



more  yoga

TEACHER TRAINING

PROSPECTUS

SYLLABUS

The MoreYoga flow teacher training is a comprehensive 200 Hr programme registered with Yoga Alliance Professionals (UK). This well-rounded course, will give you a grounding knowledge in the following areas of yoga:

ASANA

The physical postures will be broken down in asana labs. You will understand proper alignment, affective cueing and modifications to best serve every student.

YOGA PHILOSOPHY

History of Yoga, introduction to the sutras, how to integrate yoga philosophy into modern life, introduction to the subtle body.

ANATOMY

introduction to functional anatomy of yoga.

PRANAYAMA

Breathing techniques and how to integrate them into class.

MEDITATION

Techniques and how to integrate them into class.

The 200 Hour teacher training is divided into 4 modules.

Each module is based on one of the elements.

You will learn a new sequence based on the elements on each module.

EARTH FLOW | 50 HOURS

Grounding and stabilising flow

WATER FLOW | 50 HOURS

Fluid and purifying flow

FIRE FLOW | 50 HOURS

Strong and empowering flow

AIR & ETHER FLOW | 50 HOURS

Heart-centred uplifting flow

COURSE OUTCOMES

On the successful completion of this course you will be able to:

- Teach 4 flows and have the capacity to make them your own.
- Teach in studios and gyms
- Be at a stepping stone to the 350 hr training
- Have the confidence to lead a room of students
- Offer modifications to best serve all of your students
- Have a foundational understanding of anatomy
- Understand the subtle body and incorporate its teachings into your classes
- Have knowledge of proper alignment and contraindications of poses
- Understand core pranayama and meditation techniques
- Business skills to run your own yoga teaching business

TEACHING FACULTY

Meet our incredible teaching faculty! The course is normally split between two teachers with a day of anatomy on each module.



ERIKA SHAPIRO

Head of Teacher Training

Erika is a Senior Yoga Teacher, registered with Yoga Alliance Professionals. She teaches Vinyasa flow, Yin yoga, Restorative yoga, meditation and mindfulness in the context of group classes, private tuition, corporate workshops and well-being days and teacher trainings, for those wishing to embark on the path of teaching yoga.

Erika is the head of teacher training at MoreYoga. She is the lead teacher on the teaching team, writes content and supports the creation of value added educational online content for teachers. She teaches on the 200 hour programme, as well as on the advanced teacher training.

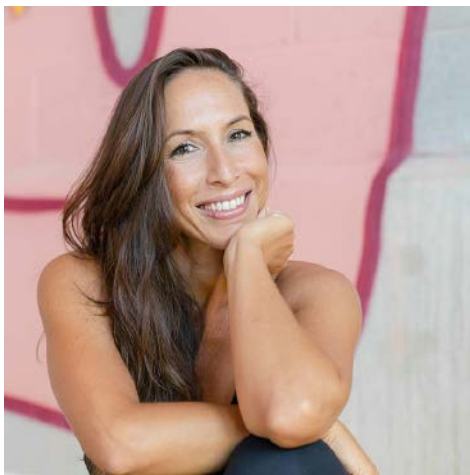
Erika is passionate about sharing the power that a yoga and meditation practice can unleash within us, helping us live a healthier, fuller, more balanced and attuned life. Her yoga classes are non-dogmatic and encourage students to find their own way of practicing within their range of motion and ability. Her classes are challenging both physically and mentally, but at the same time accessible and inclusive. Erika is a true teacher and is interested in sharing her love of yoga, meditation, mindfulness and Eastern Philosophy to facilitate clients learning and growing in their practice, under her experienced guidance.

Erika qualified as a 500 hour RYT yoga teacher in 2009 with the Art of Contemporary Yoga (registered with Yoga Alliance US), under the guidance of Joanne Avison (author of Yoga: Fascia, Anatomy and Movement), Alex Filmer-Loch (Author, teacher, therapist) and Linda D'Antal (founder of Treehouse Yoga).

