

SEPTEMBER - DECEMBER 2015

200

HOUR TEACHER TRAINING

Yoga Alliance Registered School - RYS 200



PURE
FLOW

YOGA THAT EMPOWERS



E L I N O R E C O H E N E - R Y T 5 0 0



KNOWN FOR HER BIO MECHANICAL, ALIGNMENT-DRIVEN VINYASA FLOW TEACHINGS. • FOCUSED ON SELF-DISCOVERY, NOT JUST PERFECTING POSES • OVER 25 YEARS OF MOVEMENT AND DANCE EXPERIENCE • EXPLORED YOGA FROM ASHTANGA TO IYENGAR, VINYASA



FLOW TO PRE & POST NATAL & MORE! •

CERTIFIED YOGA TEACHER, INFLUENCED BY LISA WALFORD, ANNIE CARPENTER, MATY EZRATY, AND OTHERS.

"This yoga teacher training course is second to none. As we progressed, amazing transformations took place as everyone found their individual voice and style. Elinore gave valuable feedback that pushed us to grow, but in a loving and supportive way. She has a gift for clear instruction, transitioning you smoothly from the "gross" experience of the pose to the deep and "subtle" experience through sequencing that is not only intelligent, but absolutely inspired to develop a full sensory yoga practice."

— Tiffany Larson

More testimonials at www.ElinoreCohenYoga.com



PURE FLOW

The art of teaching yoga requires sensitivity, and compassion, as well as lots of practice, and technical knowledge. The Pure Flow yoga teacher training program is designed for your own essence to radiate, and to communicate your own voice, and expression of yoga with ease. If you're passionate about yoga, and want to inspire others, you are indeed a strong candidate for this teacher training program. It's about the joy of learning, and allowing you to open up to your full potential... For Pure Flow's teacher training is as unique as you are! Every yogi is different, and arrives on the mat with a distinctive set of strengths, challenges, and goals, and this training magnifies the best in you. Under Elinore's expert guidance, you will find your individual gift, discover that teacher inside you, and lay the foundation for that teacher to emerge.



More information on Pure Flow and Elinore's teaching philosophies visit www.ElinoreCohenYoga.com

Recommendations

- Interview several studios, the teachers, and former students of the programs in your area.
- Find out if that teacher is dedicated to their own personal, daily practice.
- Find out what teachers they have taught under, and have been influenced by the most.
- Search your own heart to find out what you want out of your teacher training program.

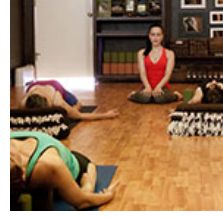
PURE FLOW TT INFORMATION SESSIONS - MEET & GREET:

Sunday: August 16 2:00pm - 4:00pm

At The Springs: 608 Mateo Street, Los Angeles CA, 90021



Join us for a FREE HOUR & HALF CLASS followed by a meet & greet information session with Elinore Cohen, at **The Springs** so you can receive all of the information about Pure Flow's Teacher Training Program, see our books, manuals, and have any additional questions answered personally from Elinore.



P R O G R A M A T - A - G L A N C E

First Session : September Fri 9/25, Sat 9/26, Sun 9/27, Mon 9/28

Friday: Welcome Session

Saturday: Externally Rotated Standing Poses

Sunday: Externally Rotated Standing Poses

Monday: Yoga Philosophy, Introduction of Independent Final Project

Second Session: October Sat 10/3, Sun 10/4, Mon 10/5, Wed 10/7

Saturday: Neutrally Rotated Standing Poses

Sunday: Neutrally Rotated Standing Poses

Monday: Surya Namaskara - Practice & Theory Part 1 Teaching Methodology - Principles of Practice & Teaching, Yoga Philosophy, Development of Independent Final Project

Wednesday: Surya Namaskara - Practice & Theory Part 2 Sequencing Methodology - In Depth Sequencing Development

