



ADVANCED 300HR YOGA TEACHER TRAINING

3 AUG - 30 AUG 2020 - Koh Samui, Thailand



Sign up by 31 December 2019 to
SAVE 700 USD with Early-bird discount

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ABOUT US

Located in the beautiful islands of Thailand and Bali, All Yoga Training is the top destination for students aspiring to become yoga instructors from all over the world. We offer 200hr and 300hr yoga teacher trainings in Bali Indonesia and Koh Phangan & Koh Samui Thailand. Being one of the most active and successful yoga teacher training programs in South East Asia, we keep on improving the programs to match our highest standard to certify the best yoga teachers in the international yoga industry.

Proud to offer the highest quality of teaching and sharing our passion in yoga with our students, we emphasize on the proper technique, breathing and ethics of teaching and practicing yoga.

The programs at All Yoga Training specifically cater to the individual needs of each student. Preserving the unique voice of each individual, our international faculty provides positive guidance and tools for every student in how to discover their own inner teaching voice.

It is our honor to be part of so many people's yoga journey and continuously strive to pass on the light and wisdom of the Ashtanga tradition by spreading the passion and knowledge of yoga to others.



ABOUT THE COURSE

Course Overview

Program: 300 HR Advanced Yoga Teacher Training
Location: Vikasa yoga retreat - Koh Samui, Thailand
Early Bird Price: from 5650 USD (300 hr)
 from 2500 USD (100 hr)

Dates (in 2020) :

Entire 300 hr -	3 - 30 Aug
Module 1: Rocket Yoga	3 - 11 Aug
Module 2: Practical living the Yoga Sutras by Patanjali	5 - 10 Aug
Module 3: Yin Yoga, Meridians & Anatomy (100hr)	13 - 20 Aug
Module 4: Skill in Action, Advanced Vinyasa &Sequencing (100hr)	22 - 30 Aug

Are you ready to take your yoga teaching to the next level? Join All Yoga's 300 hour Advanced Teacher Training in Thailand! We have designed this course specifically for existing yoga teachers who wish to deepen and expand their understanding of yoga. This course is comprised of four modules, each presented by internationally renowned teachers. Throughout the training, students will immerse themselves in the study of Rocket Yoga, Yin Yoga and Advanced Vinyasa - combining each of these unique approaches to create masterful class sequencing and a versatile teaching approach.



EARLY BIRD RATE

\$700 OFF REGULAR PRICE

(See accommodation section for details)

The price includes:

- Tuition fees
- Training materials
- Accommodation
- Healthy meals of locally sourced organic foods
- Airport pickup
- Certification

(Upon successful completion)



YOGA VENUE

Vikasa Yoga is a boutique yoga resort in Koh Samui, Thailand and the home of Vikasa Life Cafe, a locally sourced organic food restaurant. Created by a team of professionals with the intention of raising human consciousness, spreading a message of love and peace and to help make the world a better place. Incredibly, this is currently the only open-air seaview yoga shala in Koh Samui. It's situated on the most beautiful part of the island, on a cliffside between Chaweng and Lamai.

There are 4 room options available for the training. Make sure to visit the accommodation pages for price and details.

An aerial photograph of a tropical resort. The resort buildings, with red-tiled roofs and white walls, are built on a lush green hillside. In the foreground, a rocky coastline meets the turquoise ocean. The water is clear and blue, with white foam from waves crashing against the large, smooth, brownish rocks. A small sandy beach is visible between the rocks and the buildings. The overall scene is bright and sunny, suggesting a warm, tropical climate.

ACCOMMODATION & PRICING



THE YOGA CAVE

Bridging the gap between a hotel room and an authentic Thai experience, Yoga Caves are small and very comfortable rooms that offer sweeping views over the sea and rocks below.

Relax on your comfy twin bed facing out over the ocean and take in one of the best panoramas on Koh Samui. Sleep, read or meditate in peace. Modest in terms of size though still to our high standards, the air-conditioned Yoga Caves offer a quiet, personal place to stay for individual travellers.

- Includes :**
- Shared bathroom
 - Shampoo
 - Bathrobe
 - Mini fridge
 - Air-conditioning
 - Electronic safe

PRICES:

300 hr - early bird 5650 USD / regular 6350 USD



ZEN BUNGALOW

The Zen Bungalows are perfectly named, being traditional huts built with local, natural materials. They provide an opportunity to leave contemporary hotels behind and feel yourself become totally at one with Koh Samui's natural surroundings, with the stunning views from our cliff-top location right outside your door. A truly authentic experience.

