



INTERNATIONAL CERTIFICATE: YOGA ALLIANCE

300hr YTT

Online & Live on Zoom

Module 1: March 26-28, April 2-4, 9-11, 16-18

Module 2: April 23-25, 30, May 1-2, 7-9, 14-16

Module 3: May 21-23, 28-30, 4-5, 11-13

Module 4: July 9-11, 16-18, 23-25, 30 - Aug 1



11am to 5pm UAE Time

Course Fee: USD 400 per module

LIMITED OFFER: ONLINE FORMAT

Due to the current world circumstances Yoga Alliance has agreed to registered schools offering Yoga Teacher Training Courses online until the end of 2021. This Online 300hr Yoga Alliance Registered Course will only happen now and will not happen again unless Yoga Alliance changes their policy, which is highly unlikely.

The Certificate you will receive will be a regular 300hr Yoga Teacher Certificate from my school, Yogafirst Middle East. Training format is through LIVE ZOOM CALLS from 11am to 4pm UAE time All live zoom calls will be recorded and uploaded on a private Youtube platform and shared with you in case you are unable to make a schedule or are in a different time zone and wish to follow the course by watching the pre-recorded sessions.

COURSE TIMINGS: FRIDAY, SATURDAY, SUNDAY

11am to 5pm Dubai/ Abu Dhabi time

7am to 1pm GMT

3pm to 9pm Bali Time



300 hour part time **course is for existing yoga teachers** who are interested in furthering their understanding in **Hatha Flow Yoga Techniques**, Comprehensive **Anatomy and Kinesiology, Pranayama**, Philosophical discussions and Chanting of the **Yoga Sutras of Patanjali**, **Meditation** Techniques, **Energy Body Activation** while increasing your skills and knowledge as a teacher and healer thru your Hatha Flow Yoga Classes.

So much benefit can be gained by the fusion of ancient techniques and modern communication skills and movement analysis. In addition to this are **class management** and **group facilitation techniques** to help manage your students better and create smooth flowing and positive class environments. Individual evaluation, feedback and assessment of all participants will also be done to ensure that your skills are further enhanced.

This course is open to yoga teachers of any style and discipline with open minds and a desire to go deeper into the experience of Yoga. Physical practice will be in the Hatha Flow style, Yogatherapy, Himalayan Kriya Yoga Styles and Pranayama, Meditation techniques.

Threefold aspects of this course will be:

1) Skillset to make you a more effective yoga teacher, workshop provider and motivator thru **adult learning and facilitation techniques, class design tools, instructor development** exercises, workshops on the **business side** but most of all Inspiration thru **connecting with deeper Yogic Traditions**.

2) Applied study of topics often overlooked or not really discussed in basic courses such as the **Energy Body, In-depth Pranayama Study, Class Sequencing Theories, Yoga Sutras of Patanjali** properly explained and chanting practice, Sacred Chants, and also in-depth study of both modern human **anatomy** and the **Chinese meridian system** as well as **Nadi System of Indian Yoga Tradition** to learn how to help people with different issues that come to you.

3) **Personal growth, inner awakening** and the opportunity and constructive environment to break out of those mental patterns and karmic resistances that no longer serve you well. This alone is enough to bring incredibly positive changes in all aspects of your life. **Are you ready?**



Lead Teacher: Peewee Sanchez

Peewee Sanchez is currently an ERYT500 in Yoga Alliance, teacher trainer and official continuing education provider (YACEP). She has exposed herself to a variety of styles and world renowned teachers. She is a certified teacher of Himalayan Kriya Yoga and continues to study with her Guru Dr. Pradeep Ullal every year in Karnataka, India. For the last 10 years she has been traveling the world giving teacher trainings in 200hr and 300hr Hatha Flow Yoga, 200hr Himalayan Kriya Yoga and Aerial Flow (Swing) Yoga.

Peewee teaches with sunny positivity, determination and fierce compassion. Her strength is the ability to communicate clearly and adjust her approach to the needs of the individual. Her style is alignment conscious Hatha Yoga with a playful Vinyasa Flow that encases an Intense Healing Energy Transmission which is quick and effective at improving a student in all levels.

