



COURSE CONTENT

Philosophy

- What is Yoga?
- History & Styles
- The Bhagavad Gita
- Patanjali & The Sutras

The Art of Asana

- Asana Labs
- Body Reading & Adjustments
- Intelligent Sequencing
- Communication

Functional Anatomy

- Physical anatomy
- Mobility vs. Flexibility
- Movement Patterns

Meditation & Mindfulness

- Styles of Meditation
- Mindfulness
- Taking your Yoga off the Mat

Pranayama

- Understanding the foundation of Breathwork

Is this right for you ?

Are you seeking personal growth with a strong desire to learn this practice? You have a clear understanding of your physical health.

Please Note: We do not require a certain level of physical fitness for you to join this program.

INVESTMENT:

Early bird: \$3,300 +hst
Regular: \$3,500 +hst

Payment plans available.

APRIL - SEPTEMBER 2022

Location: The Well Room

One Weekend a month

WHAT'S NEXT?

Request an application to join

2022 WEEKEND FORMAT



LEAD TRAINER

Jamielee Morin

COURSE DETAILS

Once you have successfully completed all course work you will have one written exam (open book).

One practical exam which is to complete a one hour yoga class.

Our program is recognized with the International Yoga Alliance since 2014.

EXPERIENCE

- Our unique spring and summer programs are offered as an indoor/outdoor experience.
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POST TRAINING

- Mentorship meetings
- Placements
- Networking
- Social media promotion

WEEKEND BREAKDOWN

FRIDAY EVENING 6 P.M. - 8 P.M.

Work on self-practice and alignment
Philosophy Lab

SATURDAY/SUNDAY 8 P.M. - 3 P.M.

Guided practice
Asana Lab
Body Reading
Adjustments
Workshop

STYLE & LINEAGE

Our program is designed to have all levels of ability in mind.

Our goal is to educate individuals to create a lifelong lasting yoga practice, that restores the mind, body and breath connection.

Our lineage is based in vinyasa yoga with strong influence from Ashtanga and Iyengar alignment principles.

Our most notable teacher is Maty Ezraty. Most of the training details come from the wisdom learned from Maty during advanced yoga training in California.

Our program is unique, with over 7 years of experience leading teacher training, we are highly skilled in understanding learning styles and are experts in guiding you towards becoming the best Yoga Teacher possible.