



VINYASA  
40 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 & 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 programmes. 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 existing and 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 programme truly unique!

*Carissa Ord*  
Director of Training



## 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, first, with Bikram Yoga and, soon after, with Vinyasa. In September 2010 Brittney trained in Bikram Yoga and went on to teach full-time, spending 7 years teaching at studios across London, completing her Vinyasa training at Tri-Yoga, before moving to Surrey with her family. Brittney is also trained in Pre and Post Natal Yoga and Breathwork.

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.

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

## *Your instructors*

## Lois Beim Senior Yoga Teacher



Lois 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.

# The Surrey Yoga & Pilates difference



## 01 Award Winning Teacher

Brittney is a YA Senior Teacher who has trained the team and competed in the UK National Yoga Championships. She brings unrivalled knowledge of, and passion for, her specialist subject area. You'll enjoy a collaborative, supportive learning environment where debate and discussion is welcomed.



## 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 tutor is there for you outside of timetabled learning hours should you have any questions or need additional help on a topic.

# Course Content



- 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

# Our Training: Testimonials



So **inspired**"



Clarissa and her team are **exceptional** yogis AND teachers"



Brittney is **brilliant**"



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!**"



**Outstanding and brilliant**, and it is clear to feel the passion for teaching & practising Yoga (& Pilates) throughout your Studio.



**Thank you** so much Brittney"



The whole course was **totally outstanding.**



Love Brittney's approach"

# *How to apply*

**We welcome applications from those with a recognised 200 hour Yoga teaching qualification as well as those with a passion for yoga looking to deepen their vinyasa 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 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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