

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 10-Week Program at Equinox in Armonk, meeting every other weekend.

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, Restorative, 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: 10% less if you register before September 4th, 2019

WESTCHESTER 2019 FALL 200 HOUR PROGRAM DETAILS

DATES: October 4, 2019 – February 23, 2020; the training meets every other weekend, (Thanksgiving, Christmas, and New Year's weekends off.) Full list of weekends below:

October 4 – 6

October 18 – 20

November 1-3

November 15 –17

December 6-8

December 20-21

January 10 – 12

January 24 – 26

February 7 - 9

February 21-23

LOCATION: Equinox Armonk

SCHEDULE:

- Fridays, 6:30 pm – 8:30 pm
- Saturdays, 12:00 – 6:30 pm
- Sundays, 12:00 – 6:30 pm

Email andrea.borrero@pureyoga.com to enroll!

ABOUT YOUR TEACHERS

RENEE DIAMOND

Renee Diamond embodies true grit and dedication. A nationally respected fitness and yoga instructor, and international presenter, she has been teaching physical practices for four decades. She is a lifelong student of movement and the body. Her yoga practice and teachings consider all the influences of her life including modern dance, strength and conditioning work, martial arts and love of the outdoors. These combine with her extensive knowledge of regenerative and therapeutic practices and anatomical study to bring a wholesome well rounded approach to her students.

Renee's thirst for education and deeper understanding of the body/ mind has brought her to the door of many esteemed teachers to whom she is most grateful, particularly legendary yoga master, Tao Porchon Lynch, who started her on her path 25 years ago. An award winning instructor, Renee teaches for the world famous Equinox Fitness Clubs, leads yoga teacher trainings and yoga retreats. She is the creator of Diamondfit Yoga, a lifestyle brand with the tagline (her motto): Move Breathe Shine!

MICHAEL DAY

Michael is thrilled to be co leading this Pure Yoga Equinox TT.

Graduating from Clarion University with a degree in Acting, Michael went on to dance with several Modern Dance Companies, including a year and a half on Broadway in; A Chorus Line. Michael found his first yoga class with Alan Bateman, in his NYC apt around 1981, where he quickly enrolled in the Bateman Institute Teacher Training. Immediately finding the breath was more open and free, he continued dancing and sharing Yoga with various dance/acting companies. In a sense, dance movement is about telling a specific story. Yoga is more the dropping of any personal story and creating a moment to moment awareness of now.

In 1986 he stopped performing per se and began teaching Creative Dramatics for Elementary Schools and will one day, soon go back to finish the second half of his Masters in Elem. Ed.

He has been sharing yoga for the past thirty five years and started teaching Yoga in Scarsdale Equinox virtually from the beginning of Equinox entering Westchester. His style is a blend of moving stillness and supple power. Strength and relaxation in harmony. A vinyasa flow based in a strong Ashtanga foundation.

Some of the Teacher Trainings that have inspired Michael, include: Ashtanga teacher David Swensen, who he credits as being his most influential yoga teacher. Also, Teacher Trainings with; Aadil Palkhivala, Manju Jois, Nancy Gilgof and meditation with Jon Kabat Zinn.

Michael taught yoga for the Acting Conservatory at SUNY, Purchase college for 6 years and this marks the 6th Teacher Training with Co leader Renee Diamond.

COLLEEN BREECKNER

Colleen Breeckner has been a student of Yoga for over twenty four years. Colleen is eRYT 500 with the Yoga Alliance and holds several certifications from various traditions. Colleen trained for certification in the Anusara teaching method for 7 years, she is certified as a Thai Yoga Massage Practitioner from the Lotus Palm school and the Sunshine School in Thailand. Colleen is a certified Ayurvedic Health Counselor, as well as a certified Herbalist. She is the director of, Lila Tandava Yoga Teacher Training based in New York and Connecticut. She frequently hosts workshops, classes and outdoor adventure retreats for adults, teens and children both internationally and nationally. She is known for her playful and spirited style and for her ability to convey complex spiritual teachings in a lighthearted, accessible way. Her clear articulation of the poses along with her creativity make her classes profound, physically challenging and fun.

Throughout the years Colleen has kept a foothold in a variety of different traditions including: Vinyasa, Anusara, Iyengar, Kundalini, Ashtanga, Jivamukti, Katonah Yoga, therapeutics and more. She feels that all traditions have something of value to offer and truly honors each system for the perspective they give to the teachings. Colleen feels deeply compelled to uplift and serve all the beings she encounters. She is driven by a deep commitment to humanity, helping others to surmount life's challenges and find the strength within themselves to prevail. She continues to pursue learning in all areas of Yoga and movement. She has a son Kaleo (22) and a dog Riley (7)

OSI MIZRAHI

Osi Mizrahi is a writer, entrepreneur, and creativity coach whose teachings draw deeply from the traditions of Kabbala, Kundalini, Shambala, and Ayurveda. Mizrahi guides students toward a path that honors the self and promotes self-acceptance. Her philosophy stresses the importance of living a life of purpose and intention, while keeping the creative spark lit and being open to self-reinvention. Training female students to cultivate their inner beauty and strength by embracing their femininity is of particular interest to Mizrahi.

The concept of "home," representative of self, plays a foundational role in Mizrahi's ideology. From her own home in New York, NY, she runs Osiliving, a business that offers holistic products and inspirational media through the website www.osiliving.com. The company, founded in 2012, stems from Mizrahi's resolution to help women learn how to achieve emotional and physical well-being through yoga, meditation, medicinal foods, music and other avenues. Mizrahi's home in Westchester also serves as a spiritual retreat, where she works in a yurt and stays close to the earth by raising chickens, tending beehives, composting and gardening.

Mizrahi also travels the world to learn, grow and explore; she has led workshops in her native Israel as well as in France and Costa Rica. This dialogue between the intimate sphere and larger world is fundamental to Mizrahi's work helping individuals find balance, the source of all energy. Even as Mizrahi stresses the importance of a simplified life, she lives by the principle of commitment, something she learned by studying yoga and serving as a yoga instructor for more than 20 years.