

“
May the sun bring you new energy by day
May the moon softly restore you by night
May the rain wash away your worries
May the breeze blow new strength
May you walk gently through the world
and know it's beauty all the days of your life.
Apache blessing

”



THE WELL-BEING
YOGA SCHOOL

Based in Central London, our school is dedicated to propose the most updated knowledge and trainings on yoga teacher trainings 200H (Yoga Alliance Certified).

3 months intensive courses

5 full days + 5 weekends attendance (Fridays to Sundays)+ Meetings & Unlimited support

Linking new sciences and quantum physics; the world of energy with the traditional Hatha yoga, Chinese healing exercises and the mystical power behind Vinyasa yoga your teaching will be unique, inspired and truthful.

*“You are behind me and in front of me;
I bow to you on every side. Your power is immeasurable.
You pervade everything; you are everything”*
**THE BHAGAVAD GITA – Chapter 11,
The Cosmic Vision.**

Our unique collaborative trainings Hatha + Vinyasa sacred power, combined with the therapeutic & energetic radiance of yoga (yin yoga, yoga nidra and somatic movements practice) will provide you with the knowledge and necessary skills to create and teach powerful classes and workshops adapted to the most busiest and demanding clients, to beginner and more advanced students.

Beyond an ordinary training, this is a time for deep practice, reflection and learning, cultivating personal inquiry and experience to transform your own life and the lives of your students. By embodying universal energy with yoga, you will take your teaching to a higher level, awakening your inner radiance as a yogi and teacher.

You will learn the traditional Hatha yoga full of the luminous philosophical and historical beauty of yoga, while through the Vinyasa flowing yoga sequences, anatomy alignment and energetic anatomy you will stimulate all the senses and layers of the self, creating graceful energetic alignment that awaken and empower mind, body and soul for a transformative life. Performing yoga like a dance.

WHO WE ARE

Nathalie Senior Yoga Alliance teacher and the founder of Fluid Body™ created the school in 2015, bringing together passionate teachers, with many years of experience in the field of yoga. Nathalie 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.

With our team we shared our vision of yoga as a sacred tool towards wellness and a happier life, broadening our teaching to therapeutic practice and divine healing self-transformation.

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.

Away from the mainstream training, we take our students towards the awakening of their inner radiance as a yogi and a teacher, arising their qualities of mindfulness, compassion and the therapist within.

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. Our headquarter is facing the river in Shad Thames in a sanctuary of peace and well being.

DESCRIPTION

This course presents a foundation in yoga principals with a strong emphasis on Hatha Yoga and Vinyasa Flow. Trainees are expected to maintain a daily practice during their training. Providing you with the resources to become a skillful and inspired yoga teacher. Cultivate the self through the forms of bodily practices of the fundamental Hatha yoga, focusing on proper alignment and symmetry in each postures with in-depth instructions, and Vinyasa yoga, the synchronization of the postures with the breath. The flow of movements with grace between each postures in a meditative, energetic and creative flow. Incorporating elements of therapeutic Western and Asian traditions together this teacher training is to unlock the body consciousness, working as a path for spiritual evolution.

These techniques are infused with meanings to evolve many aspects of who you are physically, emotionally, mentally and spiritually. This teacher training is designed for students of all horizons who are seeking to experience in-depth practices and resources, inspiration, and tap in their greatest potential for the development of their practice and teaching.

The course will include the following areas of study:

- Yoga Asana
- Anatomy and Physiology
- Subtle Anatomy
- Yoga Psychology 8 Limbs or Yoga
- Teaching Methods and Ethics
- Yoga Relaxation Techniques for Stress
- Pranayama and Meditation
- The Business of Yoga

THE FOCUS

- Embody the full approach and essence of Hatha Yoga and Vinyasa sacred Flow
- Explore the asanas in all their extended possibilities
- Learn the therapeutic & the energetic substance of yoga postures, pranayama, meditation
- In-depth look into the history, philosophy anatomy & physiology, methodology, creative sequencing and be skilled to develop your own classes
- Find your true expression as a yoga teacher from the heart
- Understand the living yoga-body in it's wholeness, and incarnate the universal life energy that connect us all
- Engage into the multi-dimensional aspect of the living yoga through the physical, mental, emotional and spiritual bodies alignment
- Opening your heart and mind to integrate these approaches into a holistic yogic lifestyle.



**“TODAY,
WHEREVER YOU
GO, CARRY
THE INTENTION
OF PEACE, LOVE &
HARMONY
IN YOUR HEART”**

STRUCTURAL BREAKDOWN

TEACHING METHODOLOGY

During the course of your teacher training we will include a variety of teaching methodologies: Observation, demonstration, instruction, adjusting and assisting with partner teachers, group meditation, guided massage technique.

