



4Beat Rocket 2: Making Rocket Accessible

Dates & Location

Thursday 8th Oct - Sunday 11th Oct, 10.00am - 5.30pm
@ Sunset Studios, Bussey Building, Peckham, London

Training Cost

£450 early bird discount (until 1st July 2026) // £500 thereafter.

Bursaries are available for all trainings, please ask us for info.

Course Details

This course covers different ground to our Rocket 1 course.

4Beat Rocket Accessibility trainings can be taken in any order.

As well as the chance to learn various ways in and out of some of the funkier Rocket 2 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 how to teach in a way that reflects his ambition to create a practice where 'everybody gets to do what they wanna do'.

If this is your first 4Beat Rocket training with us, 3 x online, this includes interactive videos to complete in your own time before we begin.

Good Life Yoga School - Faculty

Hannah Whittingham (GLYS lead teacher)

Fiona Callanan (accessibility, history of moving together in time)



Course Outline & Content

Sequence

- ◇ Learn the full Rocket 2 sequence (you do not need to complete a Rocket 1 training)
- ◇ Understand the blocks, order and energetic arc
- ◇ Understand its foundations in Ashtanga and how it evolved over time
- ◇ Learn to adapt for all bodies, energy levels, and experience
- ◇ Learn how to adapt the sequence for 45, 60 & 75 mins
- ◇ Consider how to teach the sequence whilst empowering students to make individual choices

"It's an attitude not a sequence" (Larry Schultz)

4Beat

- ◇ Dive into the psychology and neuroscience of music - what music does to your brain and body
- ◇ Learn how moving to a beat affects focus, flow state and energy expenditure
- ◇ Master the technique of teaching to the beat
- ◇ Learn what features of music make it more or less effective to teach to

Accessibility

- ◇ Learn the foundations of accessible teaching
- ◇ Learn how to make classes accessible for all without losing playfulness or challenge
- ◇ Discover how HARD chair yoga is!
- ◇ Learn the importance of language and simplified cueing
- ◇ Consider the importance of neuroinclusive environments that are trauma aware

Inversions & Transitions

- ◇ Learn some of the funkier transitions between poses
- ◇ Workshop inversions with an eye to creating multiple variations and stages that everyone can participate in
- ◇ Workshop arm balances and adapt for different levels of experience



Energetics

- ◇ Explore the effect of the different rocket sequences with a view to being mindful of your/your students' energy and mood
- ◇ Explore how you might subtly shift the way you teach the sequence for different times of day
- ◇ Explore ways to close the practice that allow for different energetic preferences

Stability vs Flexibility

- ◇ The implications of hyper-mobility and how this might affect your cueing
- ◇ Consider the problems with focussing on deep stretch alone, without stability and strength
- ◇ Learn the difference between useful muscle engagement and unnecessary tension
- ◇ Break down poses using target areas, muscle engagement and directionality

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, it can be transferred to another training (for full details see terms and conditions). If you would like to discuss a payment plan, 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.



GLYS Values

Kindness

no judgy judgy.

to create spaces where everyone feels seen, understood, and safe.

Integrity

the big one.

to uphold our values above all else. no compromise.

Questioning

prod & poke at ideas.

to remain curious and deliver non-dogmatic training.

Knowledge

nerds are cool.

to engage in open-minded, science-backed teaching and learning, and ongoing self-inquiry.

Inclusivity

variety is the spice of life.

to embrace diversity - physically, culturally and neurologically -
to build communities accessible to all.

Yoga for the curious mind.

