



HOT YOGA

70 HOUR TEACHER

TRAINING

WWW.SURREYYOGAANDPILATES.COM

Welcome

I first experienced yoga as a small child, watching my mother practise in our garden. It wasn't, however, until 2001 that yoga became a big part of my life when I discovered Hot Yoga. Hot on the heels of a regular practice, came the question - could I make a living out of this?

Fast forward 22 years - I've now been teaching Yoga classes for 18 years and training Yoga Teachers for 11. I've experienced the highs and lows of studio ownership and still remember each and every one of the Trainee Teachers I've guided on their yoga journeys!

It's my goal at SYP to continue delivering the best training out there, focusing on the skills teachers need day to day to achieve professional excellence and to continue to *love* what they do. Read on to find out what makes our training unique!

Carissa x





Your instructors

Clarissa Ord
Course Director

Clarissa completed her initial 800 hour training at Bikram Yoga in the USA and has since gone on to gain qualifications across a range of Yoga disciplines including Vinyasa, Pregnancy, Anusara & Yoga Trapeze. In addition she is a certified Pilates teacher and Breathing Coach.

Clarissa is passionate about sharing her knowledge & mentoring the next generation of Yoga Teachers.

When Clarissa is not teaching she's often to be found hanging upside down against SYP's Yoga Wall!

Your instructors



Sari Lambeek

In addition to her Hot Yoga & Ashtanga teaching qualifications, Sari has also been tutored by some of the most influential names of the Yoga world including Kino McGregor, David Swenson & Sharath Jois.



Jane Beevers

Jane is an Anatomy Teacher Trainer & Functional Range Conditioning Mobility Specialist, specialising in movement optimisation based in clinical and scientific research.

The Surrey Yoga & Pilates difference



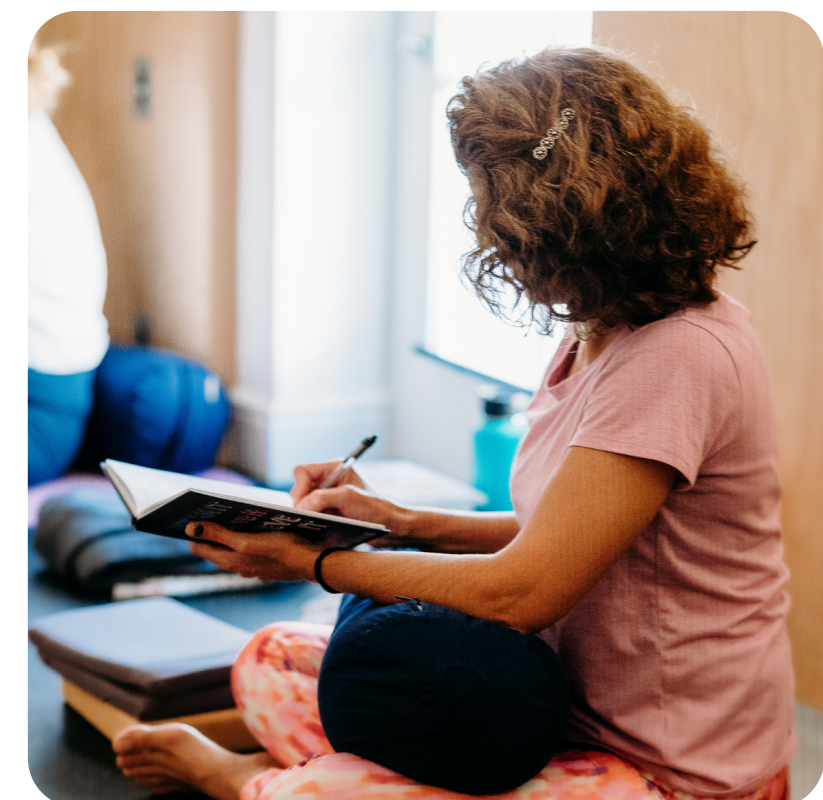
01 Feel the Heat

You'll be learning how to teach in a state-of-the-art hot yoga studio - our facilities reach temperatures in excess of 38 degrees. Focus will be on a repertoire of 50 static Hatha poses - how to cue them in a hot room, timings, sequencing a hot class & how to manage the heat & energy levels in the room.



02 Teach as you Train

Hone your teaching skills in our studios. You'll practise teaching in the hot studio from Day 1 and, going forwards, will have opportunities to observe & ultimately teach our students as your knowledge & confidence grows. To further explore the styles of yoga that inspire you, you'll also enjoy discounted classes at the studio!



