

# NU LEVEL

## 200-HR YOGA TEACHER TRAINING

### 4-MONTH PROGRAM



**NU**  
yoga



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

— Biggie Smalls



#NULLEVEL

MEAT STRENGTH INOS



## PROGRAM OVERVIEW

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|   |               |
|---|---------------|
| <b>Asana Technique Training + Practice</b>  | <b>80 hrs</b> |
| <b>Pranayama + Meditation</b>               | <b>10 hrs</b> |
| <b>Anatomy + Physiology</b>                 | <b>20 hrs</b> |
| <b>Teaching Methodology</b>                 | <b>55 hrs</b> |
| <b>Yoga Philosophy + Ethics</b>             | <b>20 hrs</b> |
| <b>Practicum (Teaching + Class Assists)</b> | <b>15 hrs</b> |

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\$\$

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## Ready to take your yoga practice to a NU LEVEL?

**Our 200-Hour Yoga Teacher Training offers a dynamic and unique experience unlike any other.**

Suited for the millennial pace and tastes, the training is designed for the modern day yogi who wants to deepen their practice and acquire the tools to become a skillful and soulful yoga teacher.

Sweat, Strength and Soul is our foundation here at NU yoga. Our teachers encourage you 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 that conviction as an empowered NU yoga teacher.

NU LEVEL includes the foundational elements of a yoga teacher training but with a modern twist, such as: learn how to teach flows and create sequences like none other, modern meditation and mantras, functional anatomy that applies to the individual, how to use and diffuse essential oils in your classes, how to compliment your practice with Yin and Restorative yoga, plus bonus social media marketing for the yogi who ultimately wants to stand out from the crowd.

This training is for you if you want to deepen your practice or aspire to be an empowered skillful and soulful yoga teacher. Get ready to drop the excuses, step into your skin and channel your inner boss. This is the NU way of yoga.

# THE LOW DOWN

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## ASANA (YOGA POSES)

TEACHING TECHNIQUES + TRAINING | 80 hrs

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

TEACHING TECHNIQUES + TRAINING | 10 hrs

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.

## PHYSICAL + ENERGETIC ANATOMY

ANATOMY + PHYSIOLOGY | 20 hrs

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 and Bandhas. Leave with an ability to connect and attune to both physical and energetic layers of the body.



## **SEQUENCING + STRUCTURE**

**TEACHING METHODOLOGY | 55 hrs**

Learn NU's Teaching Props, 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 both Vinyasa guided flow's and NU's signature class Free Flow.

## **LIFESTYLE + BUSINESS**

**YOGA PHILOSOPHY + ETHICS | 20 hrs**

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 the healing benefits of essential oils, such as: how to use and diffuse in classes to offer speciality classes, like NU's Aroma Flow. An in-depth look into the business of Yoga—with an Instagram Influencer, sharing a speciality component of Social Media Marketing.

## **PRACTICE TEACHING + ASSISTS**

**PRACTICUM | 15 hrs**

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 Flow and Free Flow classes to the community at NU.





#NUSQUAD





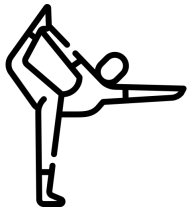
## TUITION + APPLICATION PROCESS

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PROGRAM TUITION  
**\$3,500**

**SAVE \$500!**

Early bird rates available until December 1ST—  
1 month prior to your session start-date.



### UNLIMITED YOGA

Fees include an unlimited pass at NU yoga Studio during the duration of the yoga teacher training, beginning start date of training.



### TWO WEEKS BEFORE THE START DATE

To effectively process your application and manage your course materials, we require applications and tuition fees to be submitted at least two weeks before the start-date of your training.



### \$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

Application forms are available for download on our website and can be submitted with your deposit at NU yoga Studio. Deposits are refundable if you are not admitted into the program. Once accepted, the \$500 deposit will be used towards your tuition fees.

## PROGRAM REQUIREMENTS FOR CERTIFICATION

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- ✓ Attend all training sessions to complete full 180 contact hours.
- ✓ Complete all required readings and assignments to complete remainder non-contact hours.
- ✓ Successfully complete and pass final written and practical exams.

