

L E V E L

200-HOUR YOGA TEACHER TRAINING SPRING 2021 ONLINE PROGRAM



NU
yoga



**We can't change the world,
until we change ourselves.**

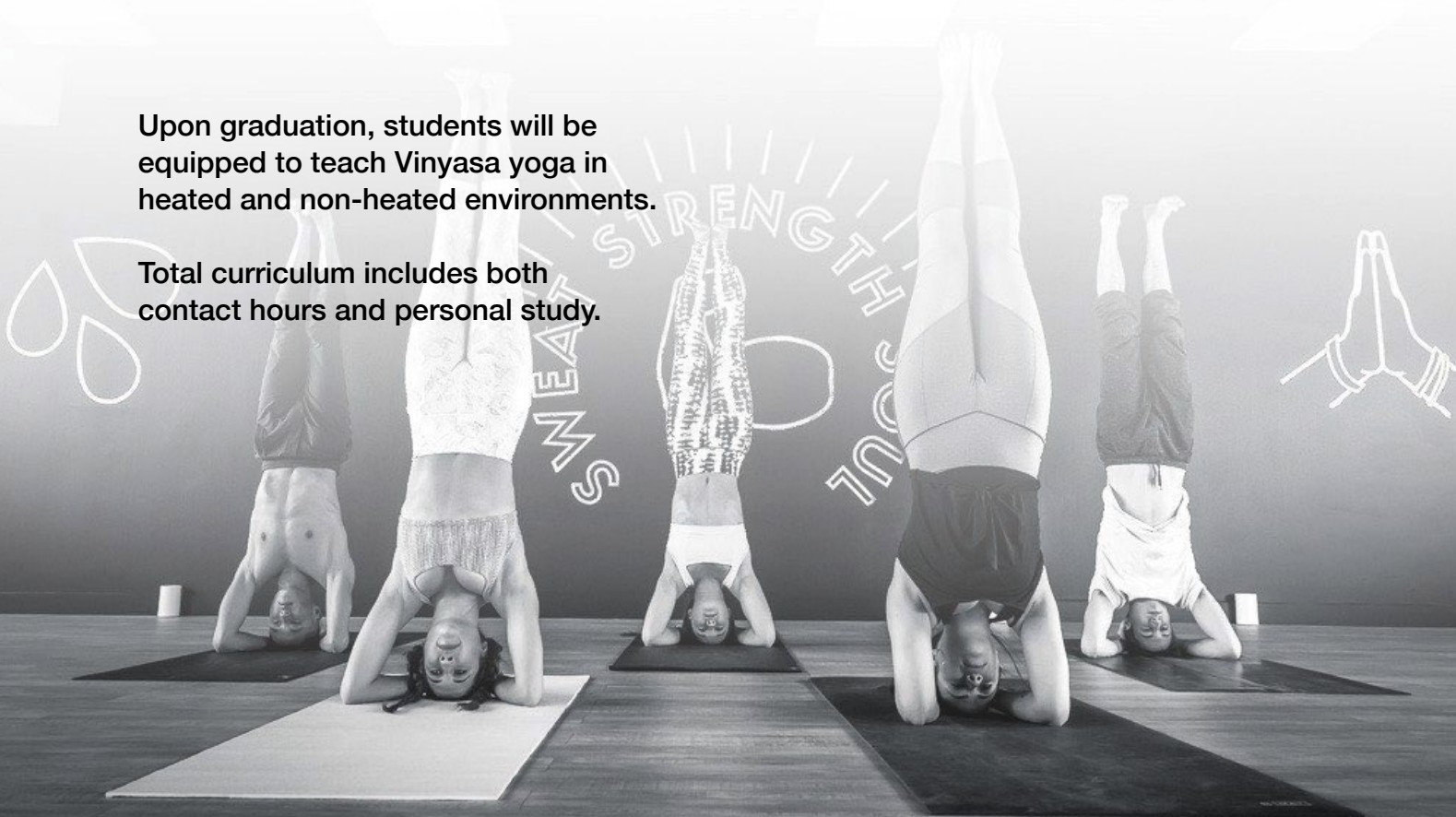
— Biggie Smalls

PROGRAM OVERVIEW

Asana Technique Training + Practice	80 hrs
Pranayama + Meditation	10 hrs
Anatomy, Physiology + Subtle Energetics	20 hrs
Teaching Methodology	55 hrs
Yoga Philosophy + Ethics	20 hrs
Practicum (Practice Teaching + Evaluations)	15 hrs

Upon graduation, students will be equipped to teach Vinyasa yoga in heated and non-heated environments.

