

PURE YOGA AT EQUINOX 200 HOUR TEACHER TRAINING: PROGRAM FORMAT & CURRICULUM

WHAT IS PURE YOGA?

Everything at Pure Yoga is inspired by the guiding principle of, "Many practices. One intention." Through diverse yoga programming, Pure Yoga is committed to helping members and students challenge their minds, bodies and spirits as they strive to be their best selves on and off the mat. Pure Yoga has been the golden doors of yoga in New York City for the past ten years. Pure's program and Teacher Trainings cultivates a supportive community of individuals on an ever-evolving journey of self-discovery and wellness. Our members and students enjoy our diverse programs rooted in the rich lineage of yoga led by world class teachers in a one of a kind urban oasis.

PURE YOGA 200 HOUR TEACHER TRAINING OVERVIEW

Pure Yoga's 200 Hour Teacher Training will evolve and enhance your existing yoga routine under the guidance of world-class instructors. Pure has led over 30 trainings in the past 10 years in NYC and in Equinox markets around the US with 1250+ plus graduates. This 200 Hour Teacher Training Program is accredited by Yoga Alliance. You'll learn compassion, empathy, and kindness based on knowledge of the ancient Yoga texts. You will graduate fully prepared to teach a Yoga class with the wisdom behind proper alignment, breathing and encouragement.

We offer a 9-Week Program at Equinox in Vancouver

What differentiates Pure Yoga Teacher Training:

- Breadth of knowledge of the Lead Teachers and Support faculty
- Committed Teaching and Operations staff
- Real time and personalized feedback on practice and instruction
- Serene studio for optimal learning
- Our Teacher Training students land jobs within weeks of graduation

COURSE CURRICULUM

- 140 – 160 Classroom Hours
- 40 – 60 Hours of Outside Hours (Taking, Observing Teachers at Equinox, Required Reading and Homework)
- Additional Homework & Reflection work over all course material
- At the completion of the program and exams you will receive your 200 Hour Certificate to send to Yoga Alliance for approval

EXAMS

Practical, written and performance exams are required at certain marks of the program. 400- 700-word Essays on: The Bhagavad Gita, Yoga Sutras, short and full sequences, Anatomy homework and other course material assigned by the Lead Teacher Trainers

TOPICS OF STUDY

YOGA PHILOSOPHY

- Basic Sanskrit and chanting
- Yoga Philosophy & studying of ancient Yogic texts
- Introduction to Pranayama and Meditation

THE PRACTICE

- Focus on the practice of asana and alignment rooted in Iyengar traditions
- How to build your own personal yoga practice
- Therapeutics and How to adapt your classes to all levels
- Introduction to Yin, Restoratives, Forrest Yoga, Ashtanga yoga and more...

TEACHING SKILLS

- Teaching Methodology
- Sequencing Classes
- Manual Adjustments
- Effective Communication & Presentation Skills
- How to Teach Beginners & All level classes

EMBODIED ANATOMY

- In Depth Anatomy Training

CAREER SUPPORT

- How to Teach Private Yoga and build your business & The Business of Yoga

TUITION

- Non Member | \$3750 + tax
- Equinox Member | \$3550 + tax

**A \$500 non-refundable deposit is required to secure your space.*

**Payment plan information available upon request*

VANCOUVER 2018 FALL 200 HOUR PROGRAM DETAILS

DATES: September 14th – November 18th

SCHEDULE:

- Fridays, 6pm – 8:30pm
- Saturdays, 1pm - 7pm
- Sundays, 1pm - 7pm

Email angela.leigh@pureyoga.com to enroll

ABOUT YOUR TEACHERS**KATE GILLESPIE**

After nearly a decade of practice, Kate pursued her first teacher training program in Costa Rica, with the intention of deepening her personal practice and having an extended vacation from a demanding finance career. The rest is history. Kate is currently most inspired by the intelligence of Iyengar Yoga, the mindful creativity of Kula Flow vinyasa, and the magical philosophy of Katonah Yoga. She feels honored to share her biggest passion in public classes, workshops, international retreats and most potently as a teacher trainer.

MATT CORKER

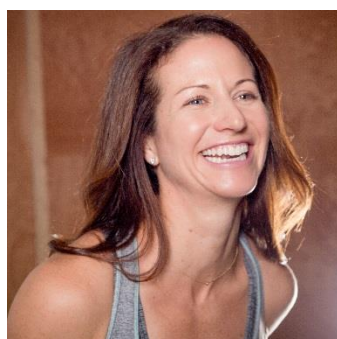
Matt is a vinyasa-based yoga teacher who's classes weave together challenging asana, pranayama, music, humour and yogic themes relevant for the modern yogi. He teaches workshops and trainings around the world, most recently in Bali and Copenhagen, sharing the power of your breath and what it feels like to laugh on a yoga mat.

CLARA ROBERTS OSS

Clara believes that much of the spiritual practice is about 'lila', cosmic play. When we play, we are open to the unfolding while in process. It is less about the goal and more about the evolution. Clara has been teaching for 15 years and has been leading retreats and teacher trainings worldwide for the last 9 years. She draws from many different traditions including Prana Flow, Vinyasa, Iyengar, and Jivamukti, to create strong, integrated holistic classes. Clara has also studied philosophy with Paul Ortega, Lorin Roche and Daniel Odier. Check out her classes on www.gaia.com and website www.clararobertsoss.com

CAROLYN ANNE BUDGELL

Carolyn Anne Budgell (BA, ERYT 200, Kula 75, Prenatal) discovered yoga in 1999 as a ski bum in Whistler. With a passion for vinyasa flow and the potent silence of meditation, she guides from a realistic, down-to-earth and lighthearted perspective. Thanks to teachers such as: Ana Forrest, Schuyler Grant and Clara Roberts-Oss, she shares yoga and meditation around the world at the Wanderlust Festivals, with the Lila Vinyasa School of Yoga, Calm Rebel Meditation and lululemon (proud ambassador). She passionately encourages others to discover that it's never too late to breathe deeply, to grow and to change. Stay connected to all of her events at www.carolynannebudgell.com

KATHERINE MOORE

Katherine has been practicing yoga for 17 years. She has been competing in distance running for 13 years. Her love for health, movement, peace, stillness, breath and alignment shines through when she is teaching. Her classes are safe, fun, playful; with emphasis on alignment and breath. Katherine is inspired to share her passions with everyone and see how they can be a positive change to everyone's life, and always with the brightest smile!

JAZZ BRADEN

From an upbringing in the wild extremes of Northern Canada to years as an elite athlete, Jazz combines her love for movement and connection to nature through her classes, intensives, trainings and retreats. Since becoming a yoga teacher at the young age of 21, her offerings draw from lessons learned under master teachers, experiences traveling and teaching internationally as well as her deep desire to offer space for connection.

CHRISTIE BAUMGARTNER

Christie has been teaching yoga in Vancouver and abroad since 2008. Over the years she has since continued her education, and is inspired by the teachings of Shiva Rae, Schuyler Grant and Jill Miller. Her her passion to teach vinyasa, she also believes in yoga therapeutics and loves working with athletes. She has worked with the Vancouver Canucks, Whitecaps the UBC varsity teams and has travelled to Europe and across BC with the BMC team and for BCBR.

