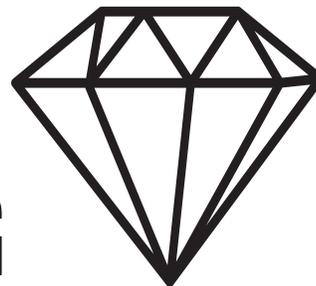


FUNKY BUDDHA

200HR TEACHER TRAINING



WHAT YOU'LL NEED

- At least several months of a consistent yoga practice.
- A desire to learn and grow.
- Lots of mental space! Commit yourself fully to the process.
- A commitment to be kind to yourself. (It's hard work!)

Accessibility

(a fun, welcoming and environment for all)

Quality & Professionalism in all we do (high standards)

Continuous Improvement & Innovation

(a mediocrity-free environment)

RICH Action

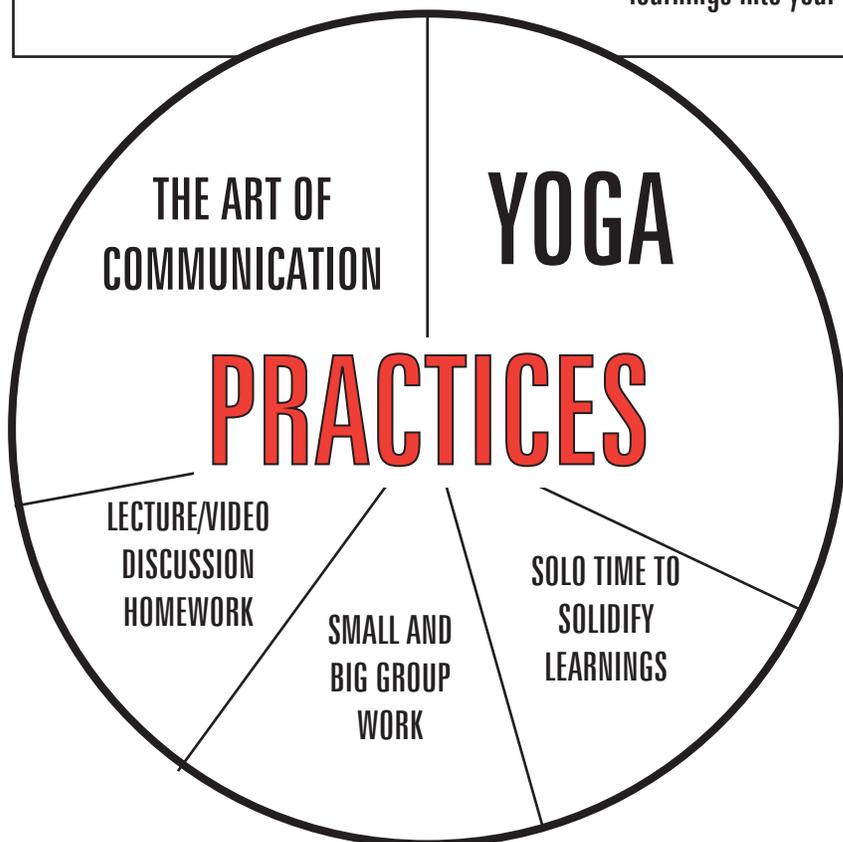
(Respect, Integrity, Intentionality, Caring, Honesty, Humility)

Service First (always)

CORE VALUES

We want you to come out of this training with a deep understanding not just of your personal yoga practice, but a better understanding of how you communicate, the way you relate to yourself and others, and how you can take all of your 'on the mat' learnings into your life.

OUR GOALS



- DAILY YOGA PRACTICE
- DAILY MEDITATION
- LOTS OF PHYSICAL MOVEMENT (DEEPEN YOUR PRACTICES!)
- GROUP DISCUSSIONS AND EXERCISES (COMMUNITY!)
- INDIVIDUAL AND GROUP COACHING
- PERSONAL WORK THROUGH VARIOUS EXERCISES (EMPOWER YOURSELF!)
- COMMUNICATION AND SPEAKING EXERCISES
- FUN AND SUPPORTIVE LEARNING ENVIRONMENT
- SEVERAL TRAINING SPACES TO KEEP THINGS FRESH
- SEVERAL AMAZING TEACHERS TO LEARN FROM

WHAT TO EXPECT

DAILY SCHEDULE

A typical full day starts at 8a and ends at 6:30p

Morning session:

4-4.5 hours

Lunch: 1.5 hours

Afternoon Session 1:

2-3 hours

Afternoon Session 2:

2-3 hours

In addition to the lunch break, we break every few hours, with a longer break in-between the afternoon sessions.

- All aspects of the Funky Buddha yoga practice, including Flow Yoga techniques, training, and practice
- Practical anatomy, including working knowledge of major joints, and basic injury prevention
- Types, history, and benefits of yoga and meditation
- Teaching methodology
 - Communication styles and forms (learn how to best share your teaching knowledge with yourself first, then with others)
 - Hands-on assisting
 - Yoga Sequencing
- Develop your own home practices through in- depth daily yoga and workshops, and several types of meditation

WHAT WE'LL COVER

Set yourself up for success by planning to invest time in YOU during your trainings. You'll need some extra brain-space for reading, some homework, but mostly to absorb the vast array of information we'll be covering in training.

We'll cover this **BIG TIME** in training, but it simply means to be curious about the process. Set goals for yourself, but then see how you are feeling day to day.

Do you need to get support in your life somewhere?

Ask your family to help you keep the time you've set aside for yourself? And as we get closer to starting, are you hydrating well, getting sleep, etc?

No matter how much we plan and prepare, life happens. Looking for solutions helps keep your learning on track and keeps you mentally positive and prepared.