### SCHEDULE

**Start:** January 7th, 2020 — **End:** May 3rd, 2020

**Tuesday Evenings** 6-9pm

**Saturday + Sundays** (Bi-weekly) 12-8pm

### LOCATION

1077 North Service Road Suite #200, Mississauga, ON



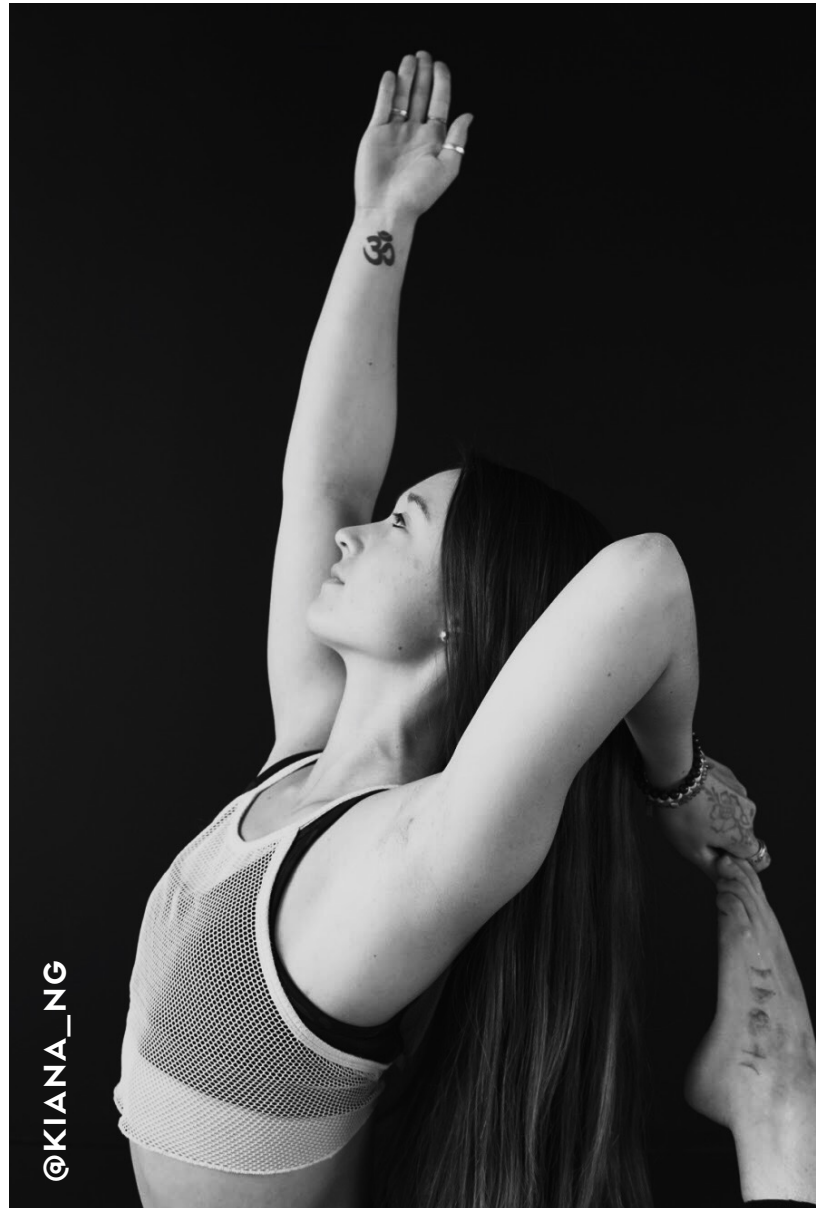


@CASSAMARAL.YOGA

## Cassandra Amaral

LEAD TRAINER

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. She 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.



@KIANA\_NG

## Kiana Ng

FACULTY MEMBER

Coming from a gymnastics background, Kiana loves to create a physical challenge in her classes with a focus on creative sequencing, alignment, & options to advance your practice. She has her 200 hour E-RYT alongside yin training. Cultivate strength & balance when you come to her classes!

