

A male yoga instructor with tattoos is assisting a female student in a standing balance pose (Virabhadrasana II) in a bright, wood-paneled studio. The instructor is holding the student's hands and feet to provide support. Other students are visible in the background, some standing and some in poses. The studio has large windows and wooden walls.

200 Hr Yoga Teacher Training Course

"Ignite Your Passion"

with Jason Pooley and Ebb&Flow Yoga

Ebb&Flow

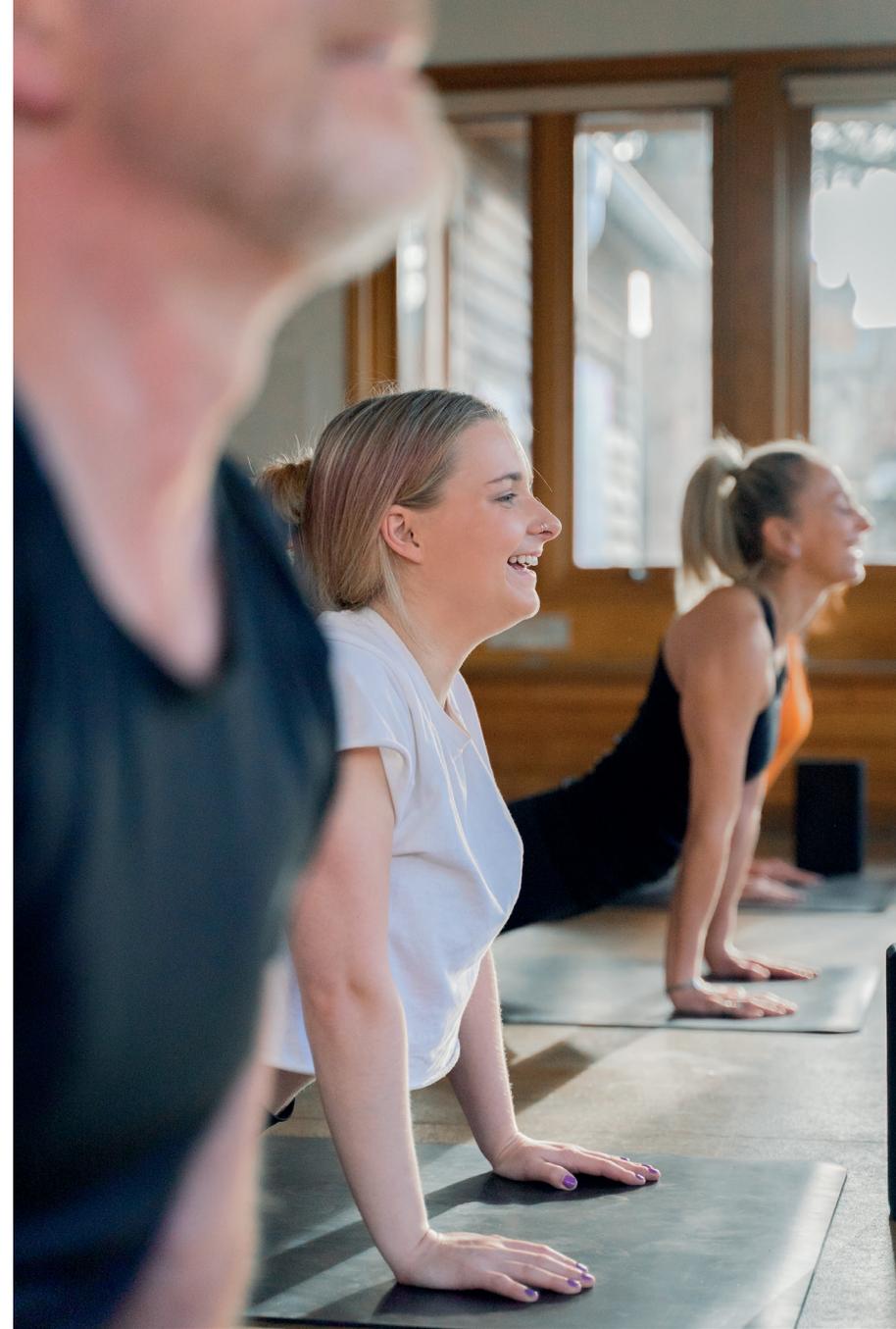
TRAINING

*We've teamed up with the extremely knowledgeable Jason Pooley, prodigy of Baron Baptiste, one of the world's leading yoga teachers, to offer this fully accredited Power Vinyasa Yoga Teacher Training (YTT) programme: **Ignite Your Passion.***

Your journey in transformation at Ebb&Flow will be one of personalised, in-depth teachings in a small, intimate group. You will become a powerful yoga teacher giving yourself the ability to connect deeply with yourself as well as your students.

We can't wait to welcome you on this journey and into our family,

The Ebb&Flow Team





These trainings are designed with leadership in mind – to offer a platform for your growth in your personal and professional life, a journey to 'life' mastery.

Whether you are new to teaching or looking to take your skills to new levels, this innovative programme is created to provide you with inspiration, education and personal transformation in body, mind and spirit.

