

## THE ART OF TEACHING KULA STYLE YOGA

*or deconstructing creative alignment-based flow with intelligence and precision*

**A 75hr Advanced Level Practical Teacher Training with Schuyler Grant  
& super special guest Nikki Vilella**

Virtual Prep Weekend: March 4<sup>th</sup> & 5<sup>th</sup> (11am - 3pm PST)

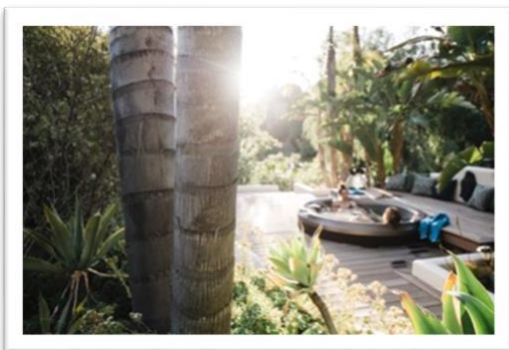
In-Person Intensive in Topanga Canyon: March 10 – 15<sup>th</sup>

*Even as we slog back to a simulacrum of 'normal', the world still feels ass backwards and upside down. But we will always need great yoga teachers. (And perhaps now more than ever.) If you've practiced with a variety of Kula trained teachers... you know that we make some of the finest. I am thrilled to be able to be together in person with an intimate group of teachers retreat style. I have been leading this 75 hour advanced training annually for 15 years, and it has attracted longtime teachers, studio owners and newer teachers who are enchanted with learning how to weave Kula magic.*

*You will work hard. You will also flourish in the pleasure in practicing with other human beings and getting hands on assists (remember those?!?), as well as delight in warm winter days and cozy fires at night on the epic Commune Topanga property. Perched in a remote valley of the Santa Monica mountains, it is a lush 10-acre oasis of meandering paths, oak trees and gardens. (And 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 are the solace for all your hard work in class. 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.*

### PRICING:

**Shared Bedroom: \$2600    Solo Bedroom: \$3400    (\$100 off if registered before 1/1)**



***Who this training is NOT for:***

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

***Who this training 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 at least six months of teaching experience. (Or if you have not completed a formal YTT but are an experienced teacher that's fine too – because we all know that Yoga Alliance certification is a joke.)

If you're wondering if this is the right investment of time and money at this stage in your teaching career, maybe this resonates: You've been teaching for a few years now – maybe even a whole lot of years... But you're in a creative lull. Or this pandemic has left you completely stripped of all inspiration. 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 sadomasochism) 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.

***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, intelligent sequencing, as well as your ability to communicate physical and philosophical instruction clearly.
- 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 for this training with assigned readings, attaining a basic grasp of key anatomical roadmaps, gain a baseline understanding of the Ashtanga Yoga Primary Series (if you are not already), and attending and writing critiques of 10 Kula classes. For the three days in between the virtual prep weekend and the intensive, you should plan to be working on your own 3-4 hours a day.

Friday evening - Sunday brunch will open to additional students for a retreat style weekend.

*\* If accepted into the training, full payment is required to hold your spot. Reach out to Jen if you need a payment plan, processing fees apply. You may cancel up to 8 weeks prior to start date for full refund minus processing fees. No cancellations after this point except for COVID infection in week prior to start – in which case you will be granted credit toward a future training minus \$300 chef fee + processing fees.*

### **ARRIVAL / DEPARTURE:**

Arrive by 9am on Friday the 10th. We will wrap Wednesday late afternoon. (If you are interested in arriving Thursday night or staying Wednesday night, please inquire.)

### **APPLICATION & QUESTIONS: [schuyler@kulayoga.com](mailto:schuyler@kulayoga.com)**

Please email me with any questions at all – don't be shy. If interested in attending, please respond to the following questions (your answers do not need to be lengthy - but they should be honest):

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





*Shared lodging: The Ladies Lounge or La Casa Double or Triple Bedrooms*  
*Solo Lodging: Tea House Singles*



La Casa



La Casa Living Room



La Casa Bedroom I



La Casa Bedroom II



Ladies Lounge Loft Room



Ladies Lounge Bathroom



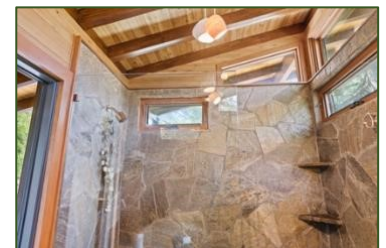
Ladies Lounge Closet



Ladies Lounge Library



Tea House Single



## TESTAMONIALS:

Past teacher trainees include Marisa Sako, Matt Phippen, Kate Gillespi, Caroline Budgell, Giaconda Parker, Dina Tsoulhas, Georgia Reath, Peiling Junek, Sangeeta Vallabhan, Kaitlyn Hipple, Lauren Imparato, Anya Porter, Charlotte Hamilton, Andrew Dolgin, Sarah Neufeld, Lori McAlister, of course the entire Kula teaching staff as well as 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 in past trainings:

*"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 can't even begin to describe the 75h Teaching Kula Style Yoga experience with Schuyler... An absolute legend of a teacher, an amazing group of knowledgeable teachers with diverse backgrounds (who were super fun might I add), beautiful Topanga, STUNNING location (explore the trails!) and nourishing delicious food. This training meant everything to me and it exceeded my already-high expectations. It fueled me in every way possible. Months later, I look back on the experience and can passionately say that it has made me a stronger and well-rounded practitioner and teacher, on so many fronts. It was an experience that I will cherish forever and I am already looking forward to the next one! Thank you Schuyler and the May 2022 Kula group for making this training so rich and memorable!" - Trish S. (Montreal)

*"I just wanted to let you know how valuable last month's advanced TT 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)*

*"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)*

*"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)*

*"Thank you, thank you, thank you, thank you for such a wonderful, enriching, powerful experience. By the end of the training 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 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 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)*

*"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-l!! 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)*

*"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)*