@SATYASPIRITUALYOGA

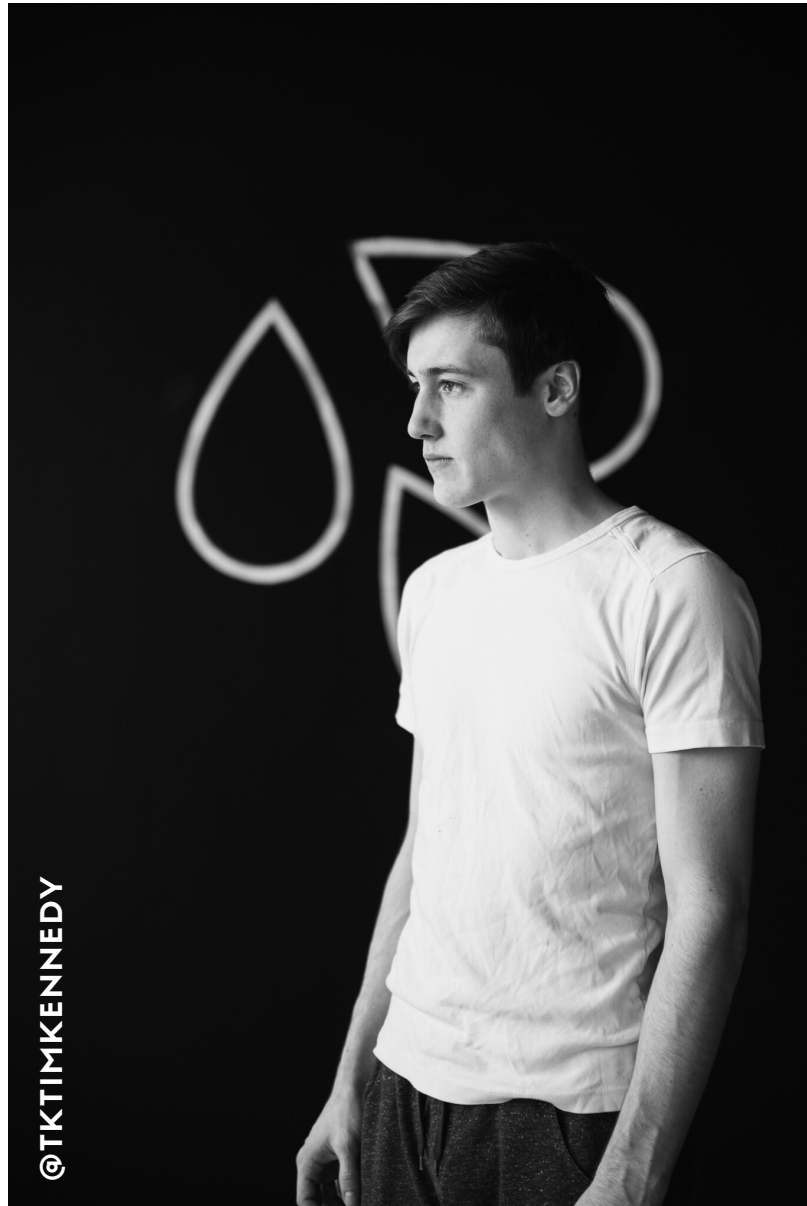


## **SELINA POSADAS**

**FACULTY MEMBER**

Selina Posadas is a yoga teacher, meditation leader, and intuitive energy healer. Her personal mission is all about helping others to bring deeper awareness to the Self and to help support you in your holistic healing journey. She is passionate about yoga, as she embodies the philosophy into her everyday lifestyle. She utilizes the ancient wisdom of yoga and applies it to a modernized yoga practice. Her main priority in teaching yoga is to teach you how to connect with yourself (mind, body, breath, spirit) through the ancient practice of yoga.

@TKIMKENNEDY



## **TIM KENNEDY**

**FACULTY MEMBER**

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

GUEST LECTURER

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

GUEST LECTURER

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.



**APPLY HERE  
ONLINE TODAY!**

@NUYOGASTUDIO  
WWW.NUYOGA.CA

**NU**  
yoga

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