Total curriculum includes both contact hours and personal study.



TEACH + LEAD LIKE A BO\$\$



Ready to take your yoga practice to a NU LEVEL?

For the modern-day yogi who wants to deepen their practice and acquire the tools to become a skillful and soulful yoga teacher in the 21st century—honouring the traditional while evolving and adapting to the present.

As the world changes, so must we. Through a virtual format, we will maximize our time together going beyond the requirements of Yoga Alliance, while maintaining our inclusive, diverse, and practical approach to learning.

At NU yoga, we emphasize inclusivity in our community and with our teachers. NU Level offers specialty modules that are often overlooked, like Anti-Oppressive Yoga. During such turbulent times, learn how to level up your online presence with our Social Media Marketing module and dive into deeper learning through inquiry work that will provide you with NU Skills that go off and beyond the mat.

Sweat, Strength, and Soul is our foundation here at NU yoga. Our teachers encourage you to step onto your mat with resilience and determination of body and mind. With this foundation at the forefront of the training, our uniquely qualified squad of trainers will teach you how to level up and lead with conviction as an empowered NU yoga teacher.

THE LOW DOWN

ASANA (YOGA POSES)

The asana component includes a library of over 100+ asanas, including:

- Sanskrit to English translations.
- Benefits and contraindications of each asana.
- Creative variations and modifications, including use of props.
- Physical alignment and energetic properties to each asana.
- Instruct students on entering and exiting each posture safely, skillfully and with clear instruction.
- Teaching NU's Levels—foundational alignment principles.

PRANAYAMA + MEDITATION

Pranayama is the study of breath control. Learn how to teach various pranayama breathing techniques, including their contraindications and benefits. Meditation mantras and mindfulness exercises weave in to support the goal of bringing the mind to a single pointedness.

ANATOMY, PHYSIOLOGY + SUBTLE ENERGETICS

Learn the foundations of physical and energetic anatomy essential for any Yoga instructor, including: skeletal, muscular, cardiovascular, nervous and circulatory systems. Various perspectives and beliefs around the energy system, including: Koshas, Chakras, Nadi's, Vayu's and Bandhas. Leave with an ability to connect and attune to both physical and energetic layers of the body.

SEQUENCING + STRUCTURE

Learn NU Skills, a set of tools created for you to teach like a boss by embodying qualities of a yoga leader. We will focus on the principles of assisting and adjusting, demonstrating and observing, cueing and more. You'll be taught how to structure and sequence from beginner to advanced—for both Vinyasa guided flow's and NU's signature class Sweat Strength Soul classes.

LIFESTYLE + BUSINESS

A comprehensive component adapted to the modern day yogi. Sit in on lectures that breakdown traditional texts and how it applies to the present day yogi. Guest lecturer will discuss Yin and Restorative yoga—how to emphasis breath work and the use of props to encourage a well-rounded, mindful and meditative practice. Explore topics of racism, privilege and inclusivity in our Anti-Oppressive Yoga module. Take an in-depth look into the business of Yoga—with an Instagram Influencer, sharing a speciality component of Social Media Marketing.

PRACTICE TEACHING + EVALUATIONS

Throughout the training you will have opportunities to practice teach techniques and methodologies covered in the curriculum, including: student teaching, class observation and instructional assistance. You will be required to teach both Vinyasa Soul Flow and Sweat Strength Soul classes.



TUITION + APPLICATION PROCESS

PROGRAM TUITION
\$3,200

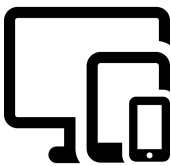
SAVE \$500!

Early bird rates available until March 1ST.



\$500 DEPOSIT

A non-refundable deposit is required with your application. Registrations are processed on a first come, first serve basis and we recommend early submission to reserve your spot. Payments can be made by bank draft, debit card, money order, or certified cheque.



DOWNLOAD APPLICATION ONLINE

Apply online through our website. A fee of \$50 is required along with your application. Once accepted, the \$500 non-refundable deposit will be used towards your tuition fees.

BIPOC SCHOLARSHIP - APPLY ONLINE

NU yoga offers three participants one free scholarship and two partial scholarships—receiving 50% off full tuition—per training.

Our scholarship is a way to provide the knowledge and skills of yoga to a BIPOC who will continue to share the practice of yoga with their community.

