



200 HOUR VINYASA YOGA TEACHER TRAINING

OPEN YOUR HEART · DISCOVER YOUR PASSION · LEARN TO SHARE IT

ANNA SUGARMAN · RICHARD HUSSEINY · SARAH WILLIAMS

APRIL - NOVEMBER 2020 | SPAIN + ENGLAND

Welcome to our tribe!

ELEVATE YOUR PRACTICE AND LEARN TO GUIDE OTHERS THROUGH CLASSES THAT EDUCATE, INSPIRE AND INFORM

This comprehensive course – built upon asana, philosophy and inquiry, functional anatomy, and teaching methodology – will provide you with tools to develop your curiosity, critical thinking, voice as a teacher, and capacity to instruct with compassion and integrity. For those who desire to deepen their own practice, students who are ready to become teachers, and teachers seeking to expand their understanding of vinyasa flow and evolve their teaching skills.

WHAT

200 Hour Yoga Teacher Training
[Yoga Alliance](#) Accredited

WHEN

May - November 2020

WHERE

[Suryalila](#) Andalusia, Spain
25 April 25 - 2 May 2020

[The Studio](#) Brighton, England
30-31 May 2020
27-28 June 2020
25-26 July 2020
19-20 September 2020
17-18 October 2020
14-15 November 2020

WHO

[Anna Sugarman](#)
[Sarah Williams](#)
[Richard Hussein](#)

WHY THIS COURSE

- Our creative approach in offering the technical, inspirational and business aspects of yoga will prepare you to share your teachings – on and off the mat.
- Begin teaching on day one!
- Deepen your practice, expand /create rituals.
- Receive guidance, support and feedback to help you teach clearly, confidently, safely. Explore techniques to empower your students.
- Learn to incorporate the elements of yoga into purposeful and inclusive sequencing.
- Discover your individual potential and unique voice as a teacher.
- Learn to read bodies and provide appropriate adjustments, modifications, use of props.
- Flow state philosophy and breath work – ancient technology meets modern science.
- Practical learn-and-try asana-relevant anatomy and how to balance stretch, strength and stability.
- Realize the relevance of traditional yogic philosophy through inquiry based study and discussion of classic texts.
- Create a safe, supportive classroom environment that welcomes students and builds a sense of community.

WELL HOW MUCH?

From £2800 – £200 early bird discount through 30th September

Eco Twin (outside bath)	£3000 share, £3300 solo
Twin (shared or private bath)	£3100 share, £3400 solo
Superior Double (shared bath)	£3200 share, £3500 solo
Deluxe (private bath)	£3300 share, £3600 solo





CURRICULUM

Teaching Methodology

- Safe and ethical adjusting
- Class planning and sequencing
- Seeing and reading bodies and modifications
- Observation and mixed level teaching practice

Self-Inquiry & Practices

- Led asana, meditation and pranayama
- Study and technical analysis of asanas, key alignment points, contraindications and benefits
- Principles of Vinyasa
- Cultivating and maintaining a self-practice
- The importance of savasana and restorative practices
- Mudras
- Bhandas
- Mantras

Anatomy & Physiology

- Anatomy in relation to asanas and teaching yoga
- Energetic systems – Chakras
- Deconstruction of asanas and alignment focusing on the spine, major joints, appendages, common injuries and limitations, range of motion, planes of motion and safety
- Anatomy of breath
- Flow State science
- Neurochemistry b–ind presence
- Brief intro to Ayurveda

Philosophy

- Introduction to yoga philosophy and texts (The Eight Limbs, Yoga Sutras, Bhagavad Gita, and more)
- How to incorporate philosophical concepts into daily life and teaching
- Lineages, styles of yoga, and the history of modern postural yoga
- Basic Sanskrit (pronunciation & etymology)
- Creating and nourishing a self-reflective practice

Ethics & Careers

- Launching a Career in Yoga
- Bio Writing, Social Media 101, Business, Marketing
- Continuing Education
- Exploring the student/teacher relationship

Practicum

- Begin teaching on day one
- Build your own practice – one that you love so much you can't help but maintain and cultivate the authenticity and passion to share it with others
- Practice teaching sequences which will culminate in a 60 minute class you will be prepared to teach confidently

Non-Contact Study & Practice

- Reading and assignments
- Class/workshop attendance
- Home practice
- Observations and assisting

PREREQUISITES & CERTIFICATION

- Applicants must have a minimum of two years consistent yoga practice. You are not required to be able to do certain postures.
- Attendance of and participation in each course module is compulsory. Graduation depends upon satisfactory completion of all elements of the course (exceptional attendance, assignments, assessment and practice).
- Upon successful completion, 200 Hour certification (RYT 200) will be issued by Anna Sugarman Yoga, accredited by Yoga Alliance USA (globally recognized).



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THE TEACHERS

Anna Sugarman

International yoga teacher and teacher trainer, over 100 of Anna’s graduates are currently sharing yoga worldwide. Anna has been fortunate to have studied with renowned teachers around the globe, all of whom have shaped her own practice and teaching approach. Her dharma is sharing her passion for spiritual balance, playful motion and holistic wellbeing – and she devotes herself to exploring this, as a student and a teacher. Integrating appropriate anatomical alignment, challenging sequences and intelligent transitions with creativity, enthusiasm and joy, it’s been said that Anna plays yoga.



