

FREEDOM YOGA 200HR TEACHER TRAINING COURSE

COURSE DATES: 29 APRIL - 13 JUNE 2024

TIME: 12:00PM - 5:30PM (WEEKDAYS ONLY)

LOCATION: MARTIN ROAD STUDIO

FYYTT200 is the bedrock of quality teaching that is designed to bring out the best in YOU. Our Yoga Alliance Accredited training will provide you with the tools & fundamental skills required to teach a powerful & effective yoga class.

On top of the required teacher training topics, our training also has personal development modules that enable you to show up 100% and teaching from a place of authenticity. You can expect an all-round transformation from the inside out!

PROGRAM PERKS:

- Yoga Alliance accreditation that enables you to teach internationally.
- Specially curated course material.
- Unlimited access to in-studio classes during the duration of your training.
- Liforme travel mat.
- Free morning practice sessions in subsequent trainings after graduation (great alumni perk!).

The training will focus on:

- Deepening your personal practice
- A broad but in-depth introduction to various poses
- Functional anatomy
- Sequencing strategies in a Hatha & Vinyasa practice
- Asana clinic sessions

COURSE FEE

LAUNCH PRICE (valid from 27 Feb 2024 - 24 Mar 2024).

The launch price of our FYYTT200 course fee is \$2999.

Payment can be made in full or with a deposit of \$1500 and the balance amount in 2 monthly instalments (\$749.50/month).

Regular price: \$3400 (from 25 Mar 2024 - 19 Apr 2024)

Payment can be made in full or with a deposit of 2 monthly instalments (\$999.50/month).

HOW CAN I SIGN UP?

Sign up & make payment for our teacher training course online or in-studio.



COURSE OVERVIEW

Week 1

Deep dive into the practice in our 3 hour Hatha asana sessions; full spectrum, standing, hips and hamstrings, arm balances and twists!

Anatomy:

- Introduction to anatomy
- Skeletal system & joints
- Muscular system
- lower and upper limb anatomy

Week 2

Finish up your backbends and inversions Hatha modules and embark on Vinyasa practices (full spectrum, standing, hips & hamstrings). Integrate your knowledge with our asana clinic sessions.

Anatomy:

- Spine, shoulder
- Respiration system
- Nervous system

Week 3

In our last portion of the practice, finish strong in our arm balances, twists & backbends Vinyasa practice sessions. Start on sequencing principles and peer teaching this week!

Anatomy:

- Common injuries
- Manual adjustments

Week 4

With all that newly acquired knowledge, embark on sequencing various class types and peer teaching.

Deep dive into yoga philosophy taught in a modern day context.

Week 5

Hone your teaching skills during this week to prepare for your upcoming video classes & exams.

Week 6

Examination weekend:

- Pose knowledge quiz
- Teaching exam
- Written exam

Week 7

Home stretch! Time to flex your teaching muscles in your community classes. Invite your friends and family to experience a class that is uniquely yours. Practice as a cohort for the final time before our graduation ceremony!



KEY FEATURES

- Learn to teach: Dive deep into the art of teaching yoga, with a focus on practical, hands-on experience. Our systematic approach and experiential learning methods ensure a comprehensive understanding of teaching methodologies.
- Modern philosophy: Explore yoga philosophy in a contemporary context, making it relevant and applicable to daily life. Gain insights that enrich both your personal practice and your teaching journey.
- Self discovery: Personal development sessions provide a nurturing environment for self-exploration. Uncover your authentic self and cultivate a teaching style that reflects your true essence.
- Practice makes perfect: Put your skills to the test with opportunities to lead a 60-minute class curated by you. Receive valuable feedback and guidance to refine your teaching skills.