*Please note that the Zen Bungalows are designed for solo travelers.

Includes:

- Ensuite bathroom
- Mosquito net
- Air-conditioning
- Cooling fan
- Mini fridge
- Electronic safe

PRICES:

300 hr - early bird 5950 USD / regular 6650 USD

100 hr - early bird 2650 USD / regular 3350 USD





BEACH BUNGALOW

Standard Beach Bungalows bring guests close to nature while providing every convenience. The rooms are quite modest, rustic both inside and out, yet clean and comfortable. They feature a queen-sized bed and direct beach access. The private terrace also allows you to take in one of Samui's spectacular sunrises.

- Includes:**
- Ensuite bathroom
 - Air-conditioning
 - Tea/coffee maker
 - Private Balcony
 - Mini fridge
 - Electronic safe

PRICES:

- 300 hr - early bird 6250 USD / regular 6950 USD
- 100 hr - early bird 2850 USD / regular 3550 USD



OCEAN ROOM

The Standard Ocean Rooms offer every convenience. Rest and recharge in a king-sized bed (or request two twins) and awaken to the sounds of nature and the beautiful sunrise that will energize you for the day ahead. Step out onto your private balcony to enjoy the fresh island air, relax and read a book or meditate and feel at one with the natural surroundings. A stay in one of our Ocean Rooms is restful, relaxing and inspiring.

*Please note all the ocean rooms are slightly different, you can see in the pictures interiors vary from room to room, but they are all of the same standards. Also, some have better views, while the other ones are better decorated and furnished. Either way, they are conveniently located and are our best room category.

- Includes:**
- Ensuite bathroom
 - Air-conditioning
 - Tea/coffee maker
 - Large terrace
 - Mini fridge
 - Electronic safe

PRICES:

- 300 hr - early bird 6850 USD / regular 7550 USD
- 100 hr - early bird 3050 USD / regular 3750 USD





FOOD OPTIONS

LIFE CAFE



Vikasa's organic and raw food café is sure to please, with four international chefs participating in its menu creation.

The Vikasa organic menu consists of the freshest locally grown, raw organic and lightly cooked vegetarian meals, supplemented with weekly local seafood days. The menu is designed to cleanse, facilitate detoxification of the body, and to teach proper eating habits and food combining.



A man in black shorts is performing a handstand on a sandy beach. The background features a dramatic sunset sky with orange, pink, and purple clouds over the ocean. The man's body is perfectly vertical, with his legs extended horizontally to the left.

MODULE 1

Rocket Yoga

Dates: 3 - 11 AUG, 2020

Instructor: Carson Clay Calhoun



Module 1 Overview

Rocket Yoga is a dynamic practice that promises to “take you there” faster. Rocket Yoga was designed by late founder Larry Schultz. It consists of fast-paced sequences, intriguing transitions, and strengthening arm balances/ inversions. Modified from traditional Ashtanga Vinyasa yoga, Rocket yoga pertains key elements of Ashtanga yoga but made accessible for all levels, conditions, and lineages of practitioners. In traditions of Ashtanga yoga, Rocket yoga focuses on the foundations of Ujjayi breath, bandhas engagement, steady gaze and vinyasa synchronicity. Progressively, Rocket offers you a sense of creativity and an uplifting tempo elevating your personal practice to an untouched height.



Program Components

Training curriculum:

- Rocket I & II sequencing
- Breathing pattern & techniques
- Scripting & leading Rocket classes
- The essentials of adjustments
- Postural analysis: a detailed anatomical & functional breakdown of each posture
- 140 Ashtanga postures in the Rocket system sequenced
- Strength and control development: full body, core, wrist, shoulder & back
- Stacking methods for inversions
- Drishti (the integration of focus into your practice).
- Hinduism & Yoga philosophy



Learning the “Mechanics of Flight”

When practised correctly, everyone can take flight in inversions. The key to invert is to harness the techniques by using your body, mind, and breath. When our techniques are aligned, we move with fluidity and lightness on our hands while our feet are off the ground.

