



## **THE ART OF TEACHING KULA STYLE YOGA**

*Or deconstructing creative alignment based flow with intelligence and precision*

**September 26<sup>th</sup> - October 3<sup>rd</sup>, 2020**

**A 75 hr Advanced Level Practical Teacher Training  
with SCHUYLER GRANT**

***Plus Super Special Guests:***

**NIKKI VILELLA**

**The Art of Adjustments**

*or getting your hands in there with delicacy and precision. (4 hrs)*

**Anatomy in Action**

*or understanding the rhyme and reason behind intelligent sequencing from an anatomical perspective. (4 hrs)*

**JILLIAN TURECKI**

**Vinyasa Rx & Relationship Through Form**

*or understanding alignment and injury issues specific to vinyasa junkies. (5 hrs)*

**The Art of Teaching Basics**

*or basics students aren't boneheads - they may be the best students you have (2hrs)*

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***So... You've been teaching for a few years now – maybe even a whole lot of years. But you're in a creative lull. Or you love the Kula thang, and you want to wrap your head around teaching this way. Or you know a lot about alignment, but don't know how to make it flow. Or you know how to make it flow just fine, but you don't know how to make it safe – or interesting. Or you love good adjustments, but you're hesitant about getting your hands on people. Or (in an act of great yogic sado-masochism) you relish the idea of having your teaching broken down and build it back up again. Teachers come to this training for all kinds of reasons. My hope is that they leave sated, but also inspired by a whole new set of questions and aspirations for their teaching path – because the path of a good teacher is always the path of a curious student.***

**Who this training is for:**

This intimate teaching retreat is for experienced teachers who want to better understand how to teach Kula Flow style yoga. You must have already completed a 200-500hr TT and have AT LEAST six months of consistent teaching experience. (Limited to 16 people.)

**Who this training is NOT for:**

Recent graduates of 200 hr TTs with no teaching experience or students wishing to 'deepen their practice'

**What this training is NOT:**

- A comprehensive teacher training which will require you to memorize every bone in your foot and the Sanskrit etymology of the word Sthira. Nor will it delve deeply into the rich world of yogic history and philosophy. (There are a few wonderful training programs out there that will do just that, and I am happy to point interested students in the right direction.)

**What this training WILL do:**

- Helping you to apply what you already know (as a teacher and as a student) in order to lead intelligent, inspiring Kula style vinyasa classes. Expect to teach and practice with the other trainees a LOT. (One of the keys to becoming an artist is deconstructing the tools of your trade.)
- AUGMENT your understanding of creative, intelligent sequencing, as well as your ability to communicate physical and philosophical instruction clearly. There will be a strong emphasis on anatomical intelligence from a hands on perspective, expect much palpating and experimentation in the fine art of putting your hands on other bodies as well as your own.
- DEVELOP your authentic teaching voice. This includes becoming aware of the teachers that speak through you as well as the vocal habits, good and bad, you have picked up from them. Honestly investigating your other teaching habits: Your physical presence in the room, your hands, your pace, etc.

**Additional info:**

You will be expected to prepare during the previous month with: Assigned readings, attaining a basic grasp of key anatomical roadmaps, acquainting yourself with the Primary Series (if you are not already), and attending and writing critiques of 15 vinyasa classes.

Besides an intense amount of study and yoga practice we will enjoy an week long seaside escape on the shore of CT and the culinary delights of chef Paco. After a particularly rigorous practice, you can jump right out the front door into the Long Island Sound (I dare you). And if were willing to wake up a few hours early or sacrifice your precious break for more activity, you could sneak in a game of tennis or golf (court and course access is free).

Arrive **no later than** 2pm on Saturday the 26<sup>th</sup> and depart any time after 11am on Saturday the 3<sup>rd</sup> (after morning practice and brunch).

*You will graduate from the School of Kula Rock with a 75 hour training certificate.*

### **SAMPLE DAILY SCHEDULE:**

8:00-11:00 led practice and adjustments workshop  
11:00-12:30 - break and brunch  
12:30-3:00 - practice teaching and anatomy workshop  
3:00-3:30 - break  
3:30-6:30 - practice teaching, led practice  
6:30... dinner and pass out

### **PRICING:**

\$2350 Ladies Loft (4 ladies, 4 random single beds, mad fun - but bring earplugs!)  
\$2550 Double Occupancy Bedroom (shared king)  
\$2850 Double Occupancy Bedroom (own single bed)  
\$3350 Single Occupancy Bedroom  
\$1550 No Lodging (there is space for TWO local commuters for this training retreat)  
\$1350 Partial Work/Study (there are TWO positions available, inquire for details)  
**(\$100 off any lodging option if registered by August 1<sup>st</sup>)**

