



UK top yoga teacher training

200 Hours INTENSIVE
Yoga Alliance Certified Diploma

**ESSENCE OF HATHA
&
MYSTICAL VINYASA YOGA**

£100 OFF when booked before 15/11/15



THE WELL-BEING
YOGA SCHOOL

Dawn Boulanoff & Nathalie Dubreu

LONDON

www.thewellbeingyogaschool.com

WHO WE ARE

Our school was born by two passionate teachers, Dawn Boulanoff, a highly recognised British Wheel of Yoga and Senior Yoga Alliance teacher and Nathalie Dubreu, a Senior Yoga Alliance teacher and the founder of Fluid Body™. With both 25 years of experience in the field, we devised a unique intensive yoga teacher training course in central London, combining Eastern wisdom with Western science to create a new generation of yoga teacher in the city.

CAREER OPPORTUNITY

We exclusively offer, after completion of your diploma, a unique opportunity of employment, teaching private yoga classes within our partner company in London, TruBe.

OUR TRAINING PHILOSOPHY

Our teacher training courses enable anyone who loves yoga to **become an enlightened, compassionate, skilled yoga teacher**, able to follow their intuition, become a stress-free role model and teach non-dogmatic yoga with an open mind and adapted to our challenging lifestyle.

We take our students beyond the ordinary training, awakening their inner radiance as a yogi and a teacher, arising their qualities of mindfulness, compassion and the therapist within.

Dawn teaches the traditional Hatha yoga full of the luminous philosophical, historical, anatomical beauty of yoga, while Nathalie through the Vinyasa flowing yoga sequences and energetic anatomy, stimulates all the senses and layers of one's self, creating a graceful energetic alignment that empowers the mind, body and soul for a transformative life.

OUR 200 HOURS YOGA TRAINING DIPLOMA

Our teacher training program, certified by Yoga Alliance gives you the confidence and expertise to lead a variety of classes and continue to grow. This training engages our students in a more personal experience of their yoga practice, raising vibrational energy and heart coherence, to be passed on. Asanas, pranayama, meditation and the full spectrum of the yogi knowledge are given to become a skillful teacher.

Our classes are relaxed, small, personal and enriched with clear information. We laugh a lot and believe that every new learning journey is a gift.

Depending on their life-style, our students chose between our two intensive courses:

***6 months course: Starting 4/01/16**
5 full days + 7 weekends attendance - £2400 (£600 deposit)

***1 month course: Starting 28/03/16**
25 full days attendance - £3100 (£750 deposit)



BOTH COURSES

- Cover 200 hours of training (including teacher shadowing) with us, while it is a requirement that our students are assessed practically, self-practice and personal reading.

- You can chose to add an extra qualifying professional 9-hour module to become a TruBe trainer, and work immediately after completion.



Now, just close your eyes, and feel...
If you feel we are right for each other, call us.

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Our yoga school has met the stringent requirements set by Yoga Alliance UK, demonstrating that our courses are of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training.