

Pure Yoga at Equinox SOCAL- 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 10-Week Program at Equinox in SoCal

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
- 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*

Early Bird Special: save 10% if you register before February 6.

SOCAL 2020 Spring 200 HOUR PROGRAM DETAILS

DATES: March 6 – May 17, 2020

LOCATION: Equinox Westwood / Equinox Century City

SCHEDULE:

- Fridays, 6:00 – 9:00pm (Century City)
- Saturdays, 1:00 – 7:00pm (Westwood)
- Sundays, 1:00 – 7:00pm (Westwood)

Email andrea.borrero@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. Clio's successful career in Fashion PR with top posts at Elle Magazine and Salvatore Ferragamo left her well paid, well dressed and highly stressed. 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. Her classes are physically demanding, energetically empowering, mentally focusing and spiritually up-lifting. They are designed to transform lives. She is ever grateful to all her teachers: Lisa Walford, Tias Little, Joan Hyman, Annie Carpenter, Ruth Lauer-Manenti and Elena Brower, as well as every student who appears to teach her how to look, listen and connect.

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 Perz is widely known for her strong, creative and educational vinyasa flow classes. Voted one of Los Angeles' best yoga instructors, Emilie's detail-oriented teachings reveal how yoga asana mirrors the practical movements we make in life and how learning to align the body precisely can create energy and equanimity in the body and mind. With a hands-on approach she guides her students through a rigorous yet refined practice focusing on anatomical and educational cues that inspire students to take control of their own personal health and well-being. Train with Emilie this fall at Equinox, Light on Lotus and Roam Los Angeles.

JORGE LUNA

Originally from Mexico City but raised in Los Angeles, Jorge is deeply familiar with California and its energy. Although Jorge's previous education and work were in other industries, his great passion in life has been fitness/wellness. As a 20-year veteran, he began teaching cycling and main studio formats and then continued his education in Yoga. Jorge holds certifications in various schools, leads teacher trainings, workshops and eventually became a Licensed Yoga Therapist. Jorge has over 4000 hours of trainings and has specialties in Vini Yoga, Restorative, Therapeutics, Anatomy, Philosophy and Vinyasa. As part of his love for wellness and fitness, Jorge operates a luxury retreat company that produces yearly cultural and wellness retreats domestically and abroad. He is deeply vested in the relationships and community that fitness/wellness create. More than just a discipline, Yoga is fully incorporated in Jorge's life; this is reflected in all of his teachings.