



SANDSTONE  
YOGA & PILATES ACADEMY

# SANDSTONE 500 HOURS

DATE:



CPDS  
STARTING  
2019/ 2020  
SEE OUR  
WEBSITE  
FOR DETAILS

VENUE:

All Sandstone Yoga & Pilates Studios.

PRICE:



EACH CPD  
IS INDIVIDUALLY  
PRICED. CHECK OUT  
THE EARLY BIRD RATES!

## WHAT IS THE SANDSTONE 500?

This is a new addition to the Sandstone Yoga & Pilates Academy. The Sandstone 500 Certificate is a mark of excellence in Yoga Teacher Training. If you already have a 200 hour certificate (from any accrediting body) you can mix & match from our range of CPDs to an additional 300 hours & achieve certification of the Sandstone 500 hours. There is no time limit once you embark on this exciting journey with us.

We endeavour to bring you the highest quality training from a range of accrediting bodies & our offering will be greatly widened over the coming years.

Build up your flying hours with us and get accredited by one provider for all your training!

## WHO WILL BE TEACHING ME?

A variety of national experts including regular Sandstone Senior Yoga Teachers are supporting this programme.

As ever we only provide high quality yoga experiences & all of our training providers are experts in their field.

## ELIGIBILITY & ASSESSMENT

You are eligible to join us if you already have a **200 hour certificate** from an accredited source from a variety of different training bodies.

We do not recognise 200 hour online courses. If you have already started your CPD journey with us these hours can count towards the Sandstone 500.

## REGISTRATION

It costs £25 to register for the Sandstone 500. We will keep a record of the courses you take as you journey towards your 300 hours. Each time you complete a CPD with us it will count towards your 300 hours. We will send you an updated total of your hours every course you take. You will be given individual certificates for each course & also for the final 300 hours.

## CERTIFICATION & GRADUATION

Once you have reached your 300 hours you will be able to gain certification which costs £25. You will get a Sandstone 500 certificate and be invited to attend a traditional graduation ceremony at one of our studios (yes you will get a lovely garland of course!)

## LOCATIONS

All Sandstone Yoga & Pilates studios will be able to host CPDs and currently we have 4 sites within the family. Please check individual trainings for specific locations. The number of locations will increase over time.

## HOW TO REGISTER FOR THE SANDSTONE 500

Please email: [teachertraining@sandstone yoga.co.uk](mailto:teachertraining@sandstone yoga.co.uk)  
or call: 01922 277684

We would love to hear from you. It costs £25 to register as a one off fee & we will tell you how many hours you have accrued so far towards the Sandstone 500.

Please pay the money by BACs into the following account with the following reference:

09-01-29 Sort Code  
26939081 Account Number  
Reference 500SURNAME eg 500WILLIAMS, 500SMITH etc

Find Bliss & Keep It

If you have any further questions, or would like to speak to us then please don't hesitate to give us a call.

We very much look forward to seeing you here and starting your Sandstone Yoga & Pilates journey with us!

*Michelle Micklin*

(SANDSTONE YOGA & PILATES FOUNDER)



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