

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 11-Week Program at Equinox in Southern California

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 | \$4000
- Equinox Member | \$3750

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

**Payment plan information available upon request*

SOCAL 2018 FALL 200 HOUR PROGRAM DETAILS

DATES: September 15th - December 2nd

SCHEDULE:

- Saturdays, 1pm - 7pm (*Equinox South Bay*)
- Sundays, 1pm - 7pm (*Equinox Century City*)
- Wednesdays, 6pm - 9pm - 5 total: 9/19, 10/3, 10/17, 10/31, 11/14 (*Equinox Sports Club West LA*)

Email angela.leigh@pureyoga.com to enroll!

ABOUT YOUR TEACHERS**CLIO MANUELIAN**

Clio Manuelian is a yogi, a mother, a wife, an ex-NY'er, a former fashionista, a Sutra student, an enlightened mind-in-training, a recovering type A, an emissary for joy and a 500 ERYT through YogaWorks. Practicing since 1995, yoga continues to challenge her body, calm her mind, call her attention, creates her community and serves as a guiding north star in the great navigation of life. When her son was born, she stepped off the fast track to follow her heart path (the dharma) and began her journey from spinning to centered. At the core of her teachings there is a celebration for the human capacity to expand, love and live more fabulously. She teaches public classes and Teacher Trainings at Equinox and Wanderlust Hollywood and regularly hosts retreats in gorgeous locations. Infused with humor and soul, Clio is a storyteller with a devotion to philosophy.

BRENT LAFFOON

Devoted student and passionate teacher, Brent Laffoon is a Los Angeles based yogic messenger. His easy-going personality, encouraging attitude and unique approach to yoga have made his classes popular among yogis of all levels in L.A. and beyond. Trained in a variety of styles – including Ashtanga, Bhakti and Iyengar – his classes are a fusion of traditional yoga philosophy and postures mixed with a creative blend of conscious movements designed to challenge the body and wake up the mind while providing a safe place for students to explore and grow beyond their perceived limitations.

EMILIE PERZ

Emilie's strong vinyasa inspired teachings allow her students to develop a deeper connection to their personal health and wellbeing. Voted one of Los Angeles best yoga instructors, Emilie offers her students a rigorous and refined practice that offers an educational understanding of the physical body through anatomical focal points and precision alignment. Known as a straightforward and disciplined teacher, Emilie uses a very hands-on approach and practical application of muscular components needed to create asana as it relates to sports, exercise and therapeutics. She encourages her students to develop a deeper dialogue with themselves, helping them to strengthen their bodies, rehabilitate from injuries and achieve an overall greater awareness of themselves.