



Intermediate Yoga Sport Class Teacher Training

EUROPE, Czech Republic, Prague:
April 29th - May 10th, 2024



For certified Beginners' Class teachers / 2 weeks onsite / \$2500 USD
For everyone who attended IYSF A-Level Coach Training Program / 2 weeks onsite 1500 US

**with Tereza Bonnet Senkova, Kim Tang, Almania Colombo,
Erik Persson**

Another option:

For all yoga sport enthusiasts: class and drills only/ 2 weeks training
- 9:30am - 3:30pm - 1500 USD/per week 850 USD/per day - 140 USD

On-Site In-Person Program - April 29th - May 10th, 2024
Orientation day: April 28th, 2024
Graduation day: May 10th, 2024



INTERMEDIATE YOGA SPORT CLASS TT PROGRAM

LIST OF POSTURES

The 90-minute / 55 postures Yoga Sport Class is an intermediate version of a Beginners' Class, which has been a common experience of many yoga practitioners, IYSF members and yoga sport competition participants around the world over many years. It is an ideal bridge in between a regular Beginners' Class practice and challenging Classic 84 series. Yoga Sport Class has its 60 minutes / 41 postures version suitable to all the hot yoga schools schedules. It pulls regular practitioners' interest towards competition training, brings their practice to another level and inspires the whole community around.

After creating a methodical Coaching manual for IYSF official postures coaching with hundreds of videos of opening exercises and drills taught by our teachers Kim Tang, Kru Knot and Erik Persson we have decided to run a proper on-site teacher training and train and certify our trainees to teach the intermediate Yoga Sport Class and help spread this class in our studios community.

Our intermediate Yoga Sport Class Teacher Training is a 2-week onsite program for certified Beginners Class tradition teachers who have been teaching for at least one year. This program is on-site education only, happening in two regions - Europe and North America.

Yoga sport practitioners and enthusiasts of advanced yoga practice are welcome to join for the first part of a day and do our 90 min Yoga Sport Class and 2,5 h of Skills and Drills session with us.

Each regional training program will be run by an experienced senior teacher - Yoga Sport World coordinator, with the assistance of dedicated official guest teachers responsible for teaching the Yoga Sport Class, Skills and Drills session and Instruction Session (dialog learning).

In Addition to the Classes and Skills and Drills sessions of our Intermediate Yoga Sport Class Teacher Training Hanna Persson will be presenting Anatomy Posture Principles; the anatomical connections and physiological functions connected to the yoga postures. She will guide you through a few chosen key anatomy topics and how they relate to the yoga practice.

She will group the postures, according to Yoga Sport Competition (Traction, Backbends, Forward Compressions, Twists, Inversions and Lifts), and explain the anatomy behind the postures and the positive impact they have upon our body's organ systems. The information is one of many tools during this teacher training given for you to become a more effective Yoga Teacher.

Program Goals:

- To offer an educational program, run globally in 2 regions
- This Intermediate Yoga Sport Class TT Program will train yoga teachers to become competent 90 and 60-Minute Yoga Sport Class teachers.

- Yoga sport practitioners, and enthusiasts of intermediate and advanced yoga practice are welcome to join us during the practical part of a day for 90-minute intermediate Yoga Sport Class and 2,5 h Skills and Drills session every day. Those classes will be taught by IYSF certified A level coaches.



CONTACT INFO:

www.yogasportworld.com
info@yogasportworld.com

REGIONAL TRAINING LOCATIONS & COORDINATORS:

NORTH AMERICA - USA - YUCCA SHALA, coordinator: **KIM TANG**
EUROPE - Czech Republic - Prague, coordinator: **TEREZA BONNET SENKOVA**

REGIONAL TRAINING LOCATION ADDRESS:

NORTH AMERICA - YUCCA SHALA, 56039 Santa Fe Trail, Yucca Valley, CA 92284, USA
EUROPE - Bikram Yoga Prague, Na Pankraci 121 - 125, Prague 4, 140 00 Czech Republic

General Curriculum of intermediate Yoga Sport Class TT Program - For Beginners' Class teachers:

- 2 weeks onsite, in-person training, in 2 regional host studios, led by appointed coordinators, with the assistance of visiting senior guest teachers.
- One 90' intermediate Yoga Sport Class a day.
- 2.5 hours of Skills and Drills session daily.
- 4 hours daily Instruction Session to improve delivery of class instructions(dialogue).

General Curriculum of Yoga Sport Training Camp Program - For all yoga sport enthusiasts:

- One 90' intermediate Yoga Sport Class a day.
- 2.5 hours of Skills and Drills session daily.

Participants' Pre-Registration Requirements:

- Intermediate Yoga Sport Class TT Program - Proof of certification from any previous Beginners' Class teacher training, minimum of one year teaching experience of Beginners' Class.
- Yoga Sport Training Camp Program - minimum of half of a year yoga practice.



Participants' Preparation Prior To The Program:

- Yoga Sport Class Instructions will be sent to each trainee after their registration.
- Memorization of these Instructions is required prior to attending training.

TT Program Completion Requirements:

- 100% in-person attendance of all classes during all 2 weeks and online anatomy lecture.
- Verification of Trainees ability to lead the intermediate 90 and 60 minute Yoga Sport Class.

Qualification:

- YSW Certification to teach the 90 and 60-Minute Yoga Sport Class (for teachers).
- YSW Certificate of attendance for Yoga Sport Training Camp week participants.

Typical Daily Schedule:

Monday to Friday

8:30 - 9:30 am - Instruction Session
10:00 - 11:30 am - Yoga Sport Class
11:30 - 1:00 pm - Lunch
1:00 - 3:30 pm - Skills and Drills
4:00 - 5:30 pm - Instruction Session
6:00 - 7:30 pm - Instruction Session

Anatomy session

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April 29th - May 10th, 2024	Instruction session 1h 8:30 - 9:30 am	Yoga Sport Class 1,5h 10 - 11:30 am	Skills and Drills 2,5 h 1 pm - 3:30 pm	Instruction session 3h 4 pm - 5:30 pm 6 pm - 7:30 pm
Week 1 April 29 – May 3	Tereza	Tereza	Kim	Tereza
Week 2 May 6 – 10	Tereza, Erik, Almania	Erik, Almania	Erik, Almania	Tereza, Erik, Almania



Program Price:

For certified Beginners' Class teachers / 2 weeks onsite / **\$2500 USD**

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For all yoga sport enthusiasts: class and drills only/ 2 weeks training- 9:30am - 3:30pm - **1500 USD/**
per week **850 USD/per day - 140 USD.**

Registration Link:

<https://www.yogasportworld.com/registration>

Global Teacher Trainings

*„A global collective empowering
yoga teachers worldwide.,,*



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starts here!*