Highlighted topics:

- Weight Transfer into the hands
- Floating back and forward
- Inversions and handstands from standing postures
- Arm balances and inversions from seated positions
- Creating fluid movement throughout your practice
- Floating with control vs. ballistics

Some of the arm balancing and inversion techniques taught will include:

- Headstands
- Crow variations & transitions.
- Elbow stands & Scorpions.
- “Crazy eight” posture and transitions.
- Handstands (multiple variations)
- Peacock posture

MODULE 2

Practice living the Yoga Sutras by Patanjali

Dates: 5 - 10 AUG, 2020

Instructor: Dr Ganesh





Module 2 Overview

Yoga philosophy is essential for successful and serious yoga teachers/aspirants. In this module, you will learn the depths of Yoga Philosophy and the history of Hinduism. We will cover essential texts such as the Hatha Yoga Pradipika and the Yoga Sutras by Patanjali.



Program Components

Training highlights:

1. Etymological Meanings of 'Yoga'
2. Definitions of 'Yoga'
3. Brief Overview of Indian Philosophy
4. Samkhya philosophy as the foundation of Patanjali's Yoga Sutras
5. Background of Patanjali's Yoga Sutras
6. Patanjali's Yoga Sutras:
 - The uniqueness of 'Sutra'
 - The Klesas
 - The Upayas for Cittavritti nirodha
 - Pranava Japa
 - The Ashtangas
 - Mind Control Techniques
 - The Antarayas
 - Siddhis
 - The Vrittis
 - Others



MODULE 3

Yin Yoga, Meridians & Anatomy

Dates: 3 AUG - 20 AUG, 2020

Instructor: Annie Au



Module 3 Overview

Yin yoga is in increasing demand for yoga teachers nowadays. Thousands of studios are offering Yin yoga classes on a weekly basis, and many people are seeking this quiet and introspective practice to balance their hectic lifestyles. Have a look at today's world, everyone is racing against each other to move forward in life, Yin yoga provides a much-needed space for us to reconnect with our inner peace and tranquillity.



Program components

Traditional Chinese Medicine & Yin Yoga

In this module, we're combining two methodologies: Traditional Chinese Medicine (TCM) & Yin Yoga theory. Based on TCM, our emotions are intrinsically tied to our physical health. Prolonged and /or bouts of intense emotions such as anger, jealousy, fear, worry, and sadness may cause energy stagnation, and if unaddressed, can lead to serious physical and emotional illnesses.

Master Yin Yoga teaching

The secret to teaching a great Yin Yoga class is twofold: Your sensitivity to hold space and your creativity to be an avid storyteller. In this Module, we'll explore different dimensions of how to get in touch with your students' energy level, deciphering the appropriate amount of time for silence or storytelling.

Meridians & How Yin works

Our energy channels (meridians) are highways in which our energy or Qi flows. Yin yoga emphasizes on long-held poses with minimal muscular effort, acts as an acupuncture to help flush out any energy stagnations within our energy channels.

In addition to energetic effects, Yin yoga is an ideal practice to release the fascia (body's deep connective tissue). From science to practicality, you'll learn the latest research on fascial study and the impact on fascia and our mental/emotional health.

Required textbooks:

The Complete Guide to Yin Yoga- Bernie Clark
Between Heaven and Earth- A guide to Chinese Medicine
The Yoga Sutras- Commented by Swami Satchiananda
The Untethered Soul: The Journey Beyond Yourself- Michael Singer



Training highlights:

- Daily Yin yoga classes
- Daily Vinyasa classes with Aaron
- Qi Gong practices
- Guided meditation & pranayama
- Fundamentals of Traditional Chinese Medicine
- The Five Elements
- The Three Treasures
- 12 Regular Chinese Meridians
- Associated emotions & healing sounds
- Chinese Meridians Clock
- Up to 25 most important acupressure points for emotional balancing, physical distresses, flexibility, and strength
- Yin Yoga practice theory & application
- Yoga anatomy on myofascial and skeletal differences
- Myofascial research & study
- Sequencing & theming
- Anapanasati & Vipassana meditation
- Inner wisdom teaching
- The art of teaching Yin yoga: Holding space & storytelling
- Group discussion & journaling
- Pre-reading, homework & Practicum

MODULE 4

Skill in Action, Advanced Vinyasa & Sequencing

Dates: 22 AUG - 30 AUG, 2020

Instructor: Nico Luce





Module 4 Overview

Ready to take your yoga knowledge to a whole new level? This 100hr Advanced Vinyasa intensive training is designed to deepen your knowledge in human anatomy & physiology, advance your Vinyasa sequencing & tempo, refine your teaching techniques and increase your practice efficiency & awareness. Building upon the fundamentals of a 200hr yoga training, you're now ready to refine your craft and provide greater teaching services to your students. We'll focus on specific areas including clear and conscious instruction, sound projection, precise action cues, well-rounded sequences, inspiring themes and overall higher standard teaching.



