of the classic arm balances and upside down-ness of Rocket, working out how to practise and teach them at various levels for different students' experience.

Energetics: "Rocket gets you high". Exploring the effect of the different rocket sequences with a view to being mindful of your energy and mood. Exploring ways to close the practice – ashtanga/functional versus yin versus restorative options

Stability versus Flexibility: Including hyper-mobility, the tendency to prioritise deep stretch over stabilising, and the important difference between useful muscle engagement versus unnecessary tension, and movement versus directionality when it comes to "alignment".

Faculty

Hannah Whittingham (lead teacher)

Fiona Callanan (accessibility)

Rosie Turner (neurodiversity in yoga)

The Small Print

Half of the tuition fee is due on booking as a deposit, the other half can be paid any time up to 6 weeks before the course start date. Deposits are non-refundable, but if cancelled in advance of a month before the start date, they can be transferred to another training (for full details see terms and conditions). If you would like to discuss a payment plan, do let us know.

Please note that this course will allow you to teach Rocket/Rocket Inspired classes, it does not qualify you to run Teacher Trainings. To become a Rocket Teacher-Trainer, you must train with *It's Yoga* (led by David Kyle) and gain his certification.