

# Level 2 Yoga Teacher Training



**12 day Intensive in Vanuatu  
+optional 3 days in Sydney  
from \$3,150**  
(Includes accomodation and all meals)

Yoga4You's level 2 Teacher Training is designed to practically help increase your confidence, and develop you further as a yoga teacher, facilitating a unique opportunity for personal growth and to work towards your 350hr or 500hr Teacher Training Certificate.

## Why Choose this Course?

- ★ Learn in a beautiful tropical setting in Vanuatu
- ★ Develop and understand yourself as a teacher in an authentic way, and attract the right students to your classes.
- ★ Increase your confidence as a teacher, and improve the structure and sequence your class.
- ★ Practice teaching, receive feedback and learn to teach advanced poses and to sequences.
- ★ Expand your anatomical knowledge, pose alignment and adjusting skills.
- ★ Learn how to apply yoga philosophy in your classes to give your students the full yogic experience.
- ★ Yin Yoga Teacher training is included
- ★ Learn how to facilitate injuries, special conditions and groups
- ★ Become part of a peer group of yoga teachers,
- ★ **Inclusions:**
  - ★ Accomodation, breakfast, lunch and dinner.
  - ★ Comprehensive handbooks and notebooks.
  - ★ Daily yoga and meditation practice.
- ★ Registered by Yoga Australia
- ★ Life long mentoring is included.

## About Anneriek

I believe yoga is not about touching your toes or being able to do a handstand. It is about overcoming your fear and self doubt. It's about creating space where you feel stuck, about being kind and revealing your heart, it's about believing in yourself.

I have been teaching yoga for 20 years, completed far over 1000 hours of training. I am certified in Ashtanga, Vinyasa, Prana Flow and Yin yoga, and I am a Level 3 Senior Registered Teacher with Yoga Australia and RYT500 with Yoga Alliance.



## Level 2 Yoga Teacher Training

12 day intensive (+120 hrs) + Optional 30 hrs of Expert workshops in Sydney

**Start date** 16th of March 2020

**Cost:** from \$3,450

**Location:** Le Life Resort Vanuatu

## Program Outline

Includes practical application of learned material

- ★ Module 1: Back to the Roots - Yoga Origin & Philosophy
  - ★ Module 2: Alignment - Yoga Anatomy & Managing Injuries
  - ★ Module 3: The Subtle Yoga Body - Integration of Body, Mind & Spirit
  - ★ Module 4: Awakening - Awakening the Authentic Self
  - ★ Module 5: Yoga Beyond Asanas - Pranayama & Meditation
  - ★ Module 6: Connection - Mastery of Adjustments
  - ★ Module 7: The Art of Inspired Sequencing
  - ★ Module 8: Modifications - Teaching Special Groups, Special Conditions and Injuries
  - ★ Module 9: Going Beyond - Teaching Advanced Poses
  - ★ Module 10: Yoga as a Profession - Setting up and running your own Yoga Business
- ★ Practical: Daily yoga practices (asana, pranayama or meditation), practice teaching, observing and assisting classes is all included in the program.

## 2020 Dates

- **16 - 27 March** 120 hr Intensive in Vanuatu
- Optional 3 Days (30 hrs) with Expert Workshops in Sydney (dates TBA)

## Location

**Vanuatu:** This training is taught at "Le Life" resort in Vanuatu. This eco-friendly boutique resort is spread out over 400 acres, on the waterfront and surrounded by natural beauty and the friendliest villages. More info: [www.leliferesort.com](http://www.leliferesort.com)

**Sydney, NSW:** Beautiful rural studio in Cattai. 15 minutes out of Windsor, 50 min out of Sydney CBD.

## Cost - Shared accommodation and ALL meals included:

**120 hr** - From \$3,450, or early bird (8 weeks before start date) **\$3,150**

**150 hr** - From \$3,950, or early bird (8 weeks before start date) **\$3,550**

Accommodation and all meals included. Excludes flight. Price based on twin share Glamping accommodation. Different accommodation options are available (see website).

### **10% discount (on base price) for level 1 Yoga4You teachers trainers**

A \$500 deposit is required to secure your spot. Payment plans are available.

*Numbers for this course are limited to warrant personal guidance.*

## Prerequisites:

200hr teacher training completed.

Minimum of 1 year teacher experience (or at least 50 classes taught).

*I've grown and developed immensely as a result of this training. I have gained so much knowledge and confidence both personally and professionally. ~Karren*

*A massive immersion into the yogic realm. Very real experience. Anneriek is courageous, wise and fun, helping you to deliver a masterful, thoughtful yoga practice from the ground up ~Robbie*



**Anneriek Favelle**

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