

**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 Boston

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*

**BOSTON 2019 SPRING 200 HOUR PROGRAM DETAILS**

**DATES:** March 1 – May 19<sup>th</sup> (Off Easter Weekend.)

**LOCATION:** Equinox Sports Club, Boston

**SCHEDULE:**

- Fridays, 6:00 pm – 9:00 pm
- Saturdays, 1:30 pm – 7:30 pm
- Sundays, 1: 30 pm – 7:30 pm

Email [andrea.borrero@pureyoga.com](mailto:andrea.borrero@pureyoga.com) to enroll!

**ABOUT YOUR TEACHERS**

**AMY LEYDON**



Known for her intuitive sequencing and beautiful music, Amy has been a pioneering force in the Boston yoga scene for the past 15 years. She brings an element of meditation and philosophy into each of her classes and gives her students a reprieve from the outside world while offering them a deeper understanding of their inside world. A dedicated student of various forms of yoga, Amy's main influences include Barbara Benagh, Shiva Rea, and Tom Myers.

**RENEE LEBLANC**



After years in the corporate world, spending a good deal of her energy arranging meetings and travel around sneaking away to yoga classes any chance she could get, she decided to take the leap out of the office and into the studio. In 2005 she began teaching and practicing yoga full time and has not once looked back. Renee's classes are a powerful vinyasa flow that will challenge you to explore the edges of your physical and mental edge with loads of humor and joy. Always a student first, her teaching is informed by strength and integrity in alignment, curiosity and challenge. Yoga is more than a workout, and much more than a flow, it is a potent means of tending to the health and wellness of the entire body.

**TODD SKOGLUND**



Todd is the co-founder of South Boston Yoga, established in 2008. He is co-director of the South Boston Yoga 200hr Teacher Training, having trained some of Boston's most beloved teachers as well as many influential teachers around the states and abroad. He teaches at Equinox Fitness Clubs in Boston and leads workshops, trainings and retreats around the globe. Todd has an extensive 20+ year background in Yoga, Martial Arts, Creative Movement, and Personal Training as well as a degree in Eastern Philosophy with a firm foundation in meditation and other internal arts. He teaches with a fierce compassion grounded in intelligently creative classes to bring each student to a stronger, firmer understanding of their own body and health potential.

**DAN STEEL**



Dan Steel started on his yogic path in 2008 while he was enrolled in an Eastern philosophy course at the Berklee College of Music. Having a background in martial arts and gymnastics, he was immediately drawn to the physically demanding aspects of asana and the focus it required. He has since completed both the foundational and advanced trainings with Ana Forrest, a 200-hour vinyasa training with Ame Wren at Back Bay Yoga, Budokon Yoga training with Cameron Shayne, and Shadow Yoga studies under Matt Pesendian. He is also training in Z-Health, a fitness system inspired by current neuroscience that focuses on improving the connection between brain and body. He strives to offer classes in which students can develop a heightened sense of body awareness, control, and overall focus.

**VITO POLITANO**



Vito teaches yoga, trains teachers, provides Thai yoga bodywork, practices Metta meditation, and studies energy healing; he is grateful, and inspired to share these powerful practices. His strong desire to share the healing benefits of practice inspired him to combat a debilitating fear of public speaking, and start teaching in 2007. He teaches mindful movement with a focus on breath, and alignment. His care, comprehensive studies, and attention to safety, and therapeutics enable students to open body, heart, and mind in a deep, and sustainable way.