

A woman with dark curly hair, wearing a grey and black yoga top, is seen from the back in a yoga studio. She has a tattoo on her left shoulder. In the background, other students are practicing yoga on mats. The wall is purple with colorful circular posters.

Yogafurie

academy
learn • train • teach

300 Hour Advanced Yoga Teacher Training

Energy, flow and awareness as your body in wholeness.



Course outline

This course is for Yoga and Hot Yoga teachers, and regular practitioners, who want to explore Yoga, energy and movement in depth.

It's divided into six, 50 hour modules; each specialises in a key aspect of Yoga method and practice.

In brief you can expect:

- Strong Vinyasa practice, studying its impact on our fascia
- Gentle Yin, learning about its relationship to the energy meridians of Traditional Chinese Medicine

- Ways to capture, still and refine our minds through meditation, mindfulness and Yoga Nidra
- Pranayama: understanding breath as the foundation of all practice
- Yoga's subtle body: how prana links practice and health
- A week-long retreat consolidates your learning

More info below and online at yogafurie.com.

This is in-person training, not online.

Is this course for you?

Our understanding of the body and the human condition is changing rapidly.

We now know that the internal web of fascia supports and integrates different body functions, and that emotions and attitudes really do crystallise in our body's structure.

Physical form and state of mind shape each other in a dynamic relationship: the outcome is health and vitality - or at least, it can be through mindful, informed, targeted Yoga practice.

This course is offered because Yoga teachers - and anyone diving deep into Yoga - will need a platform to learn about and explore this dynamic inter-relationship.

If you want to look in detail at these - if you want to develop a practical approach to helping yourself and others - then this course is for you.

You don't have to be a Yoga teacher: the main qualification is to come with an open mind and a willingness to learn.



The study modules

Fascia - building asana from the ground up

2022 - Oct 21-23, Nov 26-27 at the Yogafurie studio

Learn about fascia as the connective network that holds us together and reshapes our form in response to our movements. Through stronger Vinyasa, we deconstruct asana seeking to experience it happening real-time.

You'll emerge with a deeper insight into the asana and how they can arise from within, rather than simply trained externally. This is how a posture can be an asana - a steady, comfortable position. We'll ask - how can this inform our teaching?

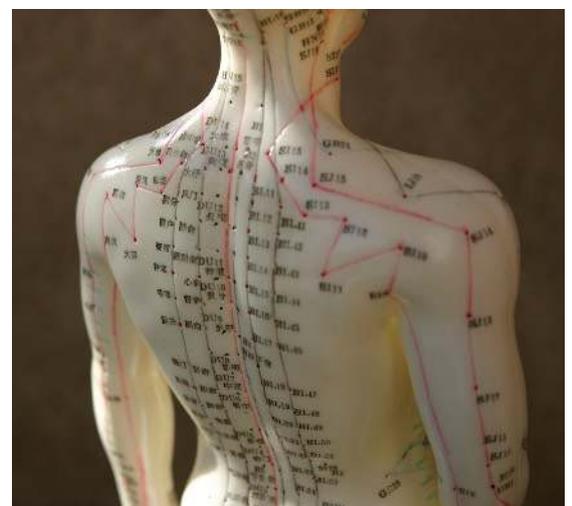


Yin Yoga and Energy Meridians

2023 Jan 6-8, Feb 4-5 at the Yogafurie studio

Yin Yoga relates closely to Traditional Chinese Medicine. Asana stimulate the meridian lines and longer holds offer space for the body's energy to shift. We'll look at postures in detail and the paths and properties of the meridians themselves.

We'll bring it together by designing Yin Yoga practices that move us towards positive energetic outcomes. You'll have opportunity to practice teaching from your new knowledge.



Yoga nidra, meditation and mindfulness

2023 Mar 3-5, Apr 15-16 at the Yogafurie studio

Yoga practitioners know that if we can calm our breath, we can reduce mental and physical tension.

Mindfulness, meditation and Yoga Nidra reliably regulate unwanted nervous activation and regular practice brings lasting change: we're just less likely to be triggered.

This module explores all three: you'll learn tools and techniques for your own practice and look at ways to teach others.



Health and the subtle body in Yoga

2023 Jun 16-18, Jul 8-9 at the Yogafurie studio

Yogis agree that energy and consciousness are at work within us. This module explores health and the human body as an expression of subtle energy, as taught in the classic Hatha Yoga Pradipika.

We'll discover how Ayurveda builds on this model. Given some of Yoga's lifestyle observances (yamas and niyamas), we ask: how can we make health the central theme of our Yoga practice?



Pranayama, sound and mantra Yoga

2023 Sept 15-17, Oct 14-15 at the Yogafurie studio

Ancient Yogis observed the rhythm of the breath, and concluded that our whole world is a repeating pattern of energy. We'll begin our journey through sound and by learning about (and practicing) chanting.

You'll renew and reinvigorate your current breath practice, and learn about some fascinating developments in breath science that can reset your entire system. We'll link pranayama to asana, and learn how to get the most from each round of breath.



Yoga retreat intensive

2023 Oct 23-29 in Devon

This retreat revisits key elements and practices from each of the study modules. No previous experience is assumed, but it's recommended that you have studied at least one of the other modules in order to get the most out of the experience.

It is an intensive retreat, so expect to be engaged in some kind of practice for 8-9 hours per day. Practice periods are spread out between the hours of 6AM-9PM, so there will be ample opportunity to rest, eat and socialise.



Course and module costs

300 hour course (6 modules)

The entire course costs £3599 for all 6 modules. A deposit of £599 secures your space.

If you pay in full before it starts, you get a £200 discount and you'll pay only £3399. Or, you can do 13 monthly instalments of £230, and then it costs £3599. These costs include your food, accomodation and all practice on the retreat.

Spaces on the 300 hour course are limited to 12 people: you'll share your journey with a small group, although others will join from time to time for individual modules.

Individual modules

Choose the modules that interest you and buy them individually.

Each module (except the retreat) costs £699. A deposit of £199 secures your space.

If you pay in full before the module starts, you get a £50 discount and you'll pay only £649 for the module. Or, you do two monthly instalments of £250 and then it costs £699.

The retreat module costs £899, or £849 if paid upfront. A deposit of £199 secures your place: as above, you can clear the balance in two monthly instalments of £350. Retreat costs include your food, accomodation and all practice on the retreat.

Deposits and fees are not refundable if you don't attend or complete the course or module for any reason.

About Yogafurie Academy



Our courses are designed around some guiding principles

Contact hours

All of your modules are taught face-to-face, in person. There will be assignments for you to work on at home.

Small study groups

If you purchase the whole course, either as a single payment or by instalments, then your journey will take place with a small, stable group. Course numbers are capped because it's essential that you get the personal attention you need, when you need it. New friends might join for individual modules from time to time.

Evidence-based

What you learn comes from established medical fact, recent research, or from Yoga's historical practice manuals.

Breadth of learning

Yogafurie will provide expert instruction and guidance for each study area.

In addition, you can develop new language skills to communicate your knowledge in an a safe, appropriate and engaging way.

Together, we'll plan and build Yoga practices that can build your skill and help others.

Your support network starts here

We promote and build a supportive practice community in every group of students.

And here at the studio we're here to help: your course leader is on hand to discuss work and progress, and you'll have access to a professional mentor.

Yogafurie Academy is a very successful training provider, and we'll bring all our skill, knowledge and reliability to your course experience.

For more information or to register:

call 0117 403 1678

email teachertraining@yogafurie.com

visit yogafurie.com