

ONGOING - YEAR ROUND  
REGISTRATIONS

# 300

HOUR TEACHER TRAINING  
Yoga Alliance Registered School - RYS 300



PURE  
FLOW

YOGA THAT EMPOWERS



# T H E   3 0 0   H O U R   J O U R N E Y



Growth as a yoga teacher calls for commitment to practice, expansion of knowledge, and openness to inspiration. Further your knowledge, and fuel the fire of your yogic journey with the most comprehensive 300 Hour program around! Yoga teachers must be RYT 200 to enroll in the Advanced Pure Flow Yoga Teacher Training 300 Hour program.

The 300 Hour program provides a platform for yoga teachers to explore the next level of their expertise and discover their true path as a yoga instructor. This program provides optional “pick and choose” workshops that allow teachers to follow the track that best suits their individual professional calling... By “picking and choosing,” trainees can develop their own unique journey that meets their needs, satisfies their thirst for knowledge, and provides not only teacher development, but personal

development as well!

The 300 Hour Advanced Teacher Training program is designed in a format that is easy to schedule, and afford. It allows you to move at your own pace (complete within 3 years), and select courses that support your personal teaching path, rather than a “one size fits all” program.

Following completion of the program, students will be eligible to register with Yoga Alliance as RYT 500 (Yoga Alliance also requires documentation of 100 hours of teaching experience following completing a 200 hour teacher training program to register as a RYT 500).

With the 200 Hour foundation for successful teaching set in place, the time comes to expand, and refine. Pure Flow Yoga’s 300 hour teacher training program provides mentorship with a senior level teacher, a cumulative project designed to bring the trainee to new depths of knowledge in their chosen subject, and the unique opportunity for the trainee to choose his or her own path on this part of the journey.

Once enrolled in the 300 hour program, you will begin to participate in an ongoing series of week day or weekend workshops, ranging in topics such as yoga for kids, specifics of ayurveda, advanced asana, teaching to beginners, yoga philosophy, effective pranayama, and many more. You will choose the workshops you wish to attend, and be free to forgo those which do not fall under your category of interest... If you never plan to teach pre-natal yoga, for example, you may skip that workshop. All you need to do is complete your total workshop series, and the additional requirements outlined below, within three full years of enrollment. Flexibility, and comprehensiveness separates the Pure Flow 300 hour teacher training program from many others!

In addition to the workshop offerings, you will also apprentice with a senior teacher from Pure Flow Yoga. You will assist your mentor teacher’s classes

and/or master classes/workshops on a regular basis, and participate in weekly, one-on-one mentor meetings to discuss your progress in training, your personal practice, and your intellectual-philosophical development.

Your 300 hour training will culminate in a final project that will bring together all aspects of your training into a cohesive presentation to be given to the current Pure Flow trainees. The sky is the limit on this project, and you will have all the guidance you need from your mentor teacher.

Upon completion of all requirements, you will be eligible to register with Yoga Alliance at the 500 Hour Level.

**More information on Pure Flow and Elinore's teaching philosophies at [www.ElinoreCohenYoga.com](http://www.ElinoreCohenYoga.com)**

## **PURE FLOW'S 300HR INCLUDES TWO POWERFUL COMPONENTS**

### **● COMPONENT 1: A MENTORSHIP PROGRAM & SELECT "WEEKEND WORKSHOPS" YOU CHOOSE**

\*\*\*Pick & choose the weekend workshops that you would like to learn, and deepen your knowledge on. Each month you will participate in workshops to further develop your toolkit of teaching skills.

### **● COMPONENT 2: ASSISTING AND MENTORING WITH A SENIOR TEACHER**

\*\*\*The Pure Flow teacher training mentor, and apprentice relationship is truly unique, and one unlike any other! We strive for an "active", hands-on learning environment.

- Join your mentor teacher on a yogic journey of heightened awareness, integral teacher development, and spiritual guidance! Develop a one-on-one relationship with your mentor, who will guide you throughout the program, and beyond. Deepen your practice, and your capacity to "TEACH" under the loving guidance of your mentor.
- Allow the nurturing support of your mentor to facilitate, and bring out not only your true nature... but your truest teacher!!!
- While assisting your mentors classes you'll learn the art of observation as you watch your mentor in action - instructing, sequencing, adjusting, and inspiring.
- Journey through the art of hands-on-adjustments not only by observing your mentors adjustments on students in "actual classroom experiences", but by practicing your own hands-on-adjustments on practitioners under the guidance of your senior teacher mentor. In addition to cultivating your teaching skills as you assist your mentor in class, you'll be honing your ability to "see bodies", and offer modifications, supporting individual practitioners while holding space for the collective energy of an entire room of practitioners.





