

Yogafurie

academy
learn • train • teach

Upskilling to Teach Hot Yoga

CPD for Teachers





More and more studios are using heat. There are real benefits. Get past the hype to the facts, and learn to adapt your existing Yoga teaching skills with Yogafurie Academy.

Hot Yoga classes can run at a broad range of temperatures and styles, from calming slow flow and Nidra in a pleasant warmth to technical Vinyasa in a challenging heat. Find out about the possibilities, and how to carve your own niche for your clients on our CPD course.

You'll earn an extra 24 CPD hours with Yoga Alliance upon successful completion.

Hot Yoga is growing fast and Bristol has a thriving scene. Teaching Hot Yoga tends to be better paid. Qualified teachers are in demand, so your experience and contribution can be properly recognised. And if you're working on your own, your creativity will get to work designing unique classes at different temperatures for different needs.

Joining a large and growing practice community as a teacher and a leader will inspire you to new heights.



Course content

- What are the real benefits of using heat?
- Using Yoga equipment and giving adjustments in heat
- Cleanliness and hygiene in a hot environment
- Self-care: hydration and diet
- Responding to students and possible heat-related issues
- Adapting strength of practice, pace, and mood to different temperatures
- Practice teaching at different temperatures
- Join in three Hot Yoga classes as a student
- Gain 24 hours to register towards your CPD with Yoga Alliance.

About Yogafurie

Bristol is a proudly independent city.
Yogafurie brought this spirit to Hot Yoga.

We got rid of rigid class formats, and evolved
7 styles of Hot Yoga practice ranging
from calming and meditative to pacey and
dynamic. You'll never practice the same
sequence twice at Yogafurie.

Our highly successful Hot Yoga teacher
training program is the only one of its kind in
the south outside of London. When you work
with us, you have a strong and proven team
with you every step of the way.

Join Yogafurie Academy and take the next
natural step in your teaching career.

Course details

March 2020

Friday 20th 6:30am – 4:30pm

Saturday 21st 8am – 5pm

Sunday 22nd 8am – 5pm

Held at Yogafurie, 201 Ashley
Down Rd, Bristol BS7 9DD

£499 or £425 if you pay in full
by 29th February 2020. A £200
deposit secures your place.

**For more information or to
register, call 0117 403 1678,
email info@yogafurie.com
or visit yogafurie.com**

This is a course for people who already hold a Yoga
teaching qualification. Fees are not refundable if you
miss or don't complete the course for any reason.