



VINYASA 50 HOUR TEACHER TRAINING

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 25 years, and I've spent the past 21 years teaching yoga classes and 14 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 programmes 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.

The Surrey Yoga & Pilates difference



01 State of the Art Studios

The course runs at purpose built studios fully equipped with audio-visual facilities allowing you to record your teaching - a valuable resource to help you dissect your strengths and build on those areas that need a little more refinement!



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 Vinyasa that inspire you, you'll also receive a complimentary 5 class pass.



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



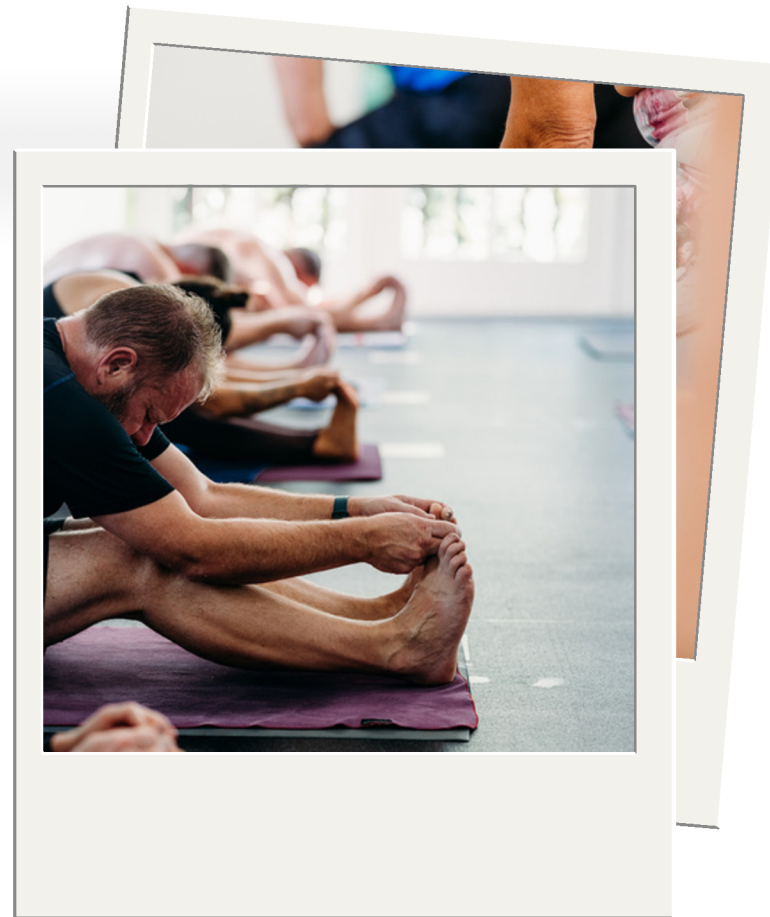
- Elements of Vinyasa Yoga
- Coordinating Breath and Movement
- The What's, How's and the When's
- Krama
- Steps and Sequencing for Vinyasa Yoga
- Connecting Vinyasa transitions
- Sequencing Methodology
- Peak Pose Sequencing
- Anatomy Focused Sequencing
- Cueing a Vinyasa Yoga Class
- Reading Bodies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

Testimonials

“**Thank you so much** for the first four fantastic immersive days of training. I **thoroughly enjoyed each day**”

“**Brittney is brilliant”**

“**So inspiring.. outstanding and brilliant.** It is clear to feel the passion for teaching & practising 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”**

“Clarissa and her team are **exceptional** yogis AND teachers...**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!)”



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.



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