She has continued her training path since and qualifying with Bo Forbes completing her Integrated Yoga Therapeutics online training as well as graduating on a 200 hour meditation, stress management, applied philosophy and eastern psychology Training with Alexander Filmer-Loch from Inside Meditation.

Erika has studied yin yoga and restorative yoga over the years attending workshops with Paul Grilley and Sarah Powers at Triyoga and completing her advanced Yin training with Norman Blair.

Erika is trained in pre and post-natal yoga and with Sally Parkes Yoga and also holds a foundation certificate in Psychotherapy and Counselling.



LUANA GALONI
Lead Teacher Training

Luana is a 700hrs SYT. A yogini of 20 years, she initially studied the Ashtanga tradition leading her to continue her Yoga practice in Vinyasa, Pranayama, Tantra and integrating Ayurveda and Shamanic way of living into her daily life. Luana strongly believes we can all experience the profound effects of yoga, through which that we can overcome obstacles and achieve balance by connecting with our inner power.

In 2009 Luana traveled for 8 months around South America, Asia and Australia. This journey was deeply transformative and led her to connect and learn with the Shamans in Peru to studying the healing art of Reiki I, II and Master. Continuing her life purpose, in 2012 Luana then travelled to India, where she undertook her 200hrs Yoga teacher training in Ashtanga and Hatha with her teacher Lalit Kumar at the Himalaya Yoga Valley School.

Luana has studied with and been inspired by many renowned yoga teachers, trained under Kristin Campbell in Tapasya (Hot Yoga) at Triyoga London and has completed her 300hrs teacher training in Vinyasa Flow with Alessandra Pecorella and Shiva Rea 100hrs Prana Flow. As part of her life long learning ethos, Luana is continuing her training in Shiva Rea's Prana Flow, and studying Yoga, Ayurveda, Mantra and Meditation with Dr David Frawley. Luana recently upgraded to Holy Fire® III Karuna Reiki® Master, discovered by William Lee Rand.

Through yoga Luana likes to facilitate a space helping people to discover and uncover the fullness and authenticity of who we are. Her classes are challenging and dynamic within a playful and supportive atmosphere. The classes use a focus on breath to assist in healing and a sense of stillness in the mind and body.



KATHY RICHARDSON
Lead Anatomy Trainer

London based but internationally born and raised, I am a Dance Artist, Yoga teacher, creative mover and anatomy enthusiast. The synchronicity of mind and body is a part of my everyday life, anything from a physical practice to daily meditation.

I have worked with bodies in motion for over two decades and although progress has been anything but linear, my journey has taken me to dancing in internationally acclaimed companies, workshopping choreographic processes in schools, teaching yoga in the tropics and studying the human form under an array of teachers from a multitude of backgrounds. What I have is an ever-growing respect of the power of movement meditation and what I know is how it has highly enhanced my human experience.

My journey with yoga began over a decade ago, primarily as a tool to enhance and compliment the rigorous training of becoming a professional dancer. Very quickly I found myself evermore inspired by the depth and potential yoga has to offer both on and off the mat, for body and mind.

I am passionate about Anatomy and Physiology and how this informs yoga practitioners.



VICTORIA THOMAS
Anatomy Teacher

Victoria trained in India in 2014 in Ashtanga Yoga as well as Hatha and meditation and went on to stay in India for two years after completing her advanced course in Multi-style Yoga Training.

She is also qualified in teaching Pre-natal Yoga. Victoria discovered her passion for anatomy whilst teaching in India and ran the anatomy and physiology department for a large Yoga training school in India. After 18 months of teaching, She knew she wanted to know more about the human body and after spending lots of time with physiotherapists and osteopaths she chose to permanently move back to the UK to start a 4-year degree in Osteopathy.

She will be graduating in June 2021 with a Masters degree in Osteopathy. Vics' passion lies with finding health and empowering people through education to live life to their fullest. She also loves music, having spent the last 7 years traveling with her guitar and enjoys singing in her classes when she can.