Each day starts at 11am with a 2.5 to 3 hour long Yoga Practice that involves Hatha Flow, Pranayama and meditation followed by lunch and lectures, discussions and experiential sessions that run until 5pm. At the end of each module is an evaluation.

Module 1:

Practice Focus: Module 1 asana, pranayama, bandha & mudra sequence. Initial introduction to Pranayama and Breath techniques, Meditation Tools.

Philosophical focus: Yoga Sutras of Patanjali chapter 1 & Sanskrit Alphabet and proper pronunciation

Teaching Methodology Focus: Yogafirst Physical Adjustments/Corrections & Assists for all kinds of poses taking into consideration the privacy of your students and the environment of the Middle East Region with respect to physical contact. Corrective assists and corrections also covered.

Teaching Exam: Each trainee will teach a 1 hour class in which they apply the skills discussed and techniques learned from this module

Module 2:

Practice Focus: Module 2 Asana, Pranayama, Bandha, Mudra sequence. Yoga Sequences with therapeutic benefit for various issues and ailments.

Anatomy Focus: Intensive Study of Human Anatomy (bones, muscles, connective tissue& nerves) and how the body behaves in regards to these areas during yoga asana.

Therapeutic focus: discussions on how to handle various physical musculoskeletal issues thru yoga therapy. Also included are modifications for yoga postures as per musculoskeletal condition of students that come to group classes with various musculoskeletal ailments.

Philosophical Focus: Yoga Sutras of Patanjali Chapter 2: Sadhana Pada.

Teaching Exam: Creating a private session for a student with one of the musculoskeletal injuries discussed in the module.

Module 3:

Practice Focus: Module 3 Asana, Pranayama, Bandha, Mudra sequence. Deep dive into Raja yoga through Himalayan Kriya Yoga.

Philosophical Focus: Yoga Sutras of Patanjali Chapter 3

Techniques Focus: Pranayama, Energy Body Activation thru Himalayan Kriya Yoga, Working with Energy for Hatha Yogis with Mudras , Bandhas and Nada: The Nadis in greater detail, The 12 Chinese Meridians and the Meridian Body Clock,

Teaching Methodology Focus: Including Energy Pathway Detoxification and Transmission into your Hatha Yoga Classes

Teaching Exam: Creating a Hatha Yoga Class that Includes Energetic Work on Cleansing the Nadis.

Module 4:

Practice Focus: Module 4 Asana, Pranayama, Bandha, Mudra sequence. Deep dive into Raja yoga during the afternoon sessions.

Philosophical Focus: Yoga Sutras of Patanjali Chapter 4.

Development Focus: Business and Marketing side of Yoga for your self development as a brand. How to facilitate workshops and Retreats are also covered as well as a session on "finding your yoga niche".



Books we will be using (please purchase for yourself):

Yoga Body – Judith Hanson Lassater
Light On The Yoga Sutras of Patanjali – BKS Iyengar

Readings to be done before the course:

Yoga As Medicine – Dr. Timothy McCall
1st Chapter of Light On Yoga - BKS Iyengar
Hatha Yoga Pradipica - Swatmarama

Things You will Need for this course:

A space that allows you uninterrupted session attendance
Yoga Mat, 2 Yoga Blocks, 1 Yoga Strap
A notebook and a Pen for note taking
Good internet for the Zoom Calls
Reliable Laptop or Phone for Zoom Calls

How to Register

- 1) Fill out the registration form accompanying this information pack and send it back to us.
- 2) Deposit initial module fees (USD 400) into the following bank account & send us copy of transaction receipt:

BANK NAME/ BRANCH: RAK BANK (National Bank of Ras Al Khaimah
DRAGONMART BRANCH, 1st floor Dragonmart, Dubai, UAE

CURRENT ACCOUNT: 0882358929001 SWIFT CODE: NRAKAEAK

IBAN Number: AE700400000882358929001

Account Name: PILAR MERCEDES SANTOS SANCHEZ

Account Holder Address: flat 2017 Liwan Queue Point, Dubailand, Dubai
United Arab Emirates, po box 445296

- 3) Order the books and start on the additional readings
- 4) Download Zoom
- 5) For any concerns or questions please watsap to +62 852-3893-6641