PROGRAM REQUIREMENTS FOR CERTIFICATION

- ✓ **Attend all online training sessions**
- ✓ **Complete all required readings, independent studies and assignments**
- ✓ **Successfully complete and pass practical exams in both Soul Flow and Sweat Strength Soul styles.**

SCHEDULE

Start: March 23, 2021 — **End:** July 31st, 2021

Tuesday Evenings 6-9pm

3/23, 3/30,
4/6, 4/13, 4/20, 4/27,
5/4, 5/11, 5/18 5/25,
6/1, 6/8, 6/15, 6/22, 6/29,
7/6, 7/13, 7/20

Saturday + Sundays (Bi-weekly) 11-8pm

3/27-28, 4/10-11, 4/24-25,
5/8-9, 5/22-23, 6/5-6, 6/19-20,
7/3-4, 7/17-18, 7/31

LOCATION

Online Via ZOOM



CASSANDRA AMARAL

Contemporary yoga educator, trainer and life coach; passionate about personal leadership and dedicated to freedom of the heart and mind. Over the past decade Cass has trained and taught in the U.S., India, Israel, Costa Rica and full time in the outskirts of Toronto. Cass teaches exclusively at NU yoga studio as a senior teacher and is the Director of Continued Yoga Education. Known for her expert sequencing, graceful facilitation and inspiring guidance, Cass weaves spiritual principles with practical tools in her teachings to illuminate your own inner wisdom, while packing a powerful punch to waking up and showing up to an inspired life—on your own terms.



DANIELLE D'SOUZA

In addition to completing her 200 hour YTT, Danielle is certified to teach restorative yoga, meditation, and kid's yoga, with a yin training on the horizon. There is so much more to yoga than the asanas, and Danielle is passionate about sharing the rich teachings of yoga philosophy, pranayama, energetics, and meditation - that have impacted her life in such a positive way - with others. Her goal is to make these teachings and practices accessible and relatable so that students can apply them to everyday life, finding strength + focus + clarity through stillness.



@DALEY MOVES

NYA DALEY

Nya Daley is a Toronto based 300hr RYT and Social Worker. When she is not on her mat she is a Parenting Enhancement Therapist at Surrey Place. Nya's educational background includes an MA in Social Work from the University of Windsor and a B.A. in Criminal Justice from Holy Family University in Philadelphia, PA. Since 2010 she has worked in the social service sector with justice involved youth, adults with Intellectual Disabilities, child welfare involved families and juveniles who've committed sexual offences. Integrating her love of yoga and commitment to social justice, Nya founded Soulga, in February 2019, a community that offers accessible, inclusive and affordable yoga classes led by teachers of colour in the GTA.



@TKIMKENNEDY

TIM KENNEDY

Growing up immersed in gymnastics and dance, I've always been intrigued on how the body looks, feels and preforms. I have studied the mind body connection through: Musical Theatre, obtained a Natural Health license majoring in Aromatherapy and Reflexology, Reiki Master certified, Baptiste Power Yoga trained, Level 3 Thai Bodywork, and currently becoming a Registered Massage Therapist by 2020. As a Holistic therapist, I believe studying the body as a whole is the only way to find balance and source out the core issues that cause discomfort or dis-ease.



HEATHER CATUIZA

Fourteen years of practice, four years of teaching, and a lifetime of learning: that's me in a nutshell, your friendly neighbourhood yogi. I've taught in the GTA and Southeast Asia teaching Hatha, and have grown my yoga through shifting towards a practice that encourages being in stillness and managing self-distraction. Yin and Restorative teaches us how to balance the hectic pace of the outside world with the quiet of our inner selves — a concept that is challenging, sometimes uncomfortable, but altogether powerful and rewarding.



ANNELIE GUTGESELL

After playing hockey competitively for 10 years, Annelie was introduced to yoga in 2014 after struggling to find physical activity to commit to after she retired. Wanting to deepen her own practice, Annelie completed her Yoga Teacher Training through Soma Yoga Institute in 2017. Annelie believes yoga is not confined within the four corners of the mat, but transcends into every day life. Annelie aspires to help others strengthen their own body awareness, and create a deeper connection between ones' mind, body, and soul.



200-HOUR YOGA TEACHER TRAINING

APPLY ONLINE TODAY!

@NUYOGASTUDIO
WWW.NUYOGA.CA

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1077 North Service Rd #200
Mississauga, ON
L4Y 1A6