

## **200-hr Hot Yoga Teacher Training – Kamloops Hot Yoga**

### **About:**

This teacher training is certified through the Canadian Yoga Alliance.

Participants will be encouraged and empowered to develop as teachers and as individuals. This training offers an in depth understanding of traditional hatha yoga asanas, providing you with a solid foundation, the voice, skills, and confidence to teach the following:

Hatha, Hot-Hatha, Hatha-Vinyasa, as well as meditation and pranayama.

**Dates:** June 10-16 2017; July 1-7 2017; August 5-11 2017

**Location:** Kamloops Hot Yoga Brock Studio: #17-1800 Tranquille Rd, Kamloops, BC, V2B3L9

### **Curriculum Overview:**

Along with a rich foundation in anatomy and alignment, you will dive into sequencing, philosophy, energetic anatomy, chanting, pranayama, self-care practices, and teaching methodology such as teaching with confidence and how to teach to every-body including those with special needs such as students with injuries or who are pregnant.

I am committed to training biomechanically intelligent teachers who can support their love of yoga with a deep understanding in and respect for functional movement and personal transformation.

To assist you with the integration of your studies, you will be given homework assignments consisting of; reading and book club summation assignments, anatomy assignments, personal practice recommendations and practice teaching hours during the time between in-person sessions. These hours will account for non-contact hours.

### **Module I: Lay your Foundation {June 10-16 2017}**

*Deepen your practice and understanding of functional movement through classes, anatomy modules and asana labs, and begin to dive into the potent offerings from the Yoga Sutras of Patanjali.*

- Daily pranayama, meditation, mantra, chanting + asana practice
- Anatomy modules:
  - Planes of Movement
  - Anatomy of the Heat
  - Anatomy of the Breath
- Asana labs to explore asana and alignment in Surya Namaskar a + b and Standing poses
- Introduction to Krama, the why behind Tapasya Hot-Hatha and Hatha-Vinyasa Sequence
- Introduction to the Tapasya Yoga Teaching Methodology
- Introduction to Pranayama + Meditation
- Philosophy: The Yoga Sutras, and the Eight Limbs of Yoga
- Practice Teaching

**Module II: Integrate + Transform {July 1-7 2017}**

*This will be an immersion into anatomy, asana, pranayama, meditation, teaching methodology, and a deepening of your understanding of yoga philosophy. Your why informs who you are and how you show up as a teacher in the world. How you place yourself (spiritually and physically) will be your GPS, and will forever navigate you.*

- Daily pranayama, meditation, mantra, chanting + asana practice
- Anatomy modules: Group Anatomy Slam: Foot/Ankle/Knee, Hip, Hand/Wrist/Arm, Shoulder, Skull/Spine/Bones/Joints, Core, Muscle Tissue + Connective Tissue
- Anatomy modules: Introduction to Energetic Anatomy and the Subtle Body
- Asana Labs to explore asana and alignment in complex poses such as twists, arm balances and inversions
- Teaching Methodology + teaching skills
- Sequencing for Hot-Hatha, Hatha and Hatha-Vinyasa classes
- Philosophy: Completion of The Yoga Sutras
- Practice Teaching + feedback to hone your skills

**Module III: Skill in Action {August 5-11 2017}**

7 days at Kamloops Hot Yoga, Kamloops BC

*Take the seat of the teacher; hone, refine and take action with your teaching skills.*

- Daily pranayama, meditation, mantra, chanting + asana practice
- Application of the Tapasya teaching Methodology and advanced teaching skills such as language, voice, concise cuing, space holding
- Theming skills
- Anatomy modules: Introduction to Injuries + Pregnancy
- Asana labs to explore the alignment of complex backbends, seated poses, and supine poses
- Introduction to Hands On Assists
- Philosophy: The Bhagavad Gita
- Philosophy: History of Yoga
- Philosophy: Ethical principles for Yoga Teachers
- Introduction to Ayurveda and other self-care practices
- The business of yoga and what's next
- Teaching Practicum and Evaluation

**Required Reading:**

**The Bhagavad Gita** - You will be asked to read and have a summation to be presented in Module 3, the other books we will chip away at during our time together.

**Yoga Sutras of Patanjali** - there are many interpretations, choose one version you resonate with. You do not have to read this ahead of time.

Some of my favourite interpretations are:

- Yoga, Power + Spirit. Patanjali the Shaman by Alberto Villoldo - It's the best! and now only available on kindle, which can be read through a kindle app on ipad.