COURSE OBJECTIVES

*Trainees will become knowledgeable in the style of Hatha and Vinyasa Flow
Trainees will understand the methodology of Yoga
Trainees will learn the art of observation and safe adjustment in asanas
Trainees will learn and become knowledgeable about the routes and philosophy of yoga particularly the yoga Sutras of Patanjali
Trainees will learn Sanskrit sufficiently enough to run a class
Trainees will be able to teach led classes based on Hatha and Vinyasa Flow.
Trainees will be able to teach led meditation and pranayama techniques
Trainees will become knowledgeable on the basic skills in business and marketing management
Trainees will be able to teach themed classes or workshops*

MODULE 1 : GROUNDING PRACTICE 18 HOURS

- Ethics of Teaching
- Defining your Role as a Teacher
- Hatha, Vinyasa, Restorative, and Yin introduction
- Creative Practices of the somatic body
- 8 Limbs of Yoga
- Teaching Methodology
- Yogic Lifestyle in Everyday Life
- Subtle Anatomy Energy The Qi ,Prana and KI
- Communication skills
- Testing, Teaching and Sharing your Skills

MODULE 2: PHYSICAL PRACTICE I

1) HATHA YOGA 50 HOURS

- Asana Training and Practice
- Teaching Asana skills
- Pranayama techniques
- Safety in Teaching
- Precautions, Contraindications, modifications and variations
- Therapeutic Benefits of Yoga
- Sanskrit
- Class Planning, Time Management, Demonstration
- Assisting and Correcting
- Align and refine, Testing, Teaching and Sharing your Skills

MODULE 3-PHYSICAL PRACTICE II

2) FLOWING WITH GRACE VINYASA YOGA 50 HOURS

- Creative Vinyasa Flow practice & methodology (Expanding the practice towards arm balances, core strength, creative transitions, incorporating breath, drishti & bandhas)
- Creative sequencing and postures benefits for health, well-being and facilitating healing
- Moving meditation as an integrated practice
- Safety in Teaching (assisting and observing)
- Practicing and Sequencing variety of vinyasa flow
- Creative Planning (Incorporating energetic, mythology, philosophy and spiritual knowledge into the flow)
- Alignment, variations, modifications, contraindications of all postures in relation to the practice of Vinyasa yoga.
- Sacredness of the Flow, microcosm and macrocosm in practice (Body and Mind wellness with Qi-gong techniques to cleanse the body energy field and energy organs, and pranayama technique of cleansing)
- Chakras vinyasa flow introduction
- Themes classes proposal

MODULE 4- HISTORY, PHILOSOPHY 25 HOURS

- History of Yoga (Hatha, Vinyasa, and Yin Yoga)
- Yoga Sutras of Patanjali
- Bhagavad Gita
- Hatha Yoga Pradipika
- The Upanishads

MODULE 5 - A&P + ENERGETIC ANATOMY 45 HOURS

Two Days Workshop A&P

- Anatomy & Physiology (from the cells, learn everything about the body)
- Body Systems & Asanas
- Asana benefit

Two Days energetic anatomy workshop

- Subtle Anatomy (linking physical with energy anatomy)
- Integration and flow of Qi, Prana or KI, The power of Shakti/Shiva, The Chakras system, The Mudras, The bandhas, The five Vayus, The Koshas, The Kleshas, The Nadis and Kryas
- 5 Elements variation from China & India
- The body as consciousness for vinyasa flow
- Universal energy integrating the Chinese meridian system for the Yin yoga
- Yin-Yang/Medical Qi-gong meditation introduction & incorporation into your yoga practice

MODULE 6 -BUSINESS OF YOGA 6 HOURS

- The Business of Yoga, Where to Start?
- Standard Insurance and Yoga Alliance Professional membership
- Defining your Role as a Teacher in business
- First Aid
- Marketing, design, branding, Online presence, website, blogs

EXTRA MODULE 8 - TruBe (get employed) HOURS TruBe

You can choose to add an extra qualifying professional (5 hours in person + Personal practice) module to become a TruBe trainer, and work immediately after completion. Fee: £160

EVALUATION PROCEDURE & CRITERIA

Our students will be evaluated on an on-going basis with a final exam in the form of a 1 hour teaching a class of their own doing. Written class planning assignments (prepare few classes for your future teaching), asanas research (understand your favourite postures at the core) and one essay (based on your future career) will need to be completed, with some participatory teaching during the course and having completed 90% of the course. The student will need to show full competency and safety during teaching with a 75% overall mark will be awarded a certificate.

ATTENDANCE

Trainees should attend a minimum of 90% of the course. Should trainees miss more than this minimum they will need to agree with the teacher on the modules to re-take. The school reserves the right to charge additional fees for these catch up modules.