Third Session : October Sat 10/10, Sun 10/11, Mon 10/12, Wed 10/14

Saturday: Hip Opening, Psoas & Hamstring

Sunday: Hip Opening, Psoas & Hamstring

Monday: Thoracic Spine - Upper Back Opening, Yoga Philosophy, Development of Independent Final Project

Wednesday: Heart Opening - Lower Back Protecting

Fourth Session : October Sat 10/17, Sun 10/18, Mon 10/19, Wed 10/21

Saturday: Twisting - Seated & Standing

Sunday: Twisting - Seated & Standing

Monday: Yoga Philosophy, Business of Yoga Part 1

Wednesday: Shoulder Girdle & Shoulder Opening

Fifth Session : October Sat 10/24, Sun 10/25, Mon 10/26, Wed 10/28

Saturday: Backbends, Chair Backbends, Forward Bends

Sunday: Backbends, Chair Backbends, Forward Bends

Monday: Yoga Philosophy, Business of Yoga Part 2

Wednesday: Backbends Revisited & Backbend Counterposes

Sixth Session : October Sat 10/31, Sun 11/1, Mon 11/2, Wed 11/3

Saturday: Inversions & Cool Down

Sunday: Inversions & Cool Down

Monday: Abdominals & Core Strengtheners

Wednesday: Restorative Yoga, Relax & Renew Yoga, Yin Yoga

Seventh Session : November Sat 11/7, Sun 11/8, Mon 11/9, Wed 11/11

Saturday: Pelvic Floor, Arm Balances, Creative Transitions

Sunday: Pelvic Floor, Arm Balances, Creative Transitions

Monday: Pranayama - Principles & Practices

Wednesday: Pre & Post Natal Yoga

Eighth Session : November Sat 11/14, Sun 11/15, Mon 11/16, Wed 11/18

Saturday: Advanced Asana - Arm Balances

Sunday: Advanced Asanas - Inversions

Monday: Yoga Philosophy, Subtle Body: Chakras, Vayus, Nadis, etc.

Wednesday: : Yoga For Early Childhood, School Age Children & Teenagers

Ninth Session : November Sat 11/21, Sun 11/22, Mon 11/23

Saturday: Advanced Asana - Backbends

Sunday: Advanced Asana - Backbends

Monday: Yoga Philosophy & Introduction To Ayurveda

Tenth Session : December Sat 12/5, Sun 12/6, Mon 12/7

Saturday: How - To Teach & Work With Beginners

Sunday: How - To Teach & Work With Beginners

Monday: Yoga Philosophy - Bhagavad Gita

Eleventh Session : December Sat 12/12

Saturday: Final Practicum, Independent Final Project Presentation & Diploma Ceremony



TRAINING INCLUDES

- Intensive, alignment-based yoga asana practice, and study.
- Yoga specific anatomy, and physiology.
- Principles of “Vinyasa Flow” (creating intelligent flow sequences which link movement with breath).
- Principles, and practice of pranayama.
- The yoga sutras, and yoga philosophy (history of yoga).
- Yoga philosophy, sanskrit, and ancient texts, and teachings.
- Subtle anatomy, and subtle body including chakras, and koshas.
- Introduction to meditation.
- The art of teaching yoga, including practice teaching (teaching methodology & practicum).
- Introduction to specialty yoga (prenatal, postnatal, yin yoga, yoga therapy, etc.).
- Hands-on adjustments (effective communication through hands-on adjustments, and clear verbal cues).
- Intelligent sequencing for all levels (teaching beginners through level 2-3, and 3).
- The business of yoga, and teaching private sessions.

And so much more!



TIMES & LOCATION

SUNDAYS: 12:00pm - 6:00pm

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MONDAYS: 6:00pm - 10:00pm

FRIDAYS: 6:00pm - 10:00pm

LOCATION - The Springs: 608 Mateo Street, Los Angeles CA, 90021



PREREQUISITES

No formal experience is required to enroll in the Pure Flow yoga teacher training program. However, we do recommend that you have had at least six months of regular practice prior to the start of the course.