*Cost includes: All instruction, lodging, delicious and locally sourced meals, transport from the Old Saybrook train station (2.5 hrs from NYC by train or car)*

**(If accepted into the training, a \$1000 non-refundable, non-transferrable deposit will hold your spot. Balance due 6 wks before training starts, unless an alternate arrangement is made.)**

### **TEACHING STAFF:**

**Schuyler Grant** is the director of Kula Yoga Project in NYC and the co-creator of the Wanderlust music and yoga festival. She has developed a popular style of vinyasa called Kula Flow, known for its emphasis on intelligent alignment and high creativity. She has been singled out by the New York Times as the go-to teacher in New York for an advanced-level yoga practice. One ingredient that characterizes Schuyler's teaching style is the addition of bandha work to the traditional blend of breath and asana. One of the favorite parts of her 'job' is sharing her teaching experience in this intimate teacher training retreat. ([kulayoga.com](http://kulayoga.com)) ([wanderlustfestival.com](http://wanderlustfestival.com))

**Nikki Vilella** is co-director of Kula Williamsburg and Kula SOHO. Her goal as a teacher is to show you how to turn a creative and innovative vinyasa sequence into an intimate dance with your breath. She is attracted to the ability yoga has to combine precise physical movement, intelligence, and intention into one sweaty, uplifting experience. She is also known for giving some of the most kick-ass assists in NYC.

**Jillian Turecki** has been a teacher at Kula Yoga since 2005, where she is an extremely popular Basics teacher, as well as the leader of Kula's Absolute Beginner's workshops. For this TT, she will emphasize the importance of the "beginner's mind" in our own practice and it's relevance to teaching beginners, as well as others who come to Basics classes. She will teach you how to articulate the fundamentals of the practice as well as how to sensitively connect to students who are completely new to yoga.

*Chef **Paco Rodriguez** was originally trained in sculpture, but devoted his life to the art of food once real fruit and flowers began to populate his gallery installations. He now provides healthy, abundant meals to his guests at yoga and family retreats throughout the northeast United States. His art background shows, as his fare is created with an eye toward presentation, exciting the senses while strengthening the body. He continues to practice his art, sculpting his mind and body with yoga.*

**Past teacher trainees include Marisa Sako, Matt Phippen, Georgia Reath, Peiling Junek, Sangeeta Vallabhan, Kaitlyn Hipple, Lauren Imperato, Kate Gillespi, Caroline Budgell, Giaconda Parker, Anya Porter, Charlotte Hamilton, Andrew Dolgin, Sarah Neufeld, Lori McAlister and many others in the extended Kula world. Do not hesitate to contact them and ask for their thoughts and advice about their experience.**

**Following are some reflections from participants past trainings:**

*“Thank you, thank you, thank you, thank you for such a wonderful, enriching, powerful experience in Old Saybrook. By the end of those 8 days I was transformational and something shifted in me - and I'm not just talking about my hamstrings, my joints and every other muscle and joint in my body. When I got back to NYC, I felt like I was in an alternate experience. Thank you for creating and facilitating a safe environment for raw self reflection, growth and greater awareness of what we need to look at and work on in the seat of and as a yoga teacher, and our yoga within when we're being students of life off the mat, out of the studio...”*

- Cicelee C. (NYC)

*“Schuyler - I am so honored and grateful to have taken this journey with you. I learned so much, about myself as a teacher and a practitioner. Guided by the wisdom, support, and candor of you and your amazing teaching team, I started to tap into areas that a couple weeks did not feel safe or authentic to me. I came home with the ironic sense of being both spent and energized. That is magical.”*

- Nicole B. (SF)

*“I have begun to apply your feedback in my teaching and experimenting with Kula principles in my class structure - specifically when it comes to teaching from the bodies in the rooms and getting really specific with my language. I think holding myself to a higher standard both in delivery and preparation will be the thing I take away most from the week, and my students (and bosses) are definitely responding well...”*

-Tim K. (Colorado)

*“Since the training I have found preparing for classes and teaching them much more fun. I have completely freed myself from the habit of bringing a cheat sheet into my class - which I always knew was wrong but never felt brave enough to correct. I've also been a lot more hands-on with my students... THANK YOU! As nerve wracking as it sometimes was, it was totally incredible. You are an amazing teacher and I really appreciate what I've learned from you.”*