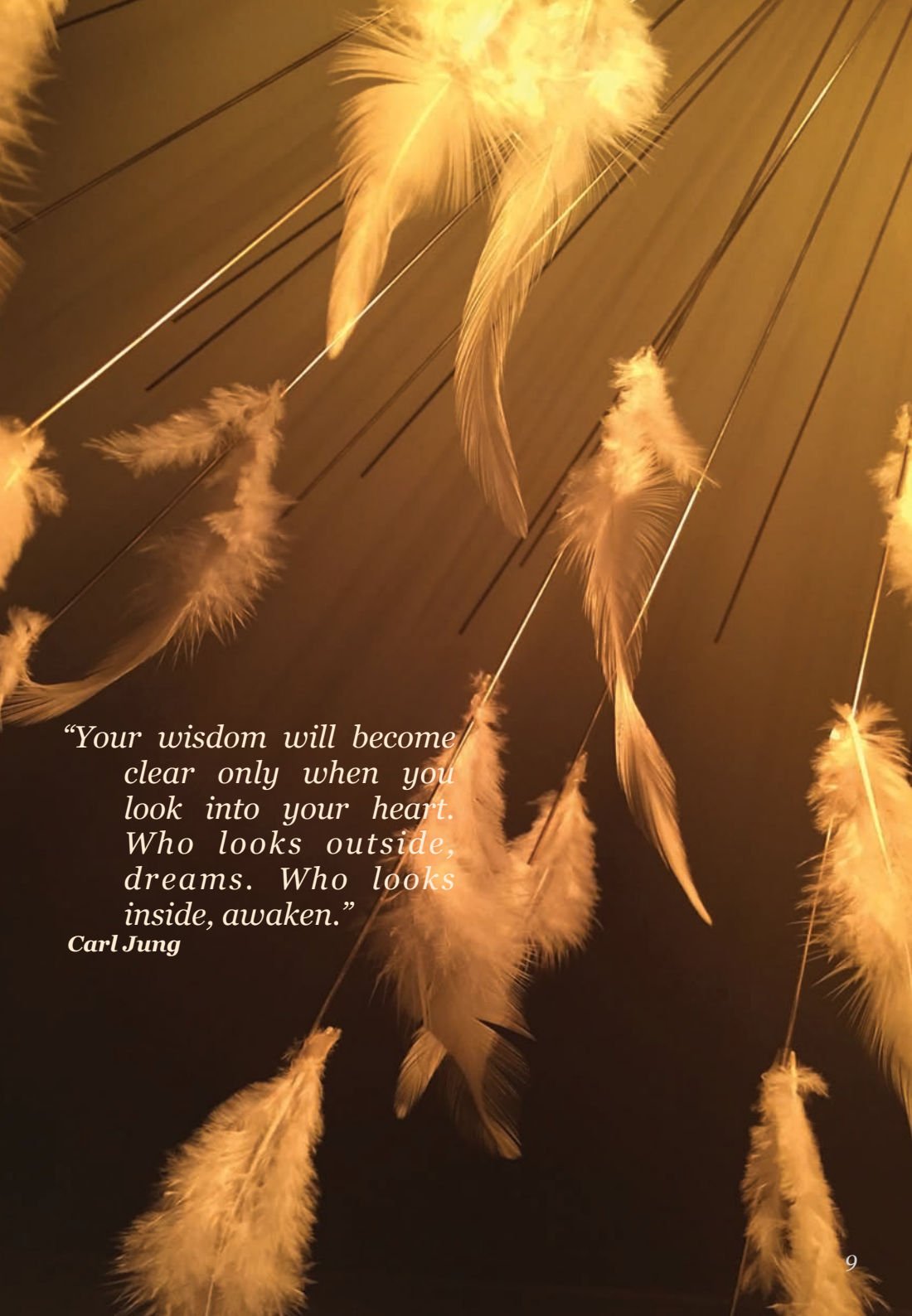
THE 5 DAYS IMMERSION IN CENTRAL LONDON (6 months intensive training only)

This 5 days immersion take place in intimate beautiful studios either near London Bridge or Tower Bridge. From about 9am to 6pm during 5 days you will enjoy practices which are all about self-discovery, self-enquiry, with specific visualisation techniques and meditations to connect to your inner source, release what doesn't serve you anymore, find your strength and allowing a new you to emerge.

Through intensive enjoyment of hatha & vinyasa yoga with restorative yoga, yoga nidra and yin yoga. You will ground yourself in your future teaching, allowing the teacher in you to awaken and grow while planting the seed of your new career.

This immersion will empower you to connect with the essence of Yoga and the sacred flow of life, deepening your practice into the mystic, therapeutic & energetic radiance of your own practice.

You will then enjoy joining us during 5 full week-ends of practice and learning.



