

JANUARY – JUNE 2017

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.



Learn more about 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 Vasa Yoga in Redlands:

700 East Redlands Boulevard Suite K Redlands, CA, 92373

*Inside the Albertson's Shopping Center,

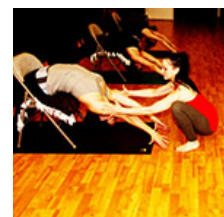
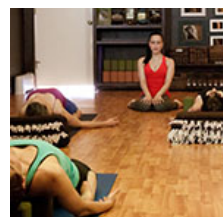
in the back between Don's Bikes, and Albertsons*

SATURDAY: DECEMBER 10, 2016 9:00am - 11:00am

Join us for an **HOURLY and A HALF YOGA CLASS** followed by a meet, and greet information session with Elinore Cohen, at Vasa Yoga in Redlands. You will receive all the information about Pure Flow's 200hr Yoga Teacher Training Program, including books, manuals, and the opportunity to have any additional questions personally answered by Elinore.

Questions about Pure Flow Call: (909) 793-VASA (8272)

www.PureFlowYogaInstitute.com



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

First Session — January: Fri 1/27, Sat 1/28, Sun 1/29

Friday: Orientation - Welcome Session (Introductory Day to Welcome the Group to TT)

THE PROGRAM FULLY BEGINS SATURDAY 1/28/2017

Saturday: Externally Rotated Standing Poses

Sunday: Externally Rotated Standing Poses

Second Session — February: Sat 2/4, Sun 2/5

Saturday: Neutrally Rotated Standing Poses

Sunday: Neutrally Rotated Standing Poses

Third Session — February: Sat 2/11, Sun 2/12

Saturday: Surya Namaskara Part 1

Sunday: Surya Namaskara Part 2

Fourth Session — February: Sat 2/18, Sun 2/19

Saturday: Teaching Methodology - Principles of Practice and Teaching

Sunday: Sequencing Methodology - In Depth Sequencing Development - Introduction of Independent Final Project

Fifth Session — February: Sat 2/25, Sun 2/26

Saturday: Hip Opening, Psoas and Hamstring

Sunday: Hip Opening, Psoas and Hamstring

Sixth Session — March: Sat 3/4, Sun 3/5

Saturday: Thoracic Spine - Shoulder Girdle/Opening, Yoga Philosophy, Development of Independent Final Project

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

Seventh Session — March: Sat 3/11, Sun 3/12

Saturday: Twisting - Seated and Standing

Sunday: Twisting - Seated and Standing

Eighth Session — March: Sat 3/18, Sun 3/19

Saturday: Backbends, Chair Backbends, Forward Bends

Sunday: Backbends, Chair Backbends, Forward Bends - Backbend Counterposes

Ninth Session — April: Sat 4/1, Sun 4/2

Saturday: Inversions and Cool Down

Sunday: Inversions and Cool Down

Tenth Session — April: Sat 4/8, Sun 4/9

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

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

Eleventh Session — April: Sat 4/22, Sun 4/23

Saturday: Advanced Asana - Arm Balances, Yoga Philosophy

Sunday: Advanced Asana - Arm Balances, Yoga Philosophy

Twelfth Session — April: Sat 4/29, Sun 4/30

Saturday: Advanced Asana - Backbends, Yoga Philosophy

Sunday: Advanced Asana - Backbends, Yoga Philosophy

Thirteenth Session — May: Sat 5/6, Sun 5/7

Saturday: Advanced Asanas - Inversions, Yoga Philosophy

Sunday: Advanced Asanas - Inversions, Introduction to Ayurveda

Fourteenth Session — May: Sat 5/20, Sun 5/21

Saturday: Restorative Yoga, Pranayama - Principles and Practices

Sunday: Relax and Renew Yoga, Yin Yoga

Fifteenth Session — June: Sat 6/3, Sun 6/4

Saturday: Pre and Post Natal Yoga, Yoga Philosophy - Bhagavad Gita

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

Sixteenth Session — June: Sat 6/10, Sun 6/11

Saturday: How - To Teach and Work With Beginners, Yoga Philosophy, Subtle Body; Chakras, Vayus, Nadis, etc.

Sunday: How - To Teach and Work With Beginners, Yoga Philosophy, Business of Yoga

Seventeenth Session — June: Sat 6/17 (The Final Day is 8 Hours)

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

P R O G R A M S E S S I O N T I M E S

SATURDAYS: 11:00am - 5:00pm

SUNDAYS: 10:00am - 4:00pm

“FIRST” FRIDAY ORIENTATION - WELCOME SESSION: 6:00pm - 10:00pm



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, teaching private yoga sessions/clients. And so much more!



LOCATION: VASA YOGA REDLANDS

700 East Redlands Boulevard Suite K Redlands, CA 92373*

*Inside the Albertson's Shopping Center,
in the back between Don's Bikes, and Albertsons

Phone: (909) 793-VASA (8272)



PREREQUISITES

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

TUITION

Tuition includes: Pure Flow yoga teacher training sessions, training “manuals”. The “reading list” books are NOT included. *Non-refundable/non-transferable deposit of \$500 is included in initial tuition payment.*

Early “EARLY” Bird Discount: \$2500

Paid on or before December 10, 2016

Early Bird Discount: \$3000

Paid on or before December 29, 2016

Full Cost Tuition: \$3500 After December 29, 2016

(Installment Plans* Available for FULL COST TUITION ONLY.)

Inquire at: Hello@PureFlowYogaInstitute.com

Any and All “Current” Yoga Teachers May Take the Pure Flow Yoga Teacher Training Program for: \$2000, payable by the Early Bird Date: December 29, 2016

T U I T I O N R E F U N D S

Cancellations received on or before 12/29/16 will be charged a \$500 cancellation fee. Notice of cancellation must be received in writing to Hello@PureFlowYogaInstitute.com by 12/29/16. *****No refunds will be issued after 12/29/16*****

M A K E U P S E S S I O N S

You must attend at least 180 hrs of the programs sessions above to receive a diploma. If you miss any of the mandatory 180 contact hours, you may make them up at ****no charge**** in **ANY subsequent Pure Flow Yoga Teacher Training program anywhere... Anytime!**

Sign up In Person at Vasa Yoga Studio in Redlands

Or Online At: www.PureFlowYogaInstitute.com or www.ElinoreCohenYoga.com

Questions about Pure Flow: (909) 793-VASA (8272)

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 1/26/17**

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: ☐ \$2500 On/Before DEC 10, 2016 ☐ \$3000 On/Before DEC 29, 2016 ☐ \$3500 After DEC 29, 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 January - June 2017 at Pure Flow Yoga Institute - Vasa Yoga Studio, 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 Yoga Studio (Vasa Redlands) waiver/release of liability form, and Pure Flow TT Program waiver/release of liability 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 (In Full or Installment).
3. Tuition cancellations received on or before 12/29/16 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 12/29/16.
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 Vasa Yoga Studio, 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 _____