

The Art of Teaching Kula Style Yoga

a 75 Hour Advanced Level Practical Teacher Training

with Nikki Vilella + Lauren Haythe

Andes, Catskills, Upstate New York

(hybrid virtual + in person for all students)

September 29—October 4, 2023

September 23 + 24 (virtual prep weekend)

September 29—October 4 (in person intensive; arrive Friday eve 9/29 and depart Wednesday eve 10/4 or Thursday morn 10/5)

To register, please email Nikki@kulayoga.com with a bit of background about yourself and your teaching. Double check with Jen@kulayoga.com that your lodging choice is available!



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 200-500 hour TT (or the equivalent study/teaching experience) and have spent at least six months on your feet teaching classes of some kind.*

This training will 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; augment your understanding of creative, intelligent sequencing, as well as your ability to communicate physical and philosophical instruction clearly; and 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, and honestly investigating your other teaching habits: physical presence in the room, hands-on adjustments, pacing, etc).

Prep work for this training includes: assigned readings, anatomy study, attending classes, and completing online assignments.

PRICING OPTIONS: *all pricing listed is per person includes lodging, food, + all instruction. Pricing does not include transportation to and from Andes; however we can pick you up from the bus station in Margaretville and drive you to the house!*

Single room: \$3000pp (shared hall bath) or **Double room:** \$2500pp (shared hall bath)

Loft (max 3 people): \$2200pp (shared hall bath)

Single bed, lower level, within common space (privacy curtain; adjacent to the yoga room; full bath): \$2200pp

Platform tent w/ woodburning stove (bedding provided): \$1750pp double occupancy

Camping (bring your own gear): \$1500pp

Commuter (includes meals with the group): \$1500pp (rentals on AirBnB or theandeshotel.com...)

*****we have a work study option (\$1700)—reach out to Nikki to inquire**

In Person Intensive Details:

The in person portion of this training takes place at a private log home in the Western Catskills of upstate New York. The mountain property offers stunning views of the Pepacton Reservoir, a waterfall right in the back yard and a custom built sauna outside your back door. There are plenty of places to hang in a hammock, post up in a day bed, or linger along the slate boulders and forest that line the waterfall.

Fresh food locally sourced or from the on-site garden await!

The house sits between the hamlet of Andes (10 minute drive) and the slightly bigger town of Margaretville. Andes offers a beloved small-batch craft cidery, antiques, a fantastic local potter, a hidden gem of a vintage clothing store, and the Andes Rail Trail for a meandering hike through the forest and along the mountain ridge. There are plenty of fish in the reservoir if you like to fish (we have fishing poles and a canoe water-side!) and local swimming holes.

Throughout our time together, your in person training hours will be shared between Nikki, who will teach you her magic sauce for hands on adjusting (among many other Kula related things), and Lauren Haythe, who will present various topics from her signature Applied Anatomy module.

Arrival is Friday night and departure is Wednesday after 5pm (or Thursday morning)!

You can arrive via car (the house is 3 hours from NYC) or via bus (www.trailwaysNY.com). If you take the bus we will arrange to pick you up in Margaretville, NY. If you are flying in, you can either fly to the Albany airport (ALB) and rent a car (the airport is 90 minutes away) or fly to NYC and catch a Trailways bus or rent a car.



Lodging options for your in person week include **single, double, or loft room with space for three** (all with shared hall bath); **single bed with privacy curtain in shared common space** (full bath); **platform tent for two with woodburning stove**; **camping (bring your own gear)**; or **commute** from a nearby hotel or AirBnB (includes meals with the group)!