- Participate in small group meeting with your mentor, where you can address questions, inquire about poses, get guidance on “how to do” or “teach” something, and discuss issues related to teaching yoga, and/or practicing yoga.

## TRAINING INCLUDES

- Specifically themed workshops that deepen, and expand upon the 200hr foundation.
- Mentorship with a senior yoga teacher.
- Assisting a senior yoga teacher.
- Final Project developed with a senior teacher.
- Comprehensive knowledge, assimilation, and integration of yoga teacher development.
- Intensive, advanced alignment-based yoga asana practice, and study.
- Advanced yoga “specific” anatomy, and physiology.
- Principles of “vinyasa flow” (creating intelligent flow sequences which link movement with breath).
- Advanced principles, and practice of pranayama.
- In depth studies on the yoga sutras, and yoga philosophy (history of yoga).
- In depth yoga philosophy, and ancient texts, and teachings.
- In depth subtle anatomy including chakras, koshas, ayurveda, and more.
- Deepening of speciality instruction in multiple categories of teaching styles, and varieties.
- Deepening the understanding, and practice of hands-on-adjustments (effective communication through hands-on-adjustments, and clear verbal cues).
- Deepening intelligent sequencing “for specific themes of classes”, “specific peak poses”, and for all levels (teaching beginners through level 2-3, and 3).
- The business of yoga including branding, building programs, workshops, teaching private sessions, and so much more!



# 300HR WORKSHOP OPTIONS INCLUDE

COMPREHENSIVE & SPECIFICALLY THEMED WORKSHOPS ALL GEARED TO FIT YOUR OWN LIFESTYLE AND SCHEDULE!

## ANATOMY & MOVEMENT ANATOMY

1. Anatomy, Movement Anatomy, Alignment and Biomechanics of Yoga: Part 1
2. Anatomy, Movement Anatomy, Alignment and Biomechanics of Yoga: Part 2
3. Anatomy, Movement Anatomy, Alignment and Biomechanics of Yoga: Part 3
4. Anatomy, Movement Anatomy, Alignment and Biomechanics of Yoga: Part 4
5. Advanced Functional Movement Anatomy
6. Embodied Anatomy

## TEACHING METHODOLOGIES & PRACTICUMS

1. Teaching Methodology, Refinement & Practicum
2. Safe & Effective Physical Adjustments
3. The Art of Assisting a Class
4. The Art of Hands-On-Adjustments
5. Hands-On-Adjustment Clinics
6. Asana Alignment & Posture Clinics
7. Practice Teach Clinics
8. The Art of Teaching Beginners - How To Teach and Work With Beginners
9. The Sun Salute Song
10. Chaturanga & "Classic" Vinyasa Clinic

## SEQUENCING & SEQUENCE DEVELOPMENT

1. The Art and Science of Sequencing
2. Intelligent & Purposeful Sequencing
3. Webbing and Mapping Themes and Drives Into Intelligent Sequences
4. Infusing and Integrating Specific Themes into Sequences
5. The POWER of a Peak Pose
6. External Rotation and Sequencing
7. Neutral Rotation and Sequencing
8. Hip Opening and Sequencing
9. Thoracic Spine Opening and Sequencing
10. Shoulder Girdle Opening and Sequencing
11. Twisting and Sequencing

12. Backbending and Sequencing
13. Inversions and Sequencing
14. Arm Balancing and Sequencing

## DEEPENING YOUR INDIVIDUAL PRACTICE

1. The Form & Function of Yoga Immersion
2. Advancing Your Yoga Practice - A Seamless Process
3. Deep Exploration of the Hips and The Pelvic Bowl
4. Advanced Backbends
5. Advanced Arm Balances
6. Advanced Inversions
7. Advanced Asana integration
8. Pelvic Floor Flow
9. Refining the Flow

