



# SERENDIP SPA'S VINYASA TEACHER TRAINING WITH EMMANUELLE LAMBERT

Embark on the journey of your lifetime and learn how to teach life-changing Vinyasa Flow yoga with this 200-hour training. Dive deep in ancient yogic philosophy and techniques mixed with cutting-edge anatomy to teach Vinyasa Flow to a high standard and deepen your own knowledge and practice.

## **This training will give you:**

- Knowledge and understanding of ancient practices and techniques, and their relevance today
- A thorough understanding of functional anatomy and biomechanics with an exploration of bones and muscles, connective tissue and joints, and revolutionary concepts that every teacher should know
- A deep understanding of key asana and family of poses and the concept of holistic organic alignment
- Tools to sequence powerful and effective classes and practices, as well as keys to adapt your classes for different needs
- Space and tools for personal enquiry, finding your own voice and what you stand for, a deeper sense of self.

**Serendip Spa's Vinyasa Teacher Training is a one-of-a-kind teacher training in Belgium, with the first certified Vinyasa Flow yoga teacher and first Core-Strength Vinyasa trained teacher in Brussels, Emmanuelle Lambert.**

Date: March – December 2017 (one weekend per month)

Location: Serendip Spa & Yoga, 16-18 Place Stéphanie, B – 1050 Brussels

## **Dates and Curriculum**

### *24, 25, 26 March 2017 – Foundations*

Overview, layers of Vinyasa Flow, lineage and evolution, Asana Lab: database, family of poses and names

### *21, 22, 23 April 2017 – Roots of Yoga part 1*

Philosophy and exploration of founding texts, key concepts, Hindu mythology, Ayurveda – application in modern society

### *19, 20, 21 May 2017 – Roots of Yoga part 2*

Ancient techniques: kriya, pranayama, meditation; alignment in the lineage and evolution

### *9, 10, 11 June 2017 – Anatomy & Physiology – Western Anatomy*

Anatomy of breathing, spine and skeletal systems, joints, muscles, fascia, Deep Front Line, application in Asana Lab

### *30 June, 1, 2, July 2017 – Anatomy & Physiology – Esoteric Anatomy*

Prana and agni, koshas, vayus, chakras, bandhas – Sequencing based on Western + Esoteric Anatomy

### *25, 26, 27 August 2017 – Sound System*

Vocal ark of class, cues, Sanskrit sounds and review of names, mantras and chanting

### *15, 16, 17 September 2017 – Hands On*

Hands-on assists: theory and practice, practicum

### *13, 14, 15 October 2017 – Holding Space(s)*

How to set up for class and hold space, private classes / pregnant women in a Vinyasa Flow class / multi-level classes, beginners' series, 'advanced' poses

### *17, 18, 19 November 2017 – Becoming Teacher*

Practicum; vision and core message; business aspects

### *8, 9, 10 December 2017 – Being Teacher*

Practicum, yoga off the mat: seva, self-care, study, creativity  
EXAM and final interview

## **Friday 15 December 2017: GRADUATION!**

### *Weekend schedule (all weekends):*

Friday 17h30-20h30

Saturday 9h-17h30 (one hour lunch break)

Sunday 9h-17h30 (one hour lunch break)

### **Pre-requisites**

- A consistent practice of at least 18 months to 2 years, any style, preferably Vinyasa Flow
- A deep desire to take your own practice to the next level, to learn and grow, and to share the teachings and the benefits of yoga
- If Emmanuelle is not your primary teacher, please attend a Vinyasa class with her to make sure this is a good fit for you (every Wednesday from 19h00 to 20h30). Please register for a class beforehand as this class is typically full ([yoga@serendipspa.com](mailto:yoga@serendipspa.com), on our website: [www.serendipspa.com](http://www.serendipspa.com), or call us at +32 503 55 04)
- No teaching experience necessary.

### **To graduate, you will need**

- To attend ALL weekends – make sure to clear your agenda before applying! Hours missed will be made up with a mix of private sessions with Emmanuelle (rate: EUR 75 per hour) and assisting in group classes and workshops, to be defined on a case-by-case basis;
- To complete book readings and reports;
- To complete in-session and teaching assessments;
- To complete a 30-Day Yoga Project;
- To write a final essay;
- To keep up with your personal practice, by attending one class a week and set up regular home practice;
- To pass a final practical exam.

