

SEPTEMBER – DECEMBER 2016

200

HOUR TEACHER TRAINING

Cultivating Teachers that "TEACH"



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 AND POST NATAL AND 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

For more testimonials: 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.



Pure Flow, and Elinore's teaching philosophies: 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.

INFORMATION SESSION and FREE CLASS

TT Information Session - Meet and Greet at Pure Flow Yoga Institute:

608 Moulton Ave

Los Angeles, CA 90031

Sunday: August 14, 2016 2:00pm - 4:00pm

Join us for a FREE ONE and A HALF HOUR CLASS followed by a meet and greet information session with Elinore Cohen, at Pure Flow Yoga Institute. You will receive all the information about Pure Flow's Teacher Training Program, including books, manuals, and the opportunity to have any additional questions personally answered by Elinore.

Questions about Pure Flow Call: (818) 927-3085

www.PureFlowYogaInstitute.com



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

First Session — September: Fri 9/23, Sat 9/24, Sun 9/25, Mon 9/26

Friday: Welcome Session

Saturday: Externally Rotated Standing Poses

Sunday: Externally Rotated Standing Poses

Monday: Surya Namaskara Part 1

Wednesday: Surya Namaskara Part 2, Introduction of Independent Final Project

Second Session — October: Sat 10/1, Sun 10/2, Mon 10/3, Wed 10/5

Saturday: Neutrally Rotated Standing Poses

Sunday: Neutrally Rotated Standing Poses

Monday: Teaching Methodology - Principles of Practice and Teaching

Wednesday: Sequencing Methodology - In Depth Sequencing Development

Third Session — October: Sat 10/8, Sun 10/9, Mon 10/10, Wed 10/12

Saturday: Hip Opening, Psoas and Hamstring

Sunday: Hip Opening, Psoas and Hamstring

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

Wednesday: Heart Opening - Lower Back Protecting, Development of Independent Final Project

Fourth Session — October: Sat 10/15, Sun 10/16, Mon 10/17, Wed 10/19

Saturday: Twisting - Seated and Standing

Sunday: Twisting - Seated and Standing

Monday: Shoulder Girdle and Shoulder Opening

Wednesday: Yoga Philosophy, Business of Yoga Part 1

Fifth Session — October: Sat 10/22, Sun 10/23, Mon 10/24, Wed 10/26

Saturday: Backbends, Chair Backbends, Forward Bends

Sunday: Backbends, Chair Backbends, Forward Bends

Monday: Backbends Revisited and Backbend Counterposes

Wednesday: Yoga Philosophy, Business of Yoga Part 2

Sixth Session — October: Sat 10/29, Sun 10/30, Wed 11/2

Saturday: Inversions and Cool Down

Sunday: Inversions and Cool Down

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

Seventh Session — November: Sat 11/5, Sun 11/6, Mon 11/7, Wed 11/9

Saturday: Pelvic Floor, Arm Balances, Creative Transitions, Abdominals and Core Strengtheners

Sunday: Pelvic Floor, Arm Balances, Creative Transitions, cont.

Monday: Pranayama - Principles and Practices

Wednesday: Pre and Post Natal Yoga

Eighth Session — November: Sat 11/12, Sun 11/13, Mon 11/14, Wed 11/16

Saturday: Advanced Asana - Arm Balances, Yoga Philosophy

Sunday: Advanced Asanas - Inversions, Yoga Philosophy

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

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

Ninth Session — November: Sat 11/19, Sun 11/20, Mon 11/21

Saturday: Advanced Asana - Backbends

Sunday: Advanced Asana - Backbends

Monday: Yoga Philosophy and Introduction To Ayurveda

Tenth Session — December: Sat 12/3, Sun 12/4, Mon 12/5

Saturday: How - To Teach and Work With Beginners

Sunday: How - To Teach and Work With Beginners

Monday: Yoga Philosophy - Bhagavad Gita

Eleventh Session — December: Sat 12/10

Saturday: Final Practicum, Independent Final Project Presentation and 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 and 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

SATURDAYS, and SUNDAYS: 12:00pm - 6:00pm

MONDAYS, WEDNESDAYS, and “Select” FRIDAYS: 6:00pm - 10:00pm

LOCATION: PURE FLOW YOGA INSTITUTE

608 Moulton Ave

Los Angeles, CA 90031



PREREQUISITES

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

TUITION

Tuition includes: Pure Flow yoga teacher training sessions, training “manuals”, and free attendance at ALL regularly scheduled classes at **Pure Flow Yoga Institute** between September 23, 2016, and December 10, 2016. Reading list books NOT included. *Non-refundable/non-transferable deposit of \$500 is included in initial tuition payment.*

Early “EARLY” Bird Discount: \$2000

Paid on or before July 10, 2016

Early Bird Discount: \$2800

Paid on or before August 1, 2016

Full Cost Tuition: \$3500 After August 1, 2016

(Installment Plans* Available. Inquire at: Hello@PureFlowYogaInstitute.com *On Full Cost Tuition ONLY)

Any and All “Current” Yoga Teachers May Take the Pure Flow Yoga Teacher Training Program for: \$2500, payable by the Early Bird Date: August 1, 2016

TUITION REFUNDS

*Cancellations received on or before 9/22/16 will be charged a \$500 cancellation fee. Notice of cancellation must be received in writing to Hello@PureFlowYogaInstitute.com by 9/22/16. ***No refunds will be issued after 9/23/16****

MAKE UP SESSIONS

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

Sign up: www.PureFlowYogaInstitute.com or www.ElinoreCohenYoga.com

Questions about Pure Flow: (818) 927-3085

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 9/17**

First Name _____ Month and Day of Birth _____

Last Name _____ ☐ Male ☐ Female ☐ Neutral

Address _____ City _____ State _____ Zip _____

Email _____

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: ☐ \$2000 On/Before July 10, 2016 ☐ \$2800 On/Before August 1, 2016 ☐ \$3500 After August 1, 2016

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 2016 at Pure Flow Yoga Institute, 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 and 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 9/22/16 will be charged a \$500 cancellation fee. Notice of cancellation must be received in writing to Hello@PureFlowYogaInstitute.com. There will be no tuition refunds whatsoever after 9/23/16.
4. You accept that there are no refunds, transfers, or credits once the program has begun regardless of whether 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 TT sessions.
5. You understand that this is a training program, and that neither Elinore Cohen, Re Embodiment Yoga LLC, or Pure Flow Yoga Teacher Training and Institute 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.

Student Signature _____ Date _____