- Marie C. (Paris)

*“I want to thank you for an absolutely inspirational and transformational training. I have returned to teaching with new light, breath, and focus. Our morning meditations and practices have inspired me to cultivate a consistent daily home and meditation practice, knowing that my students will benefit more from my teachings when I am able to truly ground myself.”*

- Giulia P. (NYC)

*"I just wanted to let you know how valuable last months advanced TT at your cottage was. The week we spend has transformed the way that I teach, so THANK YOU! I feel like I've entered a new phase, with new confidence and a new toolbox of sequencing techniques. Overall, it's the intelligence that Kula Flow has brought to my classes that is invaluable. Not only do I feel better about the asana I'm delivering, my students (especially other teachers who come to my class) have really noticed a positive shift. On the flip side, I now have even MORE to complain about Toronto's yoga, so I'll be getting my ass on a plane soon to get my Kula fix!"*  
- Kate G. (Toronto)

*"I wanted to reach out and thank you for sharing your energy and knowledge with me this week. I was feeling pretty uninspired in my teaching before I got there and was looking for a way to deepen my teaching skills but at the same time tap into my love for the practice again. I went through every emotion possible this week and although exhausting, that is exactly what I needed both from a teacher's perspective and on a personal level. I fell in love with yoga all over again this week..."*  
- Jill S. (NYC)

*"I'm not sure what was the best part of the last 8 days. The incredible observations and feedback we each received from yourself, Jillian and the others? Or the warm feeling that came from staying in a beautiful "home" by the ocean, the opportunity to meet and connect with great people, or the home cooked meals? But all of it put together felt safe, super safe. And the feedback felt more like a call to action, complete with a strong sense of accountability and support. Amazing. Super grateful for the challenge and the good vibes. You do community well."*  
- Natalie G. (NYC)

*"Because of my vinyasa classes have changed since the Training, a whole bunch of teachers from Toronto are interested in doing your training. The owner of the studio I teach at has been asking me to teach the teachers how to teach the flow, so that when I'm away she won't get so many nasty emails! Ha - just love it!! You're the greatest. I miss Kula so much."*  
- Jackie S. (Toronto)

*"I just wanted to drop you a quick note to thank you for the training and for being so welcoming of all of us in your home! such a gift. I had an amazing time and you are wonder-f-u-!!! i feel myself wrapping my brain around being kula-fied..... which is awesome, and a little unnerving to undo things i've done a certain way for sooo long. Oy!"*  
- Sangeeta V. (NYC)

*"Just writing to say thank you!!!! I know it's been a long time since the training, or taking your classes in New York, but I still feel inspired by you!! I've learned so much and grown a bunch, largely due to YOU, and your amazing teaching style! You're with me when I teach and when I practice. Can't wait to come back to New York, to rock out at Kula. I miss it, and constantly wish I lived closer. Again, thank you."*  
- Matt P. (Montreal)

*"Schuyler - I just wanted to take a minute now that I'm back to reality and beginning to digest all we did this last week, to thank you for your wondrous training and extreme generosity. Not only giving us free run of your beautiful home, but opening your heart with your amazing, thoughtful and useful feedback and guidance. I know it takes a lot of wisdom and energy to do that so well. You just have such a directness, honesty, warmth and sense of fun - so different from other high profile yoga teachers. We all really appreciate and love that about you."*

- Jen P. (New Jersey)

*“What an amazing week of sharing, learning and confirming. Your endless energy and jaw-dropping memory made everything run so incredibly smoothly and efficiently. It was a privilege to witness at length how you distill the information you plan to share into a clear, direct vocabulary. No fuss, no ornamentation, no voodoo juice. You are like the performer I love to watch: Grounded but agile, with a personal crystal clear technique. The week we spent together inspired me in many different ways but most importantly it encouraged me to shave off excess from my teaching. I now teach my classes with a greater focus on streamlining and supporting one area/idea, and as a result the arch of every class is different... Now I know for sure that my heart is in Yoga. I want to teach it and i want to teach it the Kula way.”*

- Asli B. (NYC)

*“A formal THANK YOU for creating a f\*\*ing fantabulous, enriching, exhausting & memorable 8 days of yoga, women (and man), nourishing, often funny, sometimes scary experience. I cannot have planned a better trip/adventure at a better time. I’m applying all the wisdom I experienced in the classes I’ve been teaching and subbing – and they’re rocking!”*

- Caitlin T. (Los Angeles)

**KULA**  
**YOGA**  **PROJECT**  
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