### Pricing

- EUR 2500, including study material and certificate
- Deposit of EUR 800 to be paid upon acceptance in the training. Balance to be paid by 28<sup>th</sup> February 2017
- Payment plans available on demand with limited availability
- **Early bird pricing of EUR 2250 if paid in full by 15<sup>th</sup> November 2016**

### Not included:

- Food and accommodation
- Travel to and from location
- Books on the reading list
- Yoga Alliance membership

## **APPLICATION FORM**

Name: .....

Date of birth: .....

Address: .....

Phone / GSM: .....

Email: .....

### **Emergency contacts:**

Name 1: .....

Phone / GSM: .....

Email: .....

Relationship: .....

Name 2: .....

Phone / GSM: .....

Email: .....

Relationship: .....

### **Remember to check all dates and make sure you can attend ALL weekends**

1. Describe your yoga practice: how long have you been practicing? What style(s)? How often a week do you currently practice (class and home practice – detail)?
  
2. How has yoga impacted your life?
  
3. Why do you wish to participate in this training? What do you hope to experience? What do you hope to learn?



4. Which aspect of yoga practice do you enjoy the most and why? Which is the most challenging and why?
  
  
  
  
  
  
  
  
  
  
5. After you complete this training, how do you hope to share your skills as a yoga teacher?
  
  
  
  
  
  
  
  
  
  
6. What other trainings and / or workshops have you taken on your yoga journey?
  
  
  
  
  
  
  
  
  
  
7. Are you currently teaching yoga? If yes, please give details.
  
  
  
  
  
  
  
  
  
  
8. Please list any injuries, surgeries, illnesses, mental health concerns, or other conditions that might be relevant, as well as any medications.
  
  
  
  
  
  
  
  
  
  
9. Any other information or comment that you need to share with us?

Signature:

Date:

Please return to Serendip concierge or by email at [yoga@serendipspa.com](mailto:yoga@serendipspa.com)

You will be notified of the status of your application by email as soon as possible. If you are accepted in the training, you will receive a welcome package with the list of required and recommended books, schedule and homework schedule, etc., and a request for payment of the deposit of EUR 800.

## **Terms & Conditions**

1. Whilst every care and attention will be taken by the teacher on this training, I understand that full personal responsibility for my health and wellbeing remains with me. I expressly assume all risks of my participation in this training and waive any claim, which I might otherwise bring against Emmanuelle Lambert, Serendip Spa & Yoga, Serendipity Wellness sprl, as a result of injuries from or relating to my participation in this training.
  
2. Cancellation policy is as follows:
  - any time up until 30th November 2016 we will refund upon cancellation minus EUR 50 non- refundable admin fee ;
  - after 30th November 2016, cancellation will result in the loss of EUR 800 deposit plus transaction charges for any other monies refunded ;
  - after 31st January 2017, withdrawal will result in the loss of EUR 1500 or EUR 800 deposit plus transaction charges for any other monies refunded ;
  - after 28th February 2017, withdrawal will result in the loss of all monies paid
  
3. In the event of the event being cancelled by Serendip Spa & Yoga, we will refund monies paid in full except in the case of those circumstances rendered by weather, political conditions, local infrastructure, wildlife or acts of God.
  
4. Neither Serendip Spa & Yoga nor Emmanuelle Lambert is responsible for the loss or damage to any participants belongings while on training.
  
5. You are responsible for making us aware of any pre-existing medical conditions or if you are taking any medications using the form provided.
  
6. Training materials are issued during the training – replacements will be charged at a cost of EUR 25.
  
7. We reserve the right to make changes to the training schedule and details where necessary.



8. We are a Yoga Alliance registered school and therefore we pass along your name and email address to Yoga Alliance so that they can contact you about membership and insurance. If you would rather we didn't do this, please let us know however we do encourage you to take advantage of this membership.

I hereby agree to accept and abide by the terms of this Application & Agreement.

Name :

Date :

Signature :

Please return to Serendip concierge or by email at [yoga@serendipspa.com](mailto:yoga@serendipspa.com)