“Your wisdom will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakes.”

Carl Jung

USEFUL INFORMATION

DATES

Start on 8 January 2018

Our 3 months intensive Yoga teacher training is comprised of 5 days total immersion and 5 non-residential weekends (Fridays to Sundays) in Central London + meetings.

Immersion: 8 to 12th January 2018

Week-ends: 19-21st January, 2-4th February, 23-25th February, 9-11th March, 23-25th March 2018.

COURSES

- Cover 200 hours of training (180 contact hours), while it is a requirement that our students are assessed practically, self-practice and personal reading. The SYT will be teaching a minimum of 75% of the course
- You can choose to add an extra qualifying professional 8-hour module to become a TruBe trainer, and work immediately after completion.

VENUE

Central London locations. Zone 1 close to bus and tube stations.

COST

The 3 months course fee is £2,850 - (£600 to be paid at registration)

Cost Includes

All Training (excluding EXTRA module 8. £160)

Full Course Manual

Final Class Assessment

Not Included

Additional Books and Material

Food, Travel, Accommodation Expenses in London

Other information

Maximum participants: 10-18 persons for each group.

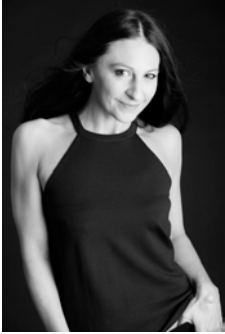
We value quality over quantity, and we are excited to start working with you soon.

ACCREDITATION

This training school has met the stringent requirements set by Yoga Alliance UK, demonstrating that the course is of the highest standard and that our graduates may register themselves with Yoga Alliance Professional UK.

Interviews are now open. We are flexible with our students schedule.

Teachers



Primary teacher and founder of the school

Nathalie Dubreu is known for her calming energy and soft approach. She is a senior yoga alliance teacher, and the founder of Fluid Body™, a unique wellness brand specialized in holistic energy treatments and balancing vinyasa yoga classes. With more than 25 years experience in bodywork (yoga, pilates, dance, martial arts, medical Qi-gong) and extensive studies of Chinese healing therapies, Nathalie takes her students towards a personal experience of their yoga practice raising vibrational energy and heart coherence. Her relaxed, informed and playful teaching, stimulates all the senses and layers of the self, creating an energetic alignment that awakens and empowers your mind, body and soul to transform your life. Her vinyasa flow sequences help you to understand your own state of being, optimizing and enhancing the circulation of life force through you. Performing yoga like a dance, the dance of life.



History and philosophy of yoga specialist teacher

Jaggi is a Sadhu by nature. He took birth in a family, where Yog and sadhna are in their blood and bones. Jaggi is our light on history and philosophy of yoga. Based in India, Master Hatha yoga teacher for teacher training schools. He is skyping with us from time to time as an added magic time on the path of our yoga journey. We are blessed to have him collaborating on our course.

Refund Policy

1. If an applicant is accepted on the teacher training course, the 600 GBP deposit for the 6 months training sent on application automatically becomes non-refundable.
2. If an applicant is not accepted the deposit will be immediately refunded.
3. The balance of the course fee must be paid 4 weeks before the course begins. If not, your place may be offered to someone on the waiting list and the deposit forfeited. (We offer payment facilities if necessary).
4. All payments can be completed by bank transfer to Nathalie Dubreu through FLUID BODY LIMITED Account: 24162302 Sort code: 600537
5. All payments must be net of any charges or fees.
6. In the unlikely event that the training is cancelled we will refund 100% of your payment or offer an alternative placement. Nathalie Dubreu is not to be held liable for any other expenses during your teacher training course.
7. If a student withdraws from the course more than 2 weeks before the course commences, payment is non-refundable but (after immersion fees deducted from the whole amount) money left on the student account can be transferred to another course or retreat. If a student withdraws from the course in the last two weeks before the course begins, the payment will no longer be transferable and will be requested in full even in the case of payment facilities offered.
8. Refund for the remaining balance is as follows: *Full refund (excluding deposit) if you cancel 3 months before the start date.

BOOKING

Before any booking, we will offer you a personal and informal meeting to meet us and talk about your project.

It is important that we all feel comfortable and happy with each other for this amazing journey we are about to start together.

If you feel this right, it is time to contact us and book our meeting:
www.thewellbeingyogaschool.com

Please contact Nathalie Dubreu -
nathalie@fluidbody.tv
Tel: +44 (0)7979 52 42 52
www.fluidbody.tv -
www.thewellbeingyogaschool.com

"This Training Provider has met the stringent requirements set by Yoga Alliance Professional UK, demonstrating that our courses are of the highest standards and that our graduates may register themselves with Yoga Alliance Professional UK."

