

**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 Toronto at Bay Street.

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*

**Toronto 2019 SPRING 200-HOUR PROGRAM DETAILS**

**DATES:** March 15<sup>th</sup> - June 3, 2019 (Easter & Victoria Day weekends off.)

**LOCATION:** Equinox Bay Street

**SCHEDULE:**

- Fridays, 6:30pm – 8:30pm
- Saturdays, 1:30pm – 5:30pm
- Sundays, 9am – 5:30pm

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

## **ABOUT YOUR TEACHERS**

### **MICHAEL DECORTE**



Michael DeCorte has been practicing and teaching different styles of yoga for more than 15 years, after turning to yoga and fitness to overcome his personal challenges with substance abuse and obesity. Michael has worked and trained internationally with the most respected and revered teachers and yogis. Michael is also the creator of Jock Yoga® --a contemporary and athletic approach to yoga. Michael has been teaching with Equinox in Canada for more than five years. Michael's teaching style strikes the perfect balance between challenging, rejuvenating and energizing.

### **JUSTIN B. HALEY**



Justin has been a student of Yoga for over decade. It wasn't until his own personal experience with cancer in 2007, however, did his relationship to the practice transform into a profoundly passionate commitment. Justin now dedicates his life to helping others slow down and rest, to expand and reflect, and discover the potential miraculous daily health benefits of practicing yoga and meditation. Justin teaches a variety of daily classes and facilitates workshops, international retreats, restorative teacher training programs.

### **ANGELA JERVIS-READ**



Angela believes that the practice of yoga has the potential to make this world a better place. She weaves together Eastern insights with Western science to manipulate the relationship between mind and body. After a successful career as a gymnast she looked for a way to manage the aches and pains. Her classes are fun and energizing. She leads Trainings at The Yoga Sanctuary (Toronto), Yoga Hero (UK), Hotyoganic40 (UK), Yogame (Prague) and at the Sampoorna Yoga School in India.