

THE ART OF TEACHING KULA STYLE YOGA

or deconstructing creative alignment-based flow with intelligence and precision

A 75hr Advanced Level Practical Teacher Training (Virtual or Hybrid)

with **SCHUYLER GRANT**

plus super special guests **Nikki Vilella & Matt Phippen**

Oct 24th - Nov 1st

October 24th & 25th (10 - 2 PST / 1-5 EST) Virtual Prep Weekend

October 26th & 27th Guided Self Study

October 28th – November 1st (8 -5 PST / 11- 8 EST) Virtual or In-Person Intensive

The world is in a pandemic, and the yoga world too is turned upside down. What yoga teaching will look like in 2021 and beyond is anyone's guess. But we will always need great teachers. (Perhaps now more than ever.) And if you've practiced with a variety of Kula trained teachers... you know that we make some of the finest.

So despite these crazy times, we will continue to offer the famous (some might say infamous) Kula 75 Hour Advanced Teacher Training - in a more flexible fashion. Hybrid style in Topanga CA for those comfortable being with other humans for 5 days or entirely online for those that aren't. It is my fervent hope that this is the only year that this training will be offered virtually, so if you find the idea of participating from the relative comfort of your own home - now is the time to jump. (Limited to 8-10 in-person and 8-10 virtual teachers.)

Who this training is for:

This intimate training is for experienced teachers who want to better understand how to teach Kula Flow style yoga. You must have completed a 200-500hr TT (or the equivalent study/teaching experience) and have spent at least six months on your feet teaching. If you're wondering if this is the right investment of time and \$ for you at this stage in your teaching career, do some personal inventory: You've been teaching for a while now – maybe even a long while - but you're in a creative lull. Or you just 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 you're a studio owner (and no one gives you honest feedback) and you want to learn how to give constructive feedback to your staff. Teachers have 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 – because the path of a good teacher is always the path of a curious student. My dream participants for this intensive are teachers who have been teaching long enough to know what they want to work on, and who are in love with the Kula way of practicing and want to figure out how to make the special sauce.

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:

- Help 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 sequencing that is grounded in functional anatomy and alignment and your confidence about giving effective, safe hands on assist.
- 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, your pace, etc.

Additional info:

You will be expected to prepare for this training 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 10 Kula classes.

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

PRICING:

Virtual Attendance : \$1750

Double or Triple Occupancy In Person : \$2250

Single Occupancy In Person : \$2950

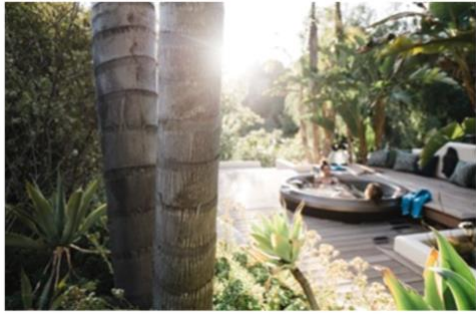
(If accepted into the training, a \$1000 non-refundable, non-transferrable deposit will hold your spot. Balance due 4 wks before training starts, unless an alternate arrangement is made.)

APPLICATION & QUESTIONS: schuyler@kulayoga.com

Please email me with any questions. And if interested in attending respond to the following questions. (Your answers need not be lengthy - but they should be honest.)

- What is your training background?
- What is your teaching background?
- Why do you want to take this training?
- What is your greatest teaching challenge?
- What do you do to stay in love with teaching yoga?

TO REGISTER: jen@kulayoga.com



IN PERSON INTENSIVE DETAILS:

If you are willing - and able - to attend the training in person, you will not just enjoy the sweet nectar of practicing with other human beings (and my hands on your body!), but you will also delight in spending 5 days on the epic Commune Topanga property. Perched in a remote valley of the Santa Monica mountains, it is a 10-acre oasis of meandering paths, oak trees, palms and gardens. (You won't believe you are less than an hour from the heart of LA and LAX.)

Sauna, hot tub, lap pool, a plethora of hammocks, and delicious locally sourced meals await. There are also hiking trails nearby, the Pacific Ocean is only 20 minutes away, and the tiny hamlet of Topanga abounds with local artisan's small shops if you are up for exploring off property early or late in the day.

Arrival for the in person intensive is any time between 5pm Tuesday the 27th and 9am on the 28th. We start promptly at 9am on Wednesday. (I highly suggest that you arrive on Tuesday so you can settle in.) We will wrap up the TT at 5pm on Sunday. If you wish to stay Sunday night, you are welcome to book an additional night at just \$120 (regardless of lodging option). (This will include dinner on Sunday night and a light breakfast on Monday.) Please plan on departing by 10am Monday at the latest - unless prior arrangements are made. (Or you just decide to become a squatter. You wouldn't be the first.)

An important note for those that are interested in attending this training in person: There is plenty of space on the property, the practice space has many windows and doors for fresh air flow, meals will be served outdoors, and there is a good amount of secluded, single lodging available. However, this will not be a 6-foot distanced, mask on environment so it is certainly not appropriate for everyone. I ask that that you take a COVID test no more than 3 days prior to arrival - and of course you should attend only if you have every reason to believe that you have not been exposed to the Rona post test. IF your test comes out positive, you may attend the training virtually and will be refunded the balance of your tuition minus the chefs fees.)



Lodging will be assigned on a first come, first serve basis.



La Casa Bedroom (single or double)



La Casita Living Room (single)



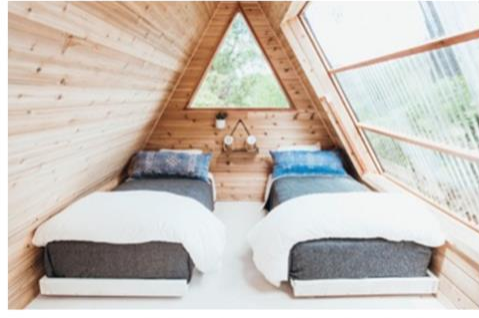
La Casita Master (single or double)



The Loft Lounge (double or triple)



Tea House Singles (single)



A-Frame Cabins (single or double)