DATES & LOCATION

We will be holding our October 2021 Training in our Cannon Street Studio providing there is no social distancing

Address: 40 Cannon St, Queen St, London EC4R 1DD

EARTH FLOW (*Intensive week*)

11th - 16th October

WATER FLOW

20th & 21st November

11th & 12th December

8th & 9th January

FIRE FLOW

5th & 6th February

5th & 6th March

2nd & 3rd April

AIR & ETHER

30th April & 1st May

4th & 5th June

18th & 19th June

EXAMPLE SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|-------------------------------------|------------------------------------|------------------------------------|--------------------------------|---------------------|---------------------|
| 9-10am | Introductions | Practice - MoreYoga Earth flow | Practice - MoreYoga Earth flow | Practice - MoreYoga Earth flow | Anatomy | Teaching assessment |
| 10-11am | Practice - MoreYoga Earth flow | Sequencing theory | Practice - MoreYoga Earth flow | Practice - MoreYoga Earth flow | Anatomy | Teaching assessment |
| 11:00-11:30pm | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 11:30-1pm | Sequencing theory | Asana Lab | Asana Lab | Asana Lab | Anatomy | Teaching assessment |
| 1-2pm | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 2-3pm | Yoga History | The 8 limbs of yoga | Patanjali's Sutras | The Yamas and Niyamas | Anatomy | Teaching assessment |
| 3-4pm | An overview of the energy body | Chakra theory - an overview | Muladhara Chakra | Muladhara Chakra | Anatomy | Teaching assessment |
| 4-4:30pm | Tea break | Pranayama | Tea break | Tea break | Tea break | Tea break |
| 4:30-5:15pm | Pranayama | Meditation | Meditation | Meditation | Anatomy | Teaching assessment |
| 5:15-6pm | Meditation | Meditation | Meditation | Meditation | Anatomy | Teaching assessment |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9-10am | Sharing Circle | Practice - MoreYoga Water flow | Practice - MoreYoga Water flow | Practice - MoreYoga Water flow | Anatomy | Teaching assessment |
| 10-11am | Sharing Circle | Sequencing theory | Practice - MoreYoga Water flow | Practice - MoreYoga Water flow | Anatomy | Teaching assessment |
| 11-11:30am | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 11:30-1pm | Practice - MoreYoga Water flow | Asana Lab | Asana Lab | Asana Lab | Anatomy | Teaching assessment |
| 1-2pm | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 2-3pm | Yoga history | The 8 limbs of yoga | The Yamas | The Niyamas | Anatomy | Teaching assessment |
| 3-4pm | The energy body - The Nadis | Chakra theory - going deeper | Svadhastana Chakra | Manipura Chakra | Anatomy | Teaching assessment |
| 4-4:30pm | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 4:30-5:15pm | Pranayama | Pranayama | Pranayama | Pranayama | Anatomy | Teaching assessment |
| 5:15-6pm | Meditation | Meditation | Meditation | Meditation | Anatomy | Teaching assessment |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9-10am | Sharing Circle | Practice - MoreYoga Fire Flow | Practice - MoreYoga Fire Flow | Practice - MoreYoga Fire Flow | Anatomy | Teaching assessment |
| 10-11am | Sharing Circle | Practice - MoreYoga Fire Flow | Practice - MoreYoga Fire Flow | Practice - MoreYoga Fire Flow | Anatomy | Teaching assessment |
| 11-11:30am | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 11:30-1pm | Practice - MoreYoga Fire Flow | Sequencing theory | Asana Lab | Asana Lab | Anatomy | Teaching assessment |
| 1-2pm | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 2-3pm | Patanjali's Sutras | Patanjali's Sutras | The Yamas | The Niyamas | Anatomy | Teaching assessment |
| 3-4pm | The energy body - The Koshas | Chakra theory - Transformation | Anahata Chakra | Vishuddha Chakra | Anatomy | Teaching assessment |
| 4-4:30pm | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 4:30-5:15pm | Pranayama | Pranayama | Pranayama | Pranayama | Anatomy | Teaching assessment |
| 5:15-6pm | Meditation | Meditation | Meditation | Meditation | Anatomy | Teaching assessment |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9-10am | Sharing Circle | Practice - MoreYoga Air&Ether Flow | Practice - MoreYoga Air&Ether Flow | Anatomy | Teaching assessment | Teaching assessment |
| 10-11am | Sharing Circle | Practice - MoreYoga Air&Ether Flow | Practice - MoreYoga Air&Ether Flow | Anatomy | Teaching assessment | Teaching assessment |
| 11-11:30am | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 11:30-1pm | Practice - MoreYoga Air&Ether Flow | Asana Lab | Asana Lab | Anatomy | Teaching assessment | Teaching assessment |
| 1-2pm | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 2-3pm | Patanjali's Sutras | Patanjali's Sutras | The Yamas and Niyamas | Anatomy | Teaching assessment | Teaching assessment |
| 3-4pm | The energy body - The Vayus | Ajna Chakra | Sahasrara Chakra | Anatomy | Teaching assessment | Teaching assessment |
| 4-4:30pm | Tea break | Tea break | Tea break | Tea break | Tea break | Tea break |
| 4:30-5:15pm | Teaching for life - business skills | Pranayama | Pranayama | Anatomy | Teaching assessment | Teaching assessment |
| 5:15-6pm | Teaching for life - business skills | Meditation | Meditation | Anatomy | Teaching assessment | Teaching assessment |

