



# 90' Beginners' Class Teacher Training

## NORTH AMERICA:

September 3 - October 14, 2023



**Beginners' Class TT Program - For new teachers / 6 weeks / \$5200 USD  
with world renowned senior teachers and Rajashree**

- On-Site In-Person Program - September 4th - October 13th 2023

Orientation day: September 3rd 2023

Graduation day: October 14th 2023

**Teaching Upskilling Program - For certified hot yoga teachers /  
week 2 and 3 with Rajashree Choudhury, Lynn Whitlow  
and Tereza Bonnet Senkova / \$1200 USD**

- On-Site In-Person Program - September 11th - 22nd

**Intermediate Yoga Sport Class week training/ week 6 with Kim Tang  
/ \$600 USD / \$120 USD per day**

- On-Site In-Person Program - October 9th - 13rd



Our Beginners' Class teacher training certified over 65 teachers around the globe last year.

The 90-minute Beginners' Class has been a common experience of many yoga practitioners, IYSF members and yoga sport competition participants, around the world over many years. We have therefore decided to help protect this special therapeutic yoga practice by conducting an Yoga Sport World Beginners' Class Teacher Training program for new teachers, under the supervision of the IYSF President, Rajashree Choudhury.

The YSW Beginner's Class Teacher Training is an 6-week onsite program for brand new teachers who have been practicing for at least 6 months in their home studios. This program is on-site education only, happening in four regions - Australasia, Europe, Latin America and North America.

In addition to the Beginners' Class Teacher Training program, there will also be a two-week Teaching Upskilling program with Rajashree, available to certified hot yoga teachers and one week Yoga Sport Class (intermediate) training.

Each regional training program will be run by an experienced senior teacher - coordinator, with the assistance of one dedicated official guest teacher responsible for delivering information based yoga content each week.

### **Program Goals:**

To offer an educational program, run simultaneously in four regions, under the supervision of IYSF president, Rajashree Choudhury.

This Beginners' TT Program will train yoga enthusiasts and yoga sport practitioners to become competent 90-Minute Beginners' Class teachers. This qualification will open up a further opportunity for those teachers who wish to continue further training to become Intermediate Yoga Sport Class teachers.

The Teacher Upskilling Program will provide a continuing education opportunity to all existing Beginners' Class teachers, so that they may increase their knowledge base and teaching competency.

Yoga sport practitioners, and enthusiasts of intermediate and advanced yoga practice are welcome to join us during the last Yoga Sport week of training. On top of the regular 90-minute Beginners' Class there will be a 90-minute Intermediate Yoga Sport Class each day and 90-minute skills and drills session. Those classes will be taught by IYSF certified A level coaches.

### **CONTACT INFO:**

[www.yogasportworld.com](http://www.yogasportworld.com)  
[info@yogasportworld.com](mailto:info@yogasportworld.com)



### **REGIONAL TRAINING LOCATIONS & COORDINATORS:**

**NORTH AMERICA - USA - San Francisco**, coordinator: **Lynn Whitlow**  
**LATIN AMERICA - Mexico - Mexico City**, coordinator: **Adrian Alarcon**  
**AUSTRALASIA - Australia - Melbourne**, coordinators: **Susan & Michael Houghton**  
**EUROPE - Czech Republic - Prague**, coordinator: **Tereza Bonnet Senkova**

### **REGIONAL TRAINING LOCATION ADDRESS:**

**NORTH AMERICA - FUNKY DOOR YOGA**, 2567 Shattuck Ave, Berkeley, CA, 94704, USA  
**LATIN AMERICA - HOT YOGA SAN ANGEL**, Vito Alessio Robles 53 bis, ex. Hacienda de Guadalupe Chimalistac, Mexico City, Mexico, ZIP Code: 01050,  
**AUSTRALASIA - BIKRAM YOGA FITZROY**, 24-26 Johnston Street Fitzroy, 3065 VIC, Australia  
**EUROPE - BIKRAM YOGA PRAGUE**, Na Pankraci 121 - 125, Prague 4, 140 00 Czech Republic

### **General Curriculum of Beginners' Class TT Program - For new teachers:**

- 6 weeks onsite, in-person training, in 4 regional host studios, led by appointed coordinators, with the assistance of visiting senior guest teachers.
- Two 90' Beginners Classes a day.
- 1.5 hours daily online or in-person lectures.
- 4 hours daily Instruction Session to improve delivery of class instructions.

### **General Curriculum of Teaching Upskilling Program - For certified hot yoga teachers**

- 2 weeks on-site, in-person training (during weeks 2 & 3)
- Two 90-minute Beginners' Classes a day
- 1.5 hour daily in-person lecture on Posture technique with Tereza Bonnet Senkova (week 2) and Yoga Therapy by Rajashree Choudhury (week 3)
- 4 h of teaching skills instruction session with Lynn Whitlow and Tereza Bonnet Senkova

### **General Curriculum of Yoga Sport Class week training for yoga practitioners**

- 1 week on-site, in-person training (during week 6, Latin America).
- 1 Beginners' class, 1 intermediate Yoga Sport class and 1 skills and drills session a day (4,5 h of yoga a day).

### **Participants' Pre-Registration Requirements:**

- Beginners' Class TT Program - Minimum of 6 months Beginners' Class practice, before attending teacher training.
- Teaching Upskilling Program - Proof of certification from any previous Beginners' Class teacher training.



### **Participants' Preparation Prior To The Program:**

- Beginners' Class Instructions will be sent to each trainee after their registration.
- Memorization of these Instructions is required prior to attending training.
- Participants will receive a recording of On-Line Teaching Instructions lecture, which will cover learning skills, energy, intonation, and pace.

### **Program Completion Requirements:**

- 100% in-person attendance of all classes and online lectures (during all 6 weeks for the Beginners' Class TT attendees, and the 2 weeks for the Teaching Upskilling Program attendees).
- Verification of Training Knowledge, based upon each regional coordinator's requirements.

### **Qualification:**

- YSW Certification to teach the 90-Minute Beginners' Class (for new teachers).
- YSW Certificate of attendance for the Upskilling program (for certified hot yoga teacher).
- YSW Certificate of attendance for Yoga Sport Class week training (for all participants).

### **Typical Daily Schedule:**

#### **Monday to Friday**

7:30 - 9 am - Instruction Session

9:30 - 11 am - Beginners' Class

11am - 1 pm - Lunch

1 pm - 3:30 pm - Instruction Session

4 pm - 5:30 pm - In person or online Content Lecture in the studio

6 pm - 7:30 pm - Beginners' Class

### **Themes of Lectures during week 1 - 6 (in person, online):**

Anatomy Posture Principles by Hanna Persson (Sweden)

Posture Technique by Tereza Bonnet Senkova (CZ)

Yoga Therapy by Rajashree Choudhury (USA)

Yoga History and Lineage by Christian Scaraglino (Sweden)

Teachers' Feedback and Studio Business by Lynn Whitlow (USA)

Yoga Sport by Kim Tang (USA)

### **Program Price:**

- Beginners' Class TT Program: \$5200 USD (This cost may be split into 3 payments)
- Teaching Upskilling Program: \$1200 USD
- Yoga Sport Class week training Program: \$600 USD