



200 HOUR YOGA TEACHER TRAINING INTENSIVE JULY 3 - 24, 2021



Led By: **Kaila Kaufmann** | **Natasha Willness** | **Hamsa Eliza**

This comprehensive Yoga Teacher Training complies to the requirements of Yoga Alliance International for the 200hr certification.

DURING THIS 200 HOUR TRAINING YOU WILL COVER:

- The History of Yoga; from the Vedas to Present.
- The 8 limbs of Yoga
- Introduction to Sanskrit and pronunciation.
- Kriyas & Pranayama {cleansing techniques & breathing exercises}
- Posture study; the myths behind these ancient asanas.
- Fundamentals of Vinyasa Flow; Learn how to curate functional and fun sequencing for classes.
- Fundamentals of our Hatha Hot Yoga set series.
- Yoga Anatomy: muscular and skeletal system, major and minor girdles of the body, trains of fascia, planes of movement.
- Find your voice and learn direct & effective queuing techniques.
- Meditation techniques & practice.
- Intro to Aryveda.
- The chakra system.
- Inversion workshop.
- Backbend workshop.
- Hands on assists & enhancements workshop.
- Study the Yoga Sutras of Patanjali and learn to weave these teachings through your led classes and apply them to your life.
- Gain confidence to lead a 60 min and 75 min sequence in a group setting.
- How to modify, enhance and adjust the posture for the individual.
- Working with limitations and injuries.
- How to teach safely in a heated room.
- Business of Yoga, branding yourself, insurance, marketing strategies & social media.
- Photography workshop & photo shoot.
- Final Practicum & Graduation Ceremony.



TUITION: \$2310 inc gst *earlybird rate ends June 3rd
For more information & to register visit bambuhotyoga.com