## GENTLE, THERAPEUTICS & HEALING TEACHING MODALITIES

1. Yoga Nidra
2. The Fundamentals of Yin
3. Yin & Inner Peace: The Yin and Yang of the Transformational Deep Dive
4. Relax and Renew
5. Restoratives - Iyengar
6. Chair Yoga
7. Yoga Therapy
8. Yoga for Sports Therapy
9. The Art of Working with Injuries
10. Working With and Teaching for Common Injuries
11. Working With and Teaching for Common Ailments
12. Rebuilding Stability, Celebrating Strength
13. Yoga for Arthritis
14. Yoga for Hip Replacement Practitioners
15. Yoga for Osteoporosis Prevention
16. Utilizing Yoga to Age with Vitality and Grace
17. Using Yoga to Work with Trauma

## **YOGA THROUGH THE AGES & STAGES OF LIFE**

1. Yoga and the Psycho-Social Stages of Development
2. The Relationship Between Yoga and Human Development
3. Yoga For the Multiple Stages of Life
4. Yoga For Early Childhood
5. Yoga For Children
6. Yoga For Teenagers
7. Using Yoga to Instill Gratitude, Respect and Responsibility in Children
8. Yoga For Positive Self-Esteem
9. Yoga For Eating Disorders
10. Yoga For Women: Ages, Stages and Hormones
11. Prenatal Yoga
12. Postnatal Yoga
13. Mommy & Me Yoga
14. Yoga for Fertility
15. Pelvic Floor Strength Integration

## **SUBTLE BODY, YOGA PHILOSOPHY & HEALING**

1. Living in the Subtle Body
2. Practicing With the Subtle Body
3. Teaching With the Subtle Body
4. Asanas As Body Mudras: The Embodied Practice of Self-Evolution
5. Mantras & Integrating Mantras and Asana Practice
6. Mudras: Therapeutic, Decorative and Ritual Mudra Practices
7. Bhakti Yoga
8. Yoga Philosophy: Part 1
9. Yoga Philosophy: Part 2
10. Yoga Philosophy: Part 3
11. Yoga Philosophy: Part 4
12. Cultivating Sangha and The Active Intent of Sangha
13. Seva: The Art of Service
14. Sanskrit Studies
15. Ayurveda
16. Bringing the "Sacred" into the Classroom
17. The Art of Setting Intention
18. The Yoga of Love
19. Cultivating Meaning and Happiness Through Mindfulness and Yoga
20. Yoga & Psyche: Embodied Tools For Stress Reduction
21. Yoga for Depression and Anxiety
22. Yoga for Grief: Healing Bodies, Healing Hearts

## **THE BUSINESS OF YOGA AND STUDENT RELATIONS**

1. The Business of Yoga Overview
2. Building Positive Student-Teacher Relationships
3. Navigating Classroom Management
4. Connecting a Room and Uniting Collective Energy
5. Creating and Building Your Unique Brand
6. Utilizing Social Media
7. Creating Unique Programs, Curriculum and Events
8. Creating Unique Workshops and Intensives
9. Creating Marketing Materials to Support Events
10. Cross Marketing Promotions Within Yoga
11. The Art of Getting Connected

# PROGRAM AT - A - GLANCE

CONTINUING STUDENTS OR NEW STUDENTS “ENTERING INTO” THE 300 HR PROGRAM

THE 300 HR PROGRAM IS AN “ONGOING REGISTRATION” PROGRAM

STUDENTS MAY REGISTER FOR THE PROGRAM AT ANY TIME, AND MAY START THE PROGRAM AT ANY TIME. FLEXIBILITY, AND INDIVIDUALIZED PROGRAM OFFERINGS!

## SEPTEMBER - FALL 2015 ROUND

(NEW STUDENTS STARTING & SPRING 2015 Students Can Continue to Accrue Hours If Needed)

**300 HR “Welcome Session” is a one-on-one meeting with your mentor, and includes: Setting Up Private Mentor Meetings, Setting Up Assisting Class Times, and the Beginning of “Assisting” Mentors Classes Starts.**

