



HATHA & VINYASA YOGA TEACHER TRAINING

200 HOUR

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 and, hot on the heels of a regular practice, came the question - could I make a living out of this?

Fast forward 25 years - I've now been teaching Yoga classes for 20 years and training Yoga Teachers for 13. I've experienced the highs and lows of studio ownership and guided over 100 Trainee Teachers on their yoga journeys. And I still remember each and every one of them!

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

Surrey Yoga & Pilates Founder





Clarissa Ord completed her initial 800 hour training at Bikram Yoga in the US 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 & Reformer Pilates teacher and Breathing Coach.

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

Course Leaders

Canadian born **Brittney Emley** began practising yoga in her teens before turning her passion into a career in 2010. She trained first in Bikram Yoga and subsequently Vinyasa at London's Tri-Yoga. After 7 years teaching full-time across leading London studios she moved to Surrey with her family.

Brittney has competed in and coached the youth team for the UK National Yoga Championships for 4 years, where she has been placed 2nd twice.

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



Your instructors



Sari Lambeek

**Ashtanga, Chanting &
Pranayama**

In addition to her Ashtanga & Hot Yoga 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.



Denise Marlow

**History, Philosophy,
Mindfulness & Meditation**

Senior Yoga Teacher Denise has been a student of Yoga for over 26 years and a teacher for 18. She will bring to life the history and philosophy of Yoga and the interconnection between body and mind.



Lois Beim

Assisting & Adjusting

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



Jane Beevers

Anatomy & Physiology

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 Subject specialists

Our teaching team have different passions and areas of expertise so you'll get to learn from a range of guest instructors during your training to help you find yours!



02 Teach as you train

Hone your teaching skills in our studios with opportunities to observe & ultimately teach our students as your knowledge & confidence grows.



03 Become a Zoom pro

Broaden your potential audience by learning everything there is to know about delivering a great class online - from tech to cueing and teaching remotely.

The Surrey Yoga & Pilates difference



04 Bolt-on options

Want to specialise once qualified? You're in the right place - we've a growing schedule of CPD trainings in development to support you in your chosen specialism.



05 Student centred

We don't churn out identikit yoga teachers - our approach is to nurture each student to find their authentic teaching style - we truly believe that confidence only comes with authenticity!



06 Work opportunities

As one of the largest studios in the area we frequently have opportunities for class cover & ultimately permanent teaching roles. You'll be in the right place!

Course Content



Module	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Planning, sequencing & teaching skills						
Anatomy & physiology						
History & philosophy						
Modifications & adjustments						
Sanskrit						
Breath & pranayama						
Mindfulness & meditation						
Teaching experience						
Taster sessions						
Business, marketing & online skills						

**Exact order of modules may vary to reflect teacher availability*

Testimonials



"I loved the course it was well organised and set us easy attainable goals. We had **great fun** and had a chance to put our teaching skills to the test on fellow students and friends. From completing this course I not only **gained the knowledge of how to teach yoga** but it helped me improve my own practice by being more aware of how my body should feel and my alignment . I **highly recommend** this course 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. This course will give you the ability to work through the nerves, stand in front of your class, and lead the room in a confident, clear yet friendly manner. This ability only comes with practice and feedback - which is what you get from day 1 of this training course and on every training day.

You also get **first class** anatomy & physiology training from a yoga teacher so it is completely relatable to your lesson planning. Once you graduate, you won't be left on your own,. there's more to learn, and a **great community** to be part of.

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!)"

Testimonials



Clarissa was **very approachable and open to answering all my questions** prior to signing up to the course. So before making what was quite a big decision, I was able to quiz her, see the studio and **gain the confidence** I needed before committing to the Teacher Training programme.

A real bonus for me was that Clarissa offered for us to **teach current clients** at the studio. Getting this **Teacher Training experience was invaluable** and enabled me to put into practise everything that had been learnt over the course.

The tutors on the course were **professional, dedicated, passionate and supportive**. The teacher's manual that became my bible (I think it slept with me in my bed for the whole year!) was **informative and very accessible**. I still refer to it now. I got a lot out of the structure of the course and found it very well rounded. **The training weekends when we all met were extremely motivating and energising**. The work set between the scheduled meets allowed me to further my learning, consolidate and enable me to get the most out of the training.

To summarise: 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 begin my journey, grow, deeply connect, teach safely, communicate professionally with studios and clients and be the best Yoga teacher I could possibly be.



How to apply

We are also looking for students with a genuine passion for yoga:

If you:

- Have a consistent practice of at least two years.
- Can commit to a period of intensive study while maintaining your regular practice.
- Are open minded and prepared to learn new and different styles of Yoga, techniques and philosophies.

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.
Please feel free to reach out if you have any questions.



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