PRICES

Early Bird £1960 - Until 23rd July **SAVE £100**

Normal Price £2060

DEPOSIT

£300 deposit is taken to secure your place.

We offer 0% finance with our external provider Duologi which allows you to spread payments over up to 12 months.

We also offer payment plans direct to us.

Contact sophie.b@moreyoga.co.uk to find out more.

APPLICATION PROCESS

You will need to pay £300 deposit to secure your place.

This is non-refundable unless you are not accepted onto the course.

No exceptions will be made to our policy, so please ensure you can commit to your place when you apply to do the course.

You will be redirected to an application form on successful payment of deposit or full amount where we will ask you questions about your yoga practice and find out a bit more about you!

We will come back to you either way on your application within 10 working days.

We sometimes request a video call with our lead teacher trainer if we want to find out a little more about you.

Your deposit is only fully refundable if you are not accepted onto the course.

PRE-REQUISITES

We ask that students:

- Have been practicing yoga for a minimum of 1 year.
- Have a consistent practice of at least 3 times a week
- Have a willingness to learn and be engaged with the teachings
- Have a passion for yoga

ATTENDANCE & ASSESSMENTS

100% attendance is required for the completion of the course. If you are unable to attend a date it may be possible to catch up with a tutor for a 1:1. This will be charged additionally and is subject to which date you miss.

You will be assessed after each module. Don't panic! You will only be required to teach a 10 minute warm up after module 1 slowly building up to your final assessment of a full class (approx 30-40 mins)

It is a great chance to get feedback on your teaching throughout the course, and we would love you to see this as an opportunity for teaching practice and constructive feedback with clear pointers for growth.

You will receive a 200hr certificate on successful completion of the course.

HOMEWORK

You will be required to complete homework in between modules, this is mainly reading and physical practice.

We expect you to practice the MoreYoga Flows approx 4-5 times a week in between modules.

There is no written homework. We do however encourage you to journal on a regular basis.

You will be required to take an anatomy assessment to consolidate the knowledge.

MATERIALS

You will be provided with a printed manual for the course to refer to and write notes on.

You will need:

1 x yoga mat (available to borrow in studio)

2 x yoga blocks (available to borrow in studio)

1 x Strap (available to borrow in studio)

Reading list (the list will be provided to you, these are for you to purchase prior to the course)

Notepad & pen

COVID

If there is **no social distancing** in place we will be running the training in our central london Cannon Street studio.

If **social distancing is still in place** the course will move online and you will be refunded the difference in price.

You can also choose to take the training at a later date in studio or receive a full refund.