You Will Learn

- ✓ *Teaching Methodology*
- ✓ *Personal Development*

- ✓ *Deepen Your Yoga Practice*
- ✓ *Technique*
- ✓ *Anatomy & Physiology*

- ✓ *Meditation*
- ✓ *Pranayama*
- ✓ *Philosophy*

- ✓ *The Business of Yoga*

Why Train With Us?

This training programme is bespoke – it has been created by Jason, using his advanced coaching skills, personal self development training, yoga asana and advanced meditation teachings. As a certified Baptiste Power Vinyasa Yoga Teacher, E-RYT 500 and certified High Performance Coach, he will be the lead trainer on this programme and you will have 160 contact hours with Jason as well as experts in the fields of anatomy and philosophy.

We know that this life enhancing training programme will be a platform for your growth; it's so much more than a YTT as this experience has a key focus on personal development.

*A transformative programme, not just to become a yoga teacher but to become your best-self. This programme has been designed as a life development experience to **IGNITE YOUR PASSION** for life, for community and for yourself.*



We don't enrol lots of students; we are dedicated to small class sizes to offer each student the best connection with your teaching. You will never be left alone with your text books because this course has over 160 hours of contact hours, clinics and workshops. Our smaller class sizes allow a greater focus on self-development, and the connections you build with your fellow trainees creates a strong graduate community.

There is a strong focus on meditation throughout the programme; a vital experience for all teachers on this training. We focus hard on the aspect of teach, teach, teach...step into your fear; all graduates will teach regularly and benefit from fellow trainee feedback.





