

200HR

VINYASA

Teacher Training

With **HOLLY COLES**

Weekend Course

AUG 4 - SEP 29, 2019

Weekday Course

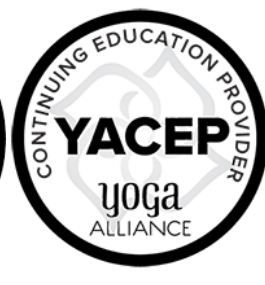
AUG 20 - SEP 27, 2019



**APPLY
NOW**



Apply by April for early bird saving ! - 08.688.92944 | 024.6263.1515



Yoga Vinyasa Teacher Training Program Overview

OM Factory School of Yoga Teacher Training is a 200-hour comprehensive program designed for serious yoga practitioners interested in deepening their practice, as well as for aspiring teachers who want to live and teach authentically with a tool-kit to approach teaching with confidence.

With a strong focus on anatomy and embodied alignment, our program provides students with room for creative exploration and self discovery. Our mission is to guide students on an adventure deeper into their own practice, while providing teaching tools and experience to develop and tap into their unique voice as a teacher. In a nourishing and intimate environment, this training will encourage students to discover their own path and empower others.

Om Factory School of Yoga's Hanoi 2018 Teacher Training will be led by Holy Coles. Conveniently offered as an intensive in August, it features teacher with strong backgrounds in diverse styles of Hatha Yoga including Vinyasa, Power, Iyengar, and Restorative, and teaches a fusion of styles and movement techniques that continue to pave the way in the evolution of Western Yoga.

Om Factory School of Yoga is a certified RYS-200 Hour program by the Yoga Alliance®.

- ✓ Physiological, psychological and spiritual aspects of asana, pranayama, and meditation
- ✓ Anatomy and physiology including both the physical body and subtle energy body
- ✓ Teaching methodology including embodied alignment, hands-on adjustments and sequencing step-by-step techniques for guiding your students with precision and compassion
- ✓ Looking at bodies: observation, verbal and physical adjustments
- ✓ Teaching exercises and drills with personalized critiques
- ✓ Practice teaching sessions, observing and assisting classes, the art of storytelling and dharma talks
- ✓ History and philosophy of yoga including various branches and styles

VYTT Specific Modules Include:

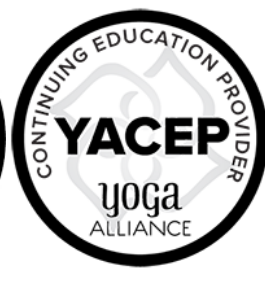
1. Yoga Asana and Embodied Alignment
2. Pranayama and Meditation
3. Movement Mechanics
4. Restorative Yoga
5. PreNatal Yoga
6. Class Sequencing
7. Teaching Skills
8. Business of Yoga
9. Anatomy for Yoga
10. Yoga History and Philosophy
11. Sanskrit and Mantra
12. Ayurveda and Seasonal Yoga
13. Self Care and Teaching Ethics
14. Personal Research Paper and other Assignments
15. Practice Teaching

VYTT BENEFITS

1. **OFSY Vinyasa Yoga Teacher Training manual.** 200+ pages.

Includes over 100 poses, plus embodied anatomy, teaching skills & much more.

2. **Sample Sequences.** Inspiration for new instructors.



3. **Mentorship Program.** Opportunity to teach Om Factory Community Classes under the guidance of a mentor.
4. **2 months unlimited membership** at one of the location of OM Factory Hanoi
5. **OM Factory Hanoi 's teacher training course 's gift set** (water bottle, uniform, notebook...)
6. **Certificate of Completion** from OFSY Vinyasa Teacher Training to submit for registration with Yoga Alliance® at the RYT-200 Level.

VYTT LEAD TEACHER

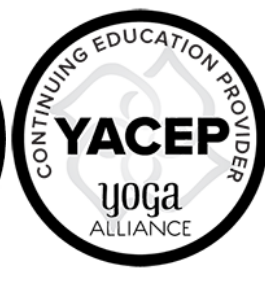


Holy Coles

Holly has spent her lifetime studying the art & science of human movement. She is a professional dancer & aerialist, yoga teacher, Pilates instructor, fitness coach, health consultant and teacher trainer. She has taught internationally for 20 years and continues to travel the globe sharing what she has learned. She has a long list of certifications and is currently formalizing her teaching skills with a Master's degree in Education.

Holly has practiced all styles of yoga and loves to constantly challenge herself learning new sports, fitness, and movement techniques. Her focus in teaching is on corrective movement and she uses yoga to help 'put people back together' so that they can perform at their peak. She has been trained extensively in performing arts, biomechanics, and health sciences and loves to look at yoga and other styles of movement for both their beauty and intelligence.

Holly has studied with so many amazing and talented individuals it's hard to list only a few names. She has taught all ages, levels, and abilities and has a special interest in using yoga to help people with disabilities & dysfunctions. Originally from Australia, she is currently based in Asia where she is a teacher and program developer for yoga, health and fitness trainings. She has produced her own



accredited Yoga Alliance® teacher training programs and continues to help studios nurture new talent and mentor teachers.

WHEN

- **WEEKEND COURSE , Start from Aug 4 – Sep 29**
Saturdays & Sunday 9am – 7pm (*Lunch will be provided by Studio*)
Guest Teachers schedule: Sep 6 – Sep 13, 9am- 7pm
- **WEEKDAY COURSE, Starts from August 20 – Sep 27**
Tuesday, Wednesday, Thursday, Friday, 9am – 5pm (*Lunch will be provided by Studio*)
Guest Teachers schedule: Sep 6 – Sep 13, 9am- 7pm

WHERE

OM Factory Hanoi – Building 7, Alley 9, Dang Thai Mai Street, Tay Ho, Hanoi

GRADUATION REQUIREMENTS

- ✓ *No absence more than 5% of total hours of the time in contact with the teacher, paying attention in classes*
- ✓ *Taking regular Yoga classes at OM Factory or any other Studio during or after the training*
- ✓ *Observation classes*
- ✓ *Doing Homework*
- ✓ *Participating in Teaching lab after the course*
- ✓ *Passing the written test and practical exam*

Tuition Fee & Promotion

Early Bird 1: \$1560 (by June 01st) - **OFF 20%**

Early Bird 2: \$1755 (by July 01st) - **OFF 10%**

Full Tuition: \$1950

\$500 deposit on acceptance. *Deposit & tuition non-refundable.

For more information about our 200-Hour Vinyasa Teacher Training, email us at omfactory.hanoi@gmail.com

NEXT INFO-SESSION (Free)
10am on Saturday, May 18 at Bui Thi Xuan Studio