

Yogafurie

academy
learn • train • teach

COURSE GUIDE



Who attends Yogafurie Teacher Training?

Lots of people with diverse backgrounds and Yoga experience come to us. Some are aspirational teachers, looking to develop strong personal practice and a sound depth of knowledge as their base for teaching Yoga and Hot Yoga with confidence.

Others are Yoga practitioners who want to stretch themselves personally, and develop deeply their own knowledge and practice of Yoga and Hot Yoga.

All our trainees share our love for learning and practicing Yoga and Hot Yoga.



THERE ARE LOTS OF COURSES OUT THERE.

WHAT'S UNIQUE ABOUT YOGAFURIE'S 230-HOUR COURSE?

Flexibility for you to continue your current job while training, through our weekend course structure.

Small numbers (max 16 students) allowing us to focus on your individual learning much more than a larger teacher training might be able to, and if you need extra help, you get it at no extra cost through our catch-up afternoons.

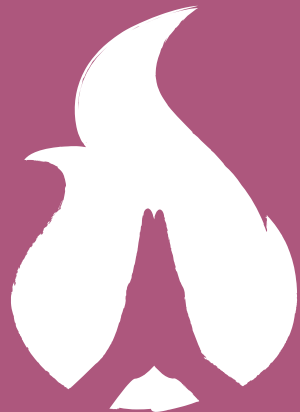
Evidence-based teaching; our course leaders follow the latest developments in anatomical science and psychotherapy through movement. We couple this with the ancient teachings of the Yogi sages, to bring the perfect balance of tradition and knowledge.

More **contact and teaching practice time** (230 hours) than any other course we've seen.

Freedom: you'll learn all about Yoga's methods, traditions and philosophies. How you integrate this into your life and teaching style is up to you. We don't push a fixed sequence, style or set of beliefs.

Emerge **ready and confident** to teach both Yoga and Hot Yoga to diverse groups.

We are a registered Yoga school with Yoga Alliance.



What to expect

DURING YOUR COURSE, YOU CAN EXPECT

A friendly welcome from fellow students and all the staff whenever we meet.

A growing support network in your colleagues and with your course leader. We foster an inclusive, supportive environment to share the journey and the learning as a community.

AT THE END OF YOUR YOGAFURIE ACADEMY 230 HOUR TRAINING, YOU CAN EXPECT TO HAVE

A thorough grounding in the teachings of Yoga.

Deep knowledge of the practical aspects – postures, breath work, mantras and meditation.

A much greater understanding of the human body and, of course, the effects of heat on students' practice and teachers working in that heat.

Tools to plan and sequence creative and enjoyable classes. You'll have a greater command of language as well: skills to describe actions and movements accurately and clearly in a succinct, engaging way.



A little more about Yogafurie and The Academy...

Yogafurie is one of the UK's newest Yoga and Hot Yoga centres – bringing a fresh perspective for a new generation of teachers and practitioners.

Created by practitioner and teacher Ed Wood, Yogafurie is based in Bristol with a state-of-the-art studio run on sustainable energy.

So, what is Yogafurie? Well, some studios focus on tradition exclusively. Lots of things that customers normally expect – even cleanliness – can get lost. Other studios can be too business-focused: the honour and respect that the traditions command can be compromised.

Yogafurie has found the balance that's right for today's teachers and practitioners. We've done this because it's needed – people genuinely benefit from our approach. Join us, and you're cared for as a valued member of our community. Your practice is designed by teachers who understand Yoga's deep roots in the context of modern science.

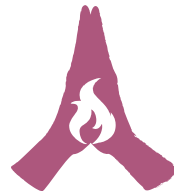




Yogafurie Academy is our teacher teaching facility, based at the studio. Amongst many teacher training providers, the Academy is different. We focus on deep Yoga traditions, passing them on in the light of contemporary research in anatomical science and psychotherapy through movement. And we do all this within the framework and understanding of a business setting – if you want to teach, you'll leave with the tools to teach successfully either as a full-time career, or part-time alongside your job.

The training is both broad and deep, and we bring in experts from many related disciplines to help us develop

our trainees. You'll work directly with successful specialists in fields such as meditation and mindfulness, insightful bodywork through the study of fascia, diverse styles of physical Yoga practice, professional business advice, and many more.



Who is Ed?

Ed Wood is the founder and lead instructor at Yogafurie, and helps design and facilitate Yogafurie Academy courses.

In 2011, Ed ditched the rat race and a successful job in IT to follow his love of Yoga and Hot Yoga, and quickly found a new calling through practice and teaching.

Ed has created an incredible place for teaching and reflection in Yoga and Hot Yoga at Yogafurie. He works hard to update and refresh our courses constantly, giving trainees the best learning experience for today's complex, fast-paced world.



**Yogafurie Academy 230 hour courses
run one weekend per month for 11 months.**

We take in a maximum of 16 students.

**If you are interested in finding out more,
we would love to talk to you.**

Please call us on **0117 403 1678** or **07807 789875**
or email **info@yogafurie.com** to discuss further or to visit us for a chat.