### NEW ROUND OF STUDENTS BEGIN

2015 TRAINEES MAY CONTINUE TO ATTEND AND ACCRUE HOURS

#### PORTION 1

TUESDAY SEPTEMBER 22, 2015

THURSDAY SEPTEMBER 24, 2015

#### PORTION 2

TUESDAY SEPTEMBER 29, 2015

THURSDAY OCTOBER 1, 2015

FRIDAY OCTOBER 2, 2015

#### PORTION 3

TUESDAY OCTOBER 6, 2015

THURSDAY OCTOBER 8, 2015

#### PORTION 4

TUESDAY OCTOBER 13, 2015

THURSDAY OCTOBER 15, 2015

FRIDAY OCTOBER 16, 2015

#### PORTION 5

TUESDAY OCTOBER 20, 2015

THURSDAY OCTOBER 22, 2015

#### PORTION 6

TUESDAY OCTOBER 27, 2015

THURSDAY OCTOBER 29, 2015

FRIDAY OCTOBER 30, 2015

#### PORTION 7

TUESDAY NOVEMBER 3, 2015

THURSDAY NOVEMBER 5, 2015

#### PORTION 8

TUESDAY NOVEMBER 10, 2015

THURSDAY NOVEMBER 12, 2015

FRIDAY NOVEMBER 13, 2015

#### PORTION 9

TUESDAY NOVEMBER 17, 2015

THURSDAY NOVEMBER 19, 2015

#### PORTION 10

TUESDAY DECEMBER 1, 2015

THURSDAY DECEMBER 3, 2015

FRIDAY DECEMBER 4, 2015

#### PORTION 11

TUESDAY DECEMBER 8, 2015

THURSDAY DECEMBER 10, 2015

#### PORTION 12

TUESDAY DECEMBER 15, 2015

THURSDAY DECEMBER 17, 2015

FRIDAY DECEMBER 18, 2015

## TIMES & LOCATION

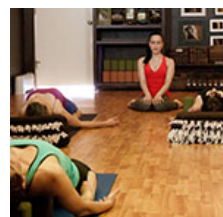
**TUESDAYS:** 6:00PM - 10:00PM

**THURSDAYS:** 6:00PM - 10:00PM

**FRIDAYS:** 6:00PM - 10:00PM



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



**THESE DAYS & TIMES MAY CHANGE DUE TO TYPE OF WORKSHOP, EVENT, OR MEETING PLANNED. FULL 300HR TT SCHEDULE IS GIVEN AT "WELCOME SESSION"**

## **T T I N F O R M A T I O N S E S S I O N M E E T & G R E E T :**

**S U N D A Y : A U G U S T 1 6 , 2 0 1 5 F r o m 2 : 0 0 p m - 4 : 0 0 p m**

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

Join us for a FREE HOUR & HALF CLASS followed by a meet and 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, manual and have any additional questions answered personally from Elinore.

### **P R E R E Q U I S I T E S**

Yoga Teachers must have completed a 200 hour teacher training programs and be RYT 200 to enroll in the Advanced Pure Flow Yoga Teacher Training 300 Hour program.

### **T U I T I O N**

Tuition includes Pure Flow training sessions, training materials, mentor meetings, and free attendance at Elinore Cohen's regularly scheduled classes at The Springs Studio throughout the duration of your 300 hour teacher training program. 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

#### **Questions about Pure Flow**

Information at [www.ElinoreCohenYoga.com](http://www.ElinoreCohenYoga.com)

Sign up at [www.ElinoreCohenYoga.com](http://www.ElinoreCohenYoga.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.

First Name \_\_\_\_\_ Month & Day of Birth \_\_\_\_\_

Last Name \_\_\_\_\_ ☐ Male ☐ Female

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security Number (for tax reasons) \_\_\_\_\_

E-mail \_\_\_\_\_

Best Number to Reach You: \_\_\_\_\_ This is a ☐ Home ☐ Cell ☐ Work

What do you hope to gain, learn and/or deepen from your 300 hour program?

What is your main focus as a Yoga Teacher and how can we help support your growth in those areas?

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

Tuition Cost: ☐ \$4000 before August 16, 2015 ☐ \$4500 after August 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-Embodhi Yoga LLC d/b/a Pure Flow Yoga Teacher Training ("Program") 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 Studio's waiver and release form 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. There will be no tuition refunds whatsoever after said (Pure Flow 300hr TT) program begins.
4. {RE} Embodhi Yoga LLC is not liable for any injuries that may occur during the training.

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 \_\_\_\_\_