Program components

Training highlights:

The three major pillars of this program are:

- Anatomy of the hips, trunk & shoulders,
- Advanced Vinyasa sequencing & teaching methodology
- A detailed study of the yogic text- the Bhagavad Gita

We will cover the following teaching skills:

Alignment & Action
Precise languaging & Cueing
Adjustments & Enhancements
Demonstration & Spotting
Sequencing & Timing
Purposeful Theming
Teaching from Your True Essence & Holding Space

The goal of this Module is to sharpen the skills that you already have and then elevate it to an even higher level. Upon completion of this Module, you will become a powerful catalyst to your students' transformation.

Training Materials

Participants must bring their own copy of the Bhagavad Gita. Any translation would work. We recommend the commentary by Stephen Mitchell. To balance the energy, we will have restorative practices in the evening to release the body and put the mind to rest. A complete training manual in English will be provided covering all the topics presented in class as well as an Asana Resource Guide.



SAMPLE SCHEDULE

- 7:30 am - 10:00 am** Meditation, Pranayama and Asana practice
- 10:00 am - 11:30 am** Brunch
- 11:30 am - 1:30 pm** Lecture on Philosophy or Anatomy
- 1:30 pm - 2:30 pm** Lunch Break
- 2:30 pm - 5:00 pm** Asana clinic, Practice Teaching & Group Discussion
- 5:00 pm - 5:30 pm** Sunset Break
- 5:30 pm - 6:30 pm** Evening Practice
- 6:30 pm - 7:30 pm** Dinner

* Daily schedule is subject to change, your flexibility allows trainers to adjust to students' needs.



OUR TEACHERS

Carson Calhoun - TRAINER E-RYT 500

Module 1 - Rocket Yoga

A self-described "Handstand-Up Comedian," Carson combines his love for being upside-down with his natural ability to make people laugh. During his workshops, trainings, and retreats, students are encouraged to push their limits and explore their edge, while maintaining a playful attitude. In every instance, one can be sure to break a sweat, learn something new, and leave with a smile on his or her face.

After years of encouragement from his mother, Carson began practicing yoga in 2010. He did his first 200 hour teacher training in 2011 at Little River Yoga and has since studied Ashtanga Yoga with David B. Keil and has since evolved his focus and loves teaching Rocket Yoga. As a movement enthusiast, Carson incorporates a variety of disciplines into his yoga classes, which focus on building a strong mind and body.



Dr. Ganesh Rao - PHILOSOPHY TEACHER

Module 2 - Practice living the Yoga Sutras by Patanjali

Dr. Rao skillfully utilizes his academic expertise to guide students into understanding the authentic traditions of yoga. In this pursuit, the goals of physical health, mental clarity, emotional harmony and serenity may be attained with sincere engagement.

He has conducted more than 13500 sessions of Yoga education to date, covering both the theory and practice of all aspects of Yoga catering towards health and healing. Dr. Rao's extensive credentials include:

- Guide for Ph.D. students in Philosophy and Yoga at Mumbai University and K.K. Sanskrit University, Nagpur
- Advisor to Kaivalyadhama Health & Yoga Research Center, Mumbai
- Member of the Board of Studies of Kaivalyadhama, Lonavala.
- Visiting Faculty at Mumbai University
- Visiting Faculty at K. J. Somaiya Institute for the Diploma Courses in Yoga and Counseling, for B.A. and M.A. Degree Courses in Philosophy and Yoga Shastra
- Visiting Faculty at Kaivalyadham, Mumbai and Lonavla



Annie Au TRAINER, E-RYT 500

Module 3 - Yin Yoga, Meridians & Anatomy

Based in Sri Lanka, Annie leads yoga teacher training in many countries including Mexico, France, Australia, Canada, Sri Lanka, Thailand and Bali. With gratitude, Annie studies with Sri Dharma Mittra and has attended the 500hr and 800hr Life of a Yogi Teacher Training (LOAY) in New York City in 2015 and 2016. She offers an integrative Yin Yoga and Chinese Meridians teacher training infusing the ancient wisdom of Daoism, traditional Chinese medicine, and Yoga/Buddhist philosophy. Annie has certified over 200 yoga teachers worldwide. She holds a Bachelor Degree in Human Kinetics from the University of British Columbia, Canada.

