

tc
the clinic

ANATOMY OF ARTS

MARCH 14TH ~
AUGUST 16TH

**300 HOURS YOGA TEACHER
TRAINING 2020**
YOGA ALLIANCE CERTIFICATION

**6 MONTHS - 6 IMMERSION
MODULES:**

INVITED INTERNATIONAL
EXPERTS

THEORY, TECHNIQUE,
TRAINING & PRACTICE

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BOOKINGS 预约:

Email 邮件:
anatomy.of.arts
@theclinic.international

Wechat 微信:
andrea9999

20 SPOTS ONLY

仅限二十个席位

上海市徐汇区嘉善路118弄B座5楼A501室
118 Jiashan Rd, Building B, 5F
Suite A501, Shanghai 200031



www.theclinic.international



MAR 14 ~ AUG 16

PROFESSIONAL YOGA TEACHER TRAINING

300 HOURS YOGA ALLIANCE CERTIFICATION

Nothing stays overlooked. the clinic's Anatomy of Arts Department's 300hrs TTC is the most serious and comprehensive academic curriculum in China with extended emphasis on in-depth Yogic Philosophy, Meditation & Nidra, Anatomy, Body Mechanics, Injury Management & Alignment, Kriya & Pranayama, Anatomy in Asana & Ayurveda in Practice and Prenatal / Postnatal Yoga Foundations...

The already certified YA teachers may upgrade to 500 hours Yoga Alliance certification after completion of this 300hrs training.

Learn an integration of hatha, therapy, vinyasa and ashtanga yoga training meeting and excelling YOGA ALLIANCE standards.

- Understand IN-DEPTH Asana, Alignment, Anatomy, Body Mechanics and Injury Management in yoga.
- Refine your personal practice over 6 months of committed Sadhana.
- Learn the Art of Yoga Therapeutics.
- Study the ancient texts, its meaning, and its appliace in today's modern environment.
- Understand, experience and integrate meditation as a pivotal practice for human development.
- Learn the different levels of relaxation and concentration degrees, and the thought processes by the means of Nidra yoga practices and meditation.
- Develop sensitivity and understanding of the great energetic effects of each one of this practices.
- Acquire and embody the natural methods for asana class sequencing.
- Incorporate routines for preserving health and balance, through appropriate Ayurvedic and Nutrition Principles.

MODULE 1: YOGIC PHILOSOPHY IMMERSION

20 HRS CERTIFICATION

CARLOS POMEDA

MARCH 18th. 19:00-21:30

MARCH 19th. 19:00-21:30

MARCH 20th. 16:00-21:30

MARCH 21st. 09:30-12:00 / 13:30-16:00

MARCH 22nd. 09:30-12:00 / 13:30-16:00

MODULE 4: NOURISHING THE SYSTEM: KRIYAS & PRANAYAMA & MANTRA

20 HRS CERTIFICATION

WAYLON BELDING

MAY 1st. 19:00-21:00

MAY 2nd. 08:00-12:00 / 13:30-18:30

MAY 3rd. 08:00-12:00 / 13:30-18:30

MODULE 2: ANATOMY & PHYSIOLOGY & BIOMECHANICS & INJURY PREVENTION

20 HRS CERTIFICATION

ERIC YUE

MARCH 27th. 19:00-21:00

MARCH 28th. 08:30-12:30 / 14:00-19:00

MARCH 29th. 08:30-12:30 / 14:00-19:00

MODULE 5: ANATOMY IN ASANA & AYURVEDA IN PRACTICE

20 HRS CERTIFICATION

ALVARO ESTEBAN

MAY 29th. 19:00-21:00

MAY 30th. 08:00-12:00 / 13:30-18:30

MAY 31st. 08:00-12:00 / 13:30-18:30

MODULE 3: MEDITATION & NIDRA YOGA RETREAT (NON-RESIDENTIAL)

21 HRS CERTIFICATION

ANDRÉ RIEHL

APRIL 10th - 12th. 08:30-12:30 / 15:00-19:00

MODULE 6: PATH TO ASHTANGA YOGA

14 HRS ASHTANGA YOGA IMMERSION

LARUGA GLASER

JULY 4th. 10:00-12:00 / 13:30-17:30

JULY 5th. 09:00-10:00 / 10:30-12:30 / 14:00-17:00 / 17:30-19:30 (OPEN TALK)

6 MASTER MODULES (117 HRS)

+ 7 FULL WEEKENDS THEORY, TECHNIQUE, TRAINING & PRACTICE SESSIONS (OVER 150 HRS)

+ 30 REGULAR STUDIO CLASSES PRACTICE (OVER 35 HRS)

= 38800RMB (36800RMB EARLY BIRD)

* Initial tuition fee of 18.800RMB (early bird 16.800RMB) and 5 monthly fees of 4000RMB to help you finance your certification.

* Quality and exclusive material curated by top international educators.

* State of the art facilities at the clinic

Weekends Schedule: MAR 14-15 // MAY 8-10 // JUN 5-7 & 25-27 (FINISH 1HR EARLIER) // JUL 25-26 // AUG 8-9 & 15-16 (FINAL)

Fridays: 19:00-21:00

Saturday & Sundays: 08:00-12:00 / 13:30-18:30