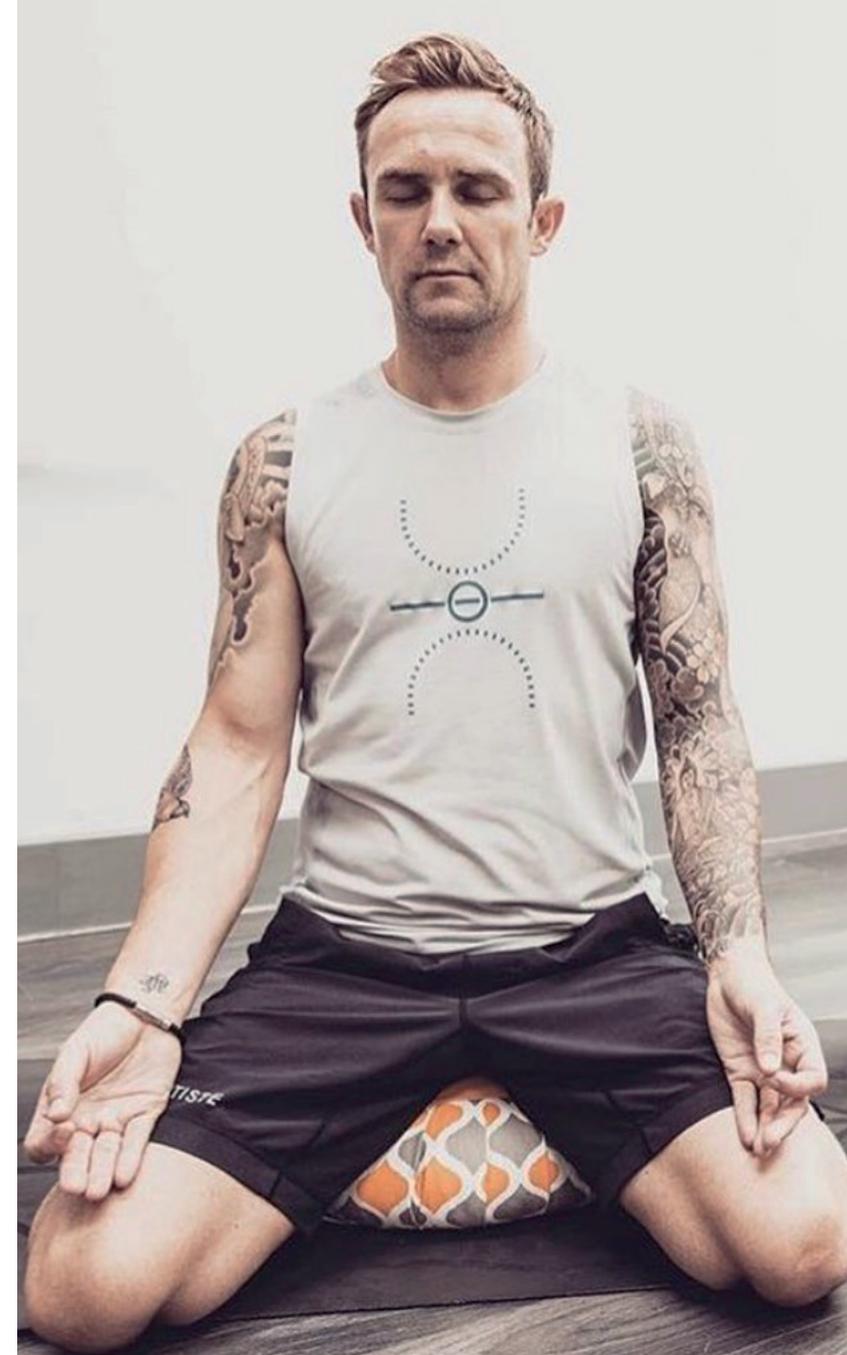
Training Benefits

- ✓ *Yoga alliance credited*
- ✓ *Foster lifelong connections with likeminded individuals*
- ✓ *Access to an ongoing mentorship programme once qualified, with a chance to teach at Ebb&Flow*
- ✓ *Start down a new career path and create new possibilities*
- ✓ *Weekend training reduces time away from work*
- ✓ *Ongoing support outside of physical training hours*
- ✓ *Six months of focused training gives you time to dive deep into this experience*
- ✓ *Transform your mindset and pass this wisdom onto others through your teaching*
- ✓ *Your global qualification will allow you to teach anywhere in the world*

Jason Pooley: Your Lead Trainer & Course Creator

Jason is the Founder of The House of Yoga London and creator of the Ignite Your Passion 200hr Yoga Teacher Training. He has facilitated and assisted on many global training programmes and has been an influential part of the growth and development of THoY. He has a unique and skilled approach when it comes to inspiring his students and challenging them to a new level of excellence in their life.

Jason is a student of life, he continues his own personal development and loves seeing his students grow and become the best they can be.





Alex Manos: Programme Facilitator / Anatomy

A Specialist Musculoskeletal Physiotherapist, Alex has spent the majority of his career in professional sport, working with elite athletes. Alex completed his 200hr Teacher Training programme at THoY and uses yoga as part of his rehab for patients.

Alex has completed his Diploma in Personal Performance Coaching; combining all three disciplines, physiotherapy, yoga and coaching allows for a holistic approach to his care of people. With his passion for helping people, Alex is excited to join the facilitation team to deliver applied anatomy for yoga.

Eva Thomson: Programme Facilitator / Philosophy

Eva is dedicated to the practice of various yoga styles and lineages, having first trained as a Yoga Teacher in India where she worked and lived alongside her teachers and Ayurvedic doctors and still returns each year.

Eva is one of two co-founders for Live KarmaYoga (LKY), a not for profit community which breaks down barriers and brings people together from all backgrounds (prisoners, complex needs, mental health, vulnerable, affluent, government services).

Having exposure to practicing teaching and training people across a diverse range of communities, Eva has witnessed the power of utilising Yoga Philosophy as a practice to celebrate equality, create progressive reform and social change. Eva is a big breather believer and offers classes that encourage people to breathe, move and observe consciously, which honours the philosophy of yoga in a relevant way, for living well.





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Teaching Methodology

Full 90 minute sequence (Journey into Power)
How to adjust the sequence to different class lengths
The foundations of Vinyasa yoga (5 pillars)
Alignment principles (True North Alignment)
Asana clinics
(looking at different bodies in yoga asana)
How to modify yoga asana

Techniques

Point to point
Finding your voice
10 principles of becoming an extraordinary teacher
(10 Tenets)
Hands on assistance

Personal Development

This is all about self awareness and you get know who you really are
Your values
Your beliefs
The purpose you wish to pursue

Your Yoga Practice

Develop a self practice
Develop your meditation
Skill work
Modifying your practice
Inversions workshop
Yin yoga workshop

Anatomy & Physiology

*Introduction to anatomy
Structures of the body
Anatomy of the core
Ranges of motion; tension & compression
Anatomy of the psoas*

Meditation

*How to teach the fundamentals of meditation
The science of meditation*

Pranayama

*The formal practice of controlling the breath,
which is the source of our prana,
or vital life force*

Philosophy

*The 8 limbs of yoga
Bringing the philosophy of yoga into both your life
and your teaching
The history of yoga*

The Business of Yoga

*Spread the word - social media & websites
Build a sustainable dream
Insurance and first aid
How to teach online - the new revenue stream*

Homework and Exams

*Outside of contact hours in the studio students will
be expected to complete a certain amount of study
hours to increase their learning. Exams are included as
standard to test your knowledge development as your
progress through the course.*



Application Process

You must be at least 18 years of age and complete our application for admission, along with an application fee (deposit) of £500 (applied towards tuition, non-refundable and only required upon application approval).*

We advise that you read through and agree to the terms and conditions within your application form. Please note that payment of all fees are required no later than 30 days prior to the start of your course.

Lastly, we only ask that you have an open heart, commit wholeheartedly to the training and demonstrate a willingness to learn and improve your life.

Please get in touch with us if you need to talk about a payment scheme

Apply Now

**Application to the programme does not guarantee acceptance.*



Investment / Additional Costs / Refunds

Our full teacher training programme is £2,900

£500 deposit* required on booking

***Deposits are NON-REFUNDABLE**.**

*The balance is payable in monthly instalments or in one go, please arrange this with our team.
All payments must be received 30 days prior to the start of your training course.*

***The application fee of £500 is non-refundable except in the case of a declined application.
This programme is non refundable except in the event of unexpected medical circumstances
(minus application fee/deposit). No refunds will be made after the programme start date.*



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Hear from past graduates about their experience