Specializes in yoga anatomy, Annie's approachable teaching method in yoga anatomy helps students to understand the human body and practice more intelligently. Annie can lead a dynamic class filled with inversions with a duality of restorative and healing Yin sequences.

Before yoga, she was a professional contemporary dancer and owned a children dance program called Au Dance in Canada. Her decade-long dance career has taken her around the world with some fond memories touring in Brazil and Germany.

Annie is the co-author of the best-selling book on Amazon called Resilience Through Yoga and Meditation Vol.2.



Nico LUCE TRAINER, E-RYT 500

Module 4 - Advanced Vinyasa & Sequencing

Nico is a 500hr Yoga Alliance certified yogi and international teacher trainer who has been featured on Yoga Journal and Gaia. An avid storyteller, philosopher, traveller and mover, Nico's love for Eastern philosophy, spirituality and anatomy are skillfully weaved into this teaching.

Inspired by some of the top teachers in Hatha, Anusara, Vinyasa, Yin and Power Yoga/Pilates, Nico's style is comprehensive, fluid, strong and grounded. Nico's goal is to take you onto a powerful transformational journey by challenging you to seek the answers from within. He encourages you to look within, to never stop asking questions, to be brave, receptive, and take chances.

Currently, Nico lives in Switzerland with his wife Chloe Label and his two children Luca and India. Practice with Nico on Gaia and visit his website at www.nicoluce.com.



CERTIFICATION

Upon successful completion of the training, you will receive a certificate by All Yoga Training, which makes you eligible to register with Yoga Alliance.

Yoga Alliance is considered the international standard for yoga teachers and yoga schools worldwide. This certification will allow you to be recognized as a professional yoga teacher all around the world.

YOGA ALLIANCE RYT 500 REGISTRATION

In order to gain a RYT 500 teacher training credential, it is important to understand the process. Yoga Alliance requires that a 200 Hr training program is completed, preferably first, with a Registered Yoga School (RYS 200).

From here an additional 300 Hrs of training must be completed at either the same or a different school with a registered 300 Hr program. All Yoga Training have created a system of modules, each of 100 hours that can be taken in any order, location and at your own timeframe.



COURSE REQUIREMENTS

We require that all students have prior yoga experience of **at least 1 year**, and are committed to improving their practice.

Please note that some students that attend our teacher training simply wish to deepen their practice and do not intend to teach immediately. This is fine with us, as what matters more to All Yoga is a student's dedication, commitment to personal growth and openness to learning.

Even though it is preferable that you have already completed a 200 Hr training, exceptions can be made for students who have a reasonable level of experience and fit the description above.



PAYMENT OPTIONS

Students can secure placement by submitting a 650 USD deposit. When it is received, the registration is reserved until full payment is made, after which it will be confirmed. The remaining balance is due 2 months before the beginning of the course.

Payment options

1. Credit Card / via Paypal service
2. Bank Transfer / Details on the right

Important notes

- Payment must be received in USD
- You must instruct bank that you will cover all fees
- Email us screenshot/transfer record

Bank Details

Account name: All Yoga International LTD.

Account number: 0003-018486-01-3

Beneficiary bank: DBS Bank Ltd

Beneficiary bank swift code: DBSSSGSG

Correspondent: JPMorgan Chase Bank N.A.

SWIFT CODE: CHASUS33 / **ABA No:** 021000021

CHIPS UID Number: 0002

DBS BANK

12 Marina Boulevard

Marina Bay Financial Centre Tower 3

Singapore 018982



PAYMENT CONDITIONS

The deposit is non-refundable, however, the credit can be transferred to another course if you are unable to join the initially booked dates.

Click to read Payment Policy details [here](#).

All Yoga will only provide refunds in the unlikely event that a training is cancelled.

Final steps:

When you are ready to embark on this transformative experience of a yoga teacher training, submit your application form below.

[Submit application form](#)

[Send deposit](#)