03 Student Centred

Student numbers are limited to 8 to ensure that everyone gets the support they need to qualify with confidence. You'll have access to course resources via our online learning portal and your tutors are there for you outside of timetabled learning hours should you have any questions or need additional help on a topic.

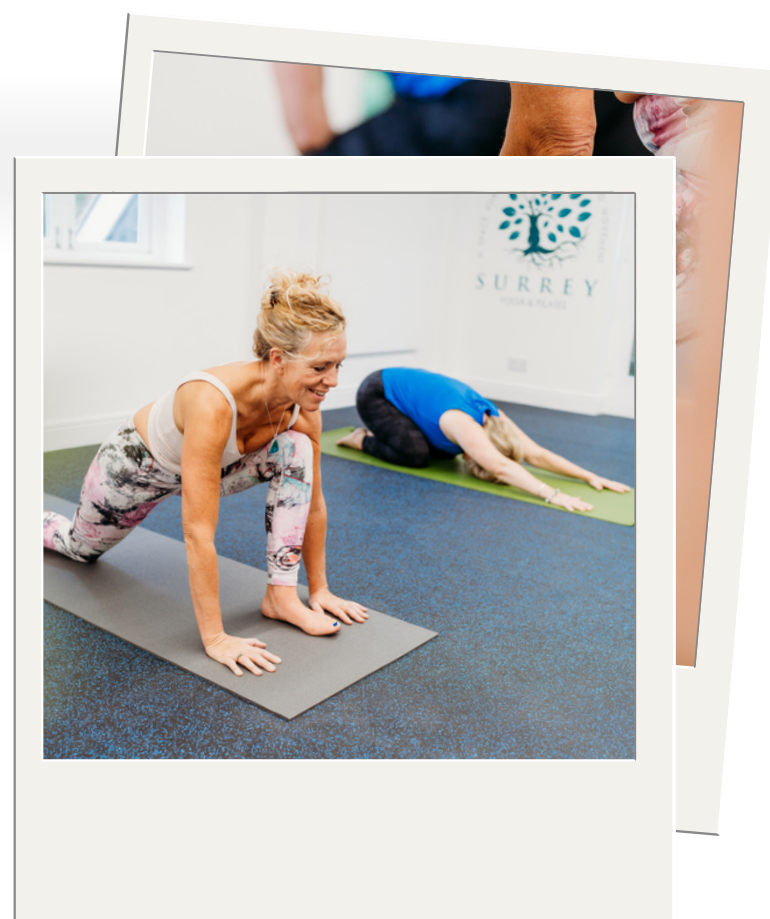
Course Content



Testimonials

The tutors on the course were **professional, dedicated, passionate and supportive.**

I met the most wonderful people. I am in touch with all my fellow TT's and work with some of them in the local yoga community. **The course changed my life.** I love teaching yoga and love that the learning journey does not end. **Clarissa's vast experience, passion, realistic and practical approach imprints on those training with her.** The course filled me with ALL the knowledge I needed to deeply connect, teach safely, communicate professionally with studios and clients and be the best Yoga teacher I could possibly be.



I have **loved every minute** of my training with Clarissa & Team. Their love of teaching and **passion for their subject shines through.** In addition, their encyclopedic knowledge of all things yoga gives their teaching a truly unique feel - you don't just get taught, you get the opportunity to **share knowledge, debate, challenge and discuss.** Studying with SYP is **truly inspirational** and I'd recommend equally to both qualified teachers and to anyone seeking to **dive deeper into the mind-blowing world of yoga!**

"I **highly recommend** training with Clarissa as she is helpful and understanding of your needs along your journey."

"**Stand out from other new yoga teachers** when you start your classes and workshops. Clarissa and her team are **exceptional** yogis AND teachers which don't always go together. **Hold on to your yoga mat for an experience that will give you a whole new career and change your life** (I'm not kidding - it will!)"

How to apply

Qualified 200 Hour Yoga Instructors and those wanting to deepen their personal practice are equally welcome on this course. We also look for:

- A consistent practice of at least two years (if you are not a qualified teacher).
- Commitment to a period of intensive study.
- An open mind and a desire to grow your knowledge.

Get in touch - email us for an Application Form.

Get in Touch

training@surreyyogaandpilates.com

www.surreyyogaandpilates.com

01483 563138

@surreyyogaandpilates



Thank you for your time

Deciding who to trust with your Teacher Training is never easy - I really hope you'll choose us to lead you on your journey. Do feel free to email me with any questions you may have. You'll find details of **Course Dates, Pricing Info** and how to sign up on our website.



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