



# Hot Yoga & Vinyasa

## 200 HOUR TEACHER

## TRAINING

[WWW.SURREYYOGAANDPILATES.COM](http://WWW.SURREYYOGAANDPILATES.COM)



# *Welcome to our Teacher Training*

I first encountered yoga as a young child, watching my mother practice in our garden. However, it wasn't until 2001 that yoga truly became a significant part of my life when I discovered Hot Yoga. As I immersed myself in this transformative practice, I began to wonder: could I turn my passion for yoga into a career?

Fast forward 24 years, and I've spent the past 20 years teaching yoga classes and 13 years leading teacher training programs. Throughout this journey, I have navigated the highs and lows of studio ownership and hold dear the memories of every trainee teacher I've guided on their yoga paths.

At Surrey Yoga and Pilates (SYP), my mission is to continue offering exceptional training led by subject matter experts. We are dedicated to equipping emerging yoga teachers with the practical skills they need to achieve professional excellence while fostering a genuine love for their practice. Read on to discover what makes our training program truly unique!

*Carissa Ord*  
Director of Training







*Your instructors*

**Brittney Emley**  
**Course Leader**

Canadian born Brittney started practising yoga in her teens but it was in her early 20s that she found and fell in love with Bikram Yoga. In September 2010 Brittney trained in Bikram Yoga and went on to teach full-time, spending 7 years teaching across various leading London studios and completing her Vinyasa training at Tri-Yoga, before moving to Surrey with her family.

Alongside her teaching, Brittney has also spent 4 seasons competing in and coaching the youth team for the UK National Yoga Championships where she has been placed 2nd twice. She is also trained in Pre and Post-Natal Yoga and Breathwork.

Brittney brings a wealth of knowledge and a truly empathetic heart to her teaching.



# *Your instructors*



**Denise Marlow** has been practising yoga for over 25 years and teaching for over 18. She has been training Yoga teachers since 2017. Denise teaches the Philosophy & History module.



**Lois Beim** draws on her wealth of experience working as a Yoga Teacher, Personal Trainer and Fitness Instructor to provide real case studies for the Assisting Postures module.



**Jane Beevers** 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 how to cue in a hot room, timings, how to confidently deliver a Bikram 26+ 2 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 from Day 1 and 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. 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.



# The Surrey Yoga & Pilates difference



## 04 Subject Specialists

All our team are Yoga Alliance Senior Teachers who bring unrivalled knowledge of, and passion for, their specialist subject area.

Expect a collaborative, supportive learning environment where debate and discussion is welcomed.



## 05 Beyond the Studio

We know how competitive the Yoga industry can be so our training goes beyond teaching skills - we'll give you the inside track on how to teach online, how to market yourself, gain clients and juggle the business side of your new career.



## 06 Empowered Learning

It's true, embarking on Teacher Training is a big commitment. But we make sure our students have fun along the way. You'll meet like-minded people and forge relationships that will stay with you throughout your career. We'd love to have you on board!



# Course Content - Vinyasa



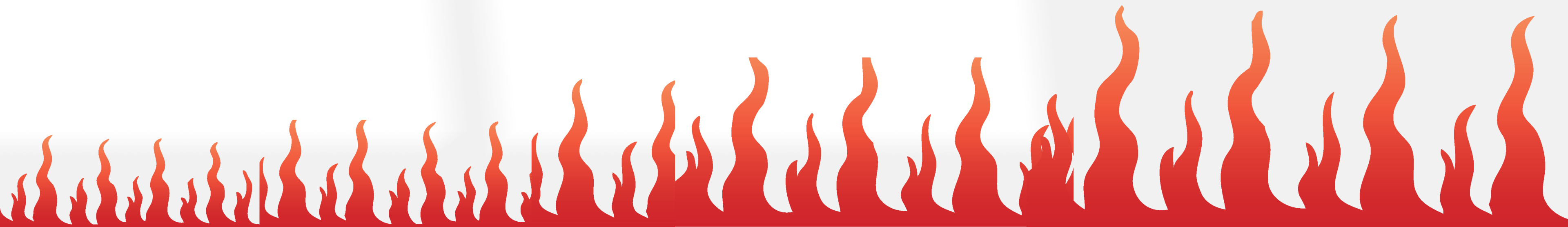
- Elements of Vinyasa Yoga
- Coordinating Breath and Movement
- The What's, How's and the When's
- Krama
- Steps and Sequencing for Vinyasa Yoga
- Connecting Vinyasa transitions
- Sequencing Methodology
- Peak Pose Sequencing
- Anatomy Focused Sequencing
- Cueing a Vinyasa Yoga Class
- Reading Bodies
- Assisting Postures during a flow



# Course Content - Hot Yoga



- Teaching & daily practice of the Hot 26+2 class
- The breathing exercises & Pranayama
- Practical teaching skills & knowledge
- Practical aspects of teaching & practising the Hot 26+2
- Modification & Contraindications for Hot Yoga
- The Hot 26 sequence - benefits and spinal movements.
- The logic behind the sequence.
- The 26 Yoga asanas in detail including modifications for injuries, conditions & limitations
- How to deliver a full Hot 26+2 90-minute, 75-minute & 60-minute class





# Course Content - General



- Modifications & Contraindications
- Anatomy & Physiology
- Sequencing what you have learnt
- History of Yoga & philosophy
- The history of Vinyasa & Hot Yoga
- The business & practicalities of teaching Hot & Vinyasa Yoga
- Practise Teaching
- Vocal work - adaptations
- Online Teaching
- Practicalities of Teaching
- Marketing & Technology



# Testimonials

“**Thank you so much** for the first four fantastic immersive days of training. I **thoroughly enjoyed each day**, learning the Bikram Hot 26+2 sequence and start to acquire an understanding of the **amazing and positive effects** it has on each part of the body and also the mind.

“**Brittney is brilliant”**

“**It was a real privilege (plus fun)** to study with the other Hot Trainee Teachers, whilst absorbing the **vast knowledge** from teachers each day. Each teacher is **so inspiring & hugely experienced**. All **outstanding and brilliant**, and it is clear to feel the passion for teaching & practicing Yoga (& Pilates) throughout your Studio.



“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!**”

“The whole course was **totally outstanding**.

“**Love Brittney's approach”**

“**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*

**We welcome applications from those with a dedicated yoga practice who would like to take a Yoga teaching qualification as well as those with a passion for yoga looking to deepen their practice. We also look for:**

- A consistent practice of at least two years.
- 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.



## Get in Touch

[training@surreyyogaandpilates.com](mailto:training@surreyyogaandpilates.com)

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