



SANDSTONE
YOGA & PILATES

VINYASA FLOW Teacher Training Immersion

DATE:



29th April-1st May 2020

Limited spaces
available

Early Bird Price

£360

when booked &
paid in full before

18th February 2020.

£395 thereafter

VENUE:

Sandstone Yoga & Pilates (Bearwood)

596 Bearwood Road

Smethwick

Birmingham

B66 4BW

0121 270 5648

PRICE:



WHAT IS THIS COURSE ABOUT?

Sandstone Yoga & Pilates hosts Dawn Wright for this 3 day immersion, aimed at teachers and teachers in training who want to develop or deepen the skills to teach safe, inspiring, and creatively sequenced vinyasa flow classes.

Through personal practice, lectures, discussions and group teaching exercises we will explore the key components of vinyasa flow yoga and how to plan and deliver them as teachers.

This training immersion will be an interactive learning experience, encouraging you to find your own voice, confidence and style as a vinyasa teacher, within the a supportive training environment.

There will be some pre and post course hours to complete as part of the non-contact hours of this course.

This is a 30 hour training course for the purposes your continuous professional development/further training hours (please check individual requirements of your regulatory body – ie YAP, BWY, IYN etc).

WHO WILL TEACH ME?

Dawn Wright

Dawn Wright is a Senior Yoga Teacher with Yoga Alliance Professionals UK who has been training other yoga teachers for many years, teaching on 200hour Training courses and Further Training/CPD for teachers around the UK.

She has a deep passion for vinyasa flow, and teaches with a focus on creative intelligent sequencing, safe alignment and practice, and the link between breath and movement. She initially trained with internationally renowned Vinyasa Flow teacher Claire Missingham, and went on to work with Claire, mentoring and assisting on her Teacher Training programmes and covering her classes at Triyoga in London. She has also extensively trained with Shiva Rae, Sianna Sherman and Jason Crandell. She is known for her practical, informative, supportive and warm approach to teaching and training.

HOW MUCH DOES IT COST?

The full cost is just £395 per person. But if you book your spot before 18th February you can secure your spot for just £360.

We are now accepting payment for the course either by:

- Cash at reception in the Bearwood or Sutton Coldfield studio.
- By bank transfer to: Acc| 86886991, Sc | 517032, Name | The Riot Collective
- Online: <https://www.eventbrite.co.uk/e/vinyasa-flow-teacher-training-immersion-tickets-72255416897>

We very much look forward to seeing you here as you continue your yoga teaching journey with Sandstone Yoga & Pilates!

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