TUITION

Tuition includes Pure Flow training sessions, training “manuals”, and free attendance at ALL regularly scheduled classes at **The Springs** Studio between September 25, 2015, and December 12, 2015. Reading list books Not included. Non-refundable/non-transferable deposit of \$500 is included in initial tuition payment.

Early Bird Discount: \$4000

Paid on or before August 16, 2015

Full Cost Tuition: \$4500

After August 17, 2015

**Any & All “Current” Yoga Teachers may Take the Pure Flow Teacher Training Program for:
\$2800 payable by the Early Bird Date: August 16, 2015**

TUITION REFUNDS

Cancellations received on or before 9/7/15 will be charged a \$500 cancellation fee. Notice of cancellation must be received in writing to Elinore@ElinoreCohenYoga.com by 9/20/15. *****No refunds will be issued after 9/25/15.*****

MAKE UP SESSIONS

You must attend at least 70% of the sessions above to receive a diploma. If you miss 30% or less of the training sessions, you may make them up at ****no charge**** in **ANY** of Elinore Cohen's subsequent Pure Flow Yoga Teacher Training programs anywhere... Anytime!

Questions about Pure Flow Call: (818) 927-3085 or (213) 223-6226

Information at www.ElinoreCohenYoga.com

Sign up at www.ElinoreCohenYoga.com or in person at The Springs

INFORMATION SESSION & FREE CLASS

The Springs TT Information Sessions - Meet & Greet:

Sunday: August 16 2:00pm - 4:00pm



Join us for a **FREE HOUR & HALF CLASS** followed by a meet & greet information session with Elinore Cohen, at The Springs so you can receive all of the information about Pure Flow's Teacher Training Program, see our books, manuals, and have any additional questions answered personally from Elinore.

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www.TheSpringsLA.com

To register, please fill out all the following information. We respect your privacy, therefore the information shared will be kept on file at the studio, and not shared/sold to other organizations.

**REGISTRATION
DEADLINE**

First Name _____ Month & Day of Birth _____

Last Name _____ Male Female

Address _____ City _____ State _____ Zip _____

E-mail _____

Best Telephone Number to Reach You: _____ This is a Home Cell Work

What is your purpose in participating in yoga?

How did you hear about this Teacher Training Program? If someone referred you, please tell us who.

What is your experience with yoga? Beginner Intermediate Advanced

What type of yoga have you practiced? Where? For how long?

Tuition Cost: \$3000 On or Before August 16, 2015 \$3500 After July 17, 2015

Payment Form: Check (To: RE Embody Yoga LLC) Cash Credit

Name on Card: _____ Card Number: _____

Type: MasterCard VISA Discover Exp Date: _____ 3-Digit Security Number: _____

In consideration of being permitted to participate in this Re-Embodiment Yoga LLC d/b/a Pure Flow Yoga Teacher Training ("Program") during September - December 2015 at The Springs, you agree as follows:

1. You have read and accepted all terms of the program contained on this page, and attached pages which provide additional program description information. You agree to sign the Studio's & Pure Flow TT waiver, and release forms prior to attending this program.
2. A non-refundable, and non-transferable deposit of \$500 is included in your initial payment when you register.
3. Tuition cancellations received on or before 9/7/15 will be charged a \$500 cancellation fee. Notice of cancellation must be received in writing at The Springs 604 Mateo Street Los Angeles, CA 90021 or to Elinore@ElinoreCohenYoga.com. There will be no tuition refunds whatsoever after 9/25/15.
4. You accept that there are no refunds, transfers, or credits once the program has begun. If you are unable to attend any or all program sessions or classes, and you agree to the program provisions concerning make up sessions if you do miss sessions.
5. You understand that this is a training program, and that neither The Springs nor Elinore Cohen/Re Embodiment Yoga LLC/Pure Flow Yoga Teacher Training make any guarantee to you of employment, or teaching assignments.

I have read the above, including the Program Description information attached to this registration form, and fully understand and accept the contents. I voluntarily agree to all terms and conditions as stated.

Signature of Student _____ Date _____