



# MENTORSHIP 50 HOUR PROGRAMME

*with Brittney Emley*

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

## *A Message from our Director of 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 25 years, and I've spent the past 21 years teaching yoga classes and 14 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 Your Mentor



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.

## Testimonials for Brittney's Workshops & Courses

“EXCEPTIONAL. 100% recommend.

Perfect. Brittney's cue-ing and pace is SPOT ON.

SUPERLATIVE, amazing.

Brittney clearly KNOWS HER STUFF.

Very PROFESSIONAL, as always.

I am so INSPIRED.

Absolutely LOVED the workshop - I think  
Brittany is brilliant.”



# Course Overview

## The Mentorship Programme covers:

- Class sequencing
- Different approaches to sequencing across styles
- Class timing
- Creating effective playlists
- Use of voice
- Room management
- Offering modifications
- Teaching experience at SYP
- Finding teaching work

The course runs over **5 weeks, with 5 hours mentorship per week, totalling 25 hours of in-class time**. Of this, **one hour each week will be spent practising one of Brittney's classes**. You'll also be required to **teach 5 x 1 hour classes** to SYP customers - a great opportunity to practice what you learn. In addition, there will be **approximately 20 hours of homework across the five weeks**, which may include class sequencing, playlist creation, and personal yoga practice.





# *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 to her Mentorship Programme. You'll enjoy a collaborative, supportive learning environment where debate and discussion is welcomed.



## **02 Teach at the Studio**

Classroom time is heavily focused on you actively teaching in a supportive environment where you can pause, ask questions, talk things through, and receive real-time feedback and guidance. You'll also be teaching SYP customers to further embed your learning and to build confidence.



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

# Course Requirements

The 5-week Mentorship Programme is open to **yoga teachers who have completed a 200 hour teacher-training course** in any style and are looking for guidance and practical teaching experience.

Whether you've **just graduated** from your training or are **returning to teaching** after a break, the Mentorship Programme is designed to support you as you **step into your role as a teacher with greater clarity** and confidence.

Brittney believes the most impactful teachers are those who can authentically be themselves while teaching and that is the goal of this mentorship: to help you **find your voice, your style, and your confidence in the room.**

**All teaching styles are welcome.** While styles may differ, the fundamentals of being a great teacher remain the same: be confident, be accurate, and be yourself.

**Get in Touch**

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*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 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

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