- Iyengar
- Swami Satchidananda

**Physical Anatomy** – one of your choosing, here are ones I recommend choosing from:

- The Key Muscles of Yoga by Ray Long
- Yoga Anatomy by Leslie Kaminoff

**Energetic Anatomy** – I recommend one of these

- Chakras - Eastern Body, Western Mind by Anodea Judith.
- Chakras - Anatomy of the Spirit, Caroline Myss PHD

**Prerequisites:**

Have been practicing yoga for at least 6 months prior to the training.

Participants must be physically fit (beginners or those working with injuries are welcome. Modifications and variations of postures will be offered).

Be fluent in writing, reading and speaking English

**Investment:**

Earlybird catches the worm, \$2500 + GST = \$2625 if PAID IN FULL for all 3 modules by May 1 2017.

\$3000 + GST = \$3150 if paid after May 1 2017

++ Investment includes a \$500 non-refundable deposit ++

**Cancellation Policy:**

Before May 1 2017: 100% refund, minus non-refundable deposit.

After May 1 2017: 50% refund, minus non-refundable deposit.

After May 27 2017: No refunds, credits or transfers. **About your Teacher:**



KRISTIN CAMPBELL

YOGA TEACHER. MENTOR. TEACHER. TRAINER. STUDENT.

Kristin Campbell [www.kristincampbell yoga.com](http://www.kristincampbell yoga.com)

Certifications: E-RYT 500 + RYT 500 YA Certified + CYA-RYT Gold Certified. Bikram, Baptiste Power Vinyasa, Anusara, Prenatal.

I teach Tapasya Yoga (pronounced tah-pahs-yah) which means to be with intensity for the sake of transformation. Tapasya is a spiritually uplifting, intelligently sequenced, alignment-based method of Hatha, Hot-Hatha, Hatha-Vinyasa, as well as meditation and pranayama.

Tapasya classes and teacher trainings are a creative synthesis of over 20+ years of yogic study in several traditions:

- Baptiste Power Vinyasa
- Anusara

- Bikram Yoga
- Incan Medicine Wheel Teachings (from the lineage of the Q'ero Medicine People of Peru)
- Meditation
- Ayurveda

Although each studio has branded their Hot class differently, Tapasya inspired classes and teacher trainings are being offered in the UK, Europe and Canada. In the UK:

Triyoga (London UK)

In Europe:

Yoga Moves (Utrecht NL)

In Canada: YYoga (Toronto ON, Vancouver BC, Whistler BC), Kamloops Hot Yoga (Kamloops BC), Bambu Hot Yoga (Nelson BC), Canmore Hot Yoga (Canmore AB) and Dynamic Fitness (Charlottetown PEI, Fredericton + Moncton NB). I bow humbly at the lotus feet of all my teachers, peers and students who have been a deep well of knowledge and support. Read this article by yoga columnist Genny Wilkinson Priest published December 2014, The new Hot Yoga – gentler than Bikram which is officially OVER

To support my work, I bring:

- ☑ 17+ years of teaching yoga full-time,
- ☑ 9 years of studio owning,
- ☑ 10+ years of leading teacher trainings around the globe,
- ☑ Continuing studies in Mountain Shamanism, Meditation and Ayurveda,
- ☑ Sincere love for what I do; I count my blessings daily.

Qualifications:

☑ E-RYT 500® Yoga Alliance Certified Yoga Teacher (2000)

- ☑ E-RYT 500® Yoga Alliance Certified Teacher Trainer (2006)
- ☑ Canadian Yoga Alliance CYA-RYT Gold (2014)
- ☑ In 2001 Co-founded Neoalpine Yoga, Whistler first Yoga Studio which is now a YYoga studio
- ☑ Lead Trainer for Triyoga UK Trihot (Tapasya Yoga Inspired) Teacher Training
- ☑ Lead Trainer for YYoga YHot Continuing Education + 200-hr Teacher Training (Hot, Power, Flow + Hatha)
- ☑ Director of Tapasya Hot-Hatha + Hatha-Vinyasa Yoga Teacher Trainings
- ☑ Guest faculty for Gaiatri and Julia McCabe's Teacher Trainings
- ☑ Mesa Carrier
- ☑ Reader's Choice for Best Yoga Teacher in Squamish BC (2014, 2015, and 2016)
- ☑ lululemon Alumni Ambassador
- ☑ Wanderlust Whistler Workshop Presenter (2013)
- ☑ Kootenay Spirit Festival Workshop Presenter (2014)