Sarah Williams

Sarah is a yoga teacher and musician. An eternally grateful student, she teaches a mindful alignment-based style of Vinyasa flow that encourages self-exploration and turning the auto-pilot off. Sarah is passionate about sharing the benefits of movement as well as stillness. She has supported thousands of students in Brighton and London with their practice and is known by her students for her commitment to educating people in accessible ways. And she regularly assists her primary teacher, Jason Crandell, on his advanced trainings teacher programmes.



Richard Hussein

For over 15 years, Richard’s worked as a strength a conditioning coach in high-performance sport, with some of the best organizations and athletes in the world. He supported teams in preparation for two Summer Olympic games, London 2012 and Rio 2016, and worked with the GB Park and Pipe squad for the 2018 Winter Olympics in Pyeong Chang. Richard’s mother’s diagnosis of terminal cancer sparked within him a momentous shift in perspective, self-discovery, consciousness and desire to learn what life really means. He is passionate about the science of breath and flow state, and supporting others through life change.



PRACTICE & SUPPORT

We are passionate about our practices and we intend to inspire you to create and maintain a strong self-practice too – one that works for you. It is our honor to support you in discovering your own practice, finding your individual voice, and exploring how to passionately, authentically share it. You will also unite with small study groups. Clear objectives, feedback and guidance will fuel your soul as you become a brilliant teacher – for yourself and your students.





THE VENUES

Suryalila Yoga Retreat :: Andalusia, Spain
25 April - 2 May 2020

Check In :: 25 April 2020, from 3:00pm | Check Out :: 2 May 2020, 11:00am

An exquisitely renovated working olive farm nestled in the heart of the Andalusian hills... The Spanish farmhouse’s wooden ceiling beams and terra cotta tiled floors blend harmoniously with exotic Indian, Balinese and Moroccan decor – soothing to the soul and delightful to the eye. This breathtaking location boasts beautiful yoga shalas, a salt water pool, an eco sauna, organic vegetarian food (mostly grown on the premises) and a variety of gorgeous accommodation options.

and

The Studio :: Brighton, England
30-31 May • 27-28 June • 25-26 July • 19-20 September • 17-18 October • 14-15 November 2020

A stunning hall in the heart of Brighton, just 15 minutes walk from the Brighton Train Station, amidst cafes of all sorts. Most will be commuting, and for the visitors we are happy to recommend hotels and do suggest Air Bnb.

COST

From £2800 per person
£200 early bird discount through 30th September

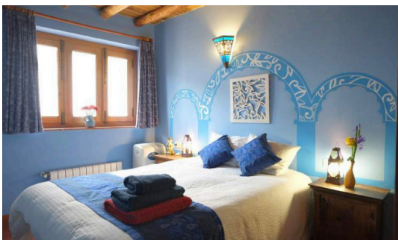
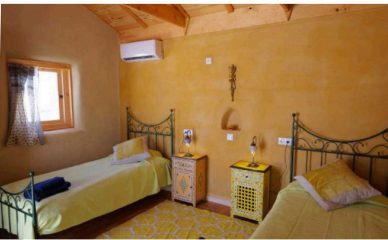
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Bring a companion with whom to share or let us try to match you with a same sex roommate.
Our ability to unite roommates is pendant upon requests, not promised.



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TRAVEL TIPS

Visas :: Tourists from most countries receive a visa on entry. Check with your embassy and prepare accordingly.

Immunizations :: None are required. If you wish, visit a travel specific doctor prior to your trip, or do a bit of research.

Health Insurance :: Check with your provider – many offer re-compensation for services rendered overseas. If not, seriously consider travel insurance – healthcare is available but not cheap, and insurance can be good for covering all expenses, even those of accommodation usage cut short.

Money Honey :: Currency :: 1 Euro (Spain)/1 GBP (England) = [How much in your dough?](#)

- Let your bank know that you will be traveling, as to ensure that your account will be set for use whilst abroad.
- Cards are accepted at Suryalila, and there are cash points and money changers all over Brighton.

Getting Here :: Arrange for transfer from the airport to Suryalila a minimum of seven days before arrival – we will help unite those arriving at similar times.

- Jerez (XRY) – €70
- Seville (SVQ) – €90
- Malaga (AGP) – €150
- Or take a [bus to Villamartin](#) and be picked up for €10.

Packing :: Leave space in your suitcase for treasures from Suryalila's beautiful shop and Brighton's famous lanes!

- Visa – Check with your embassy to see what's required for your nationality.
- Money – Euros (Spain), GBP (England), cards accepted.
- Yoga Clothes – Tights and sports bras! And a few warm layers for meditation and evenings. Swim wear.
- Mats – We have plenty for use, or of course you are welcome to bring your own.
- Medications, vitamins, sunscreen, mossie spray, and toiletry favs – many things are available, including nice local products.
- Odds and Ends – JOURNAL (very important!), colored pencils/pens (if you're into that, like us), alarm.
- Extras – Reusable water bottle, flashlight/torch, flash drive (for sharing playlists, photos, etc).
- Your Open Heart.



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FAQ + TIDBITS

RYT 200 Certification :: A minimum of two years of dedicated practice, prior to attending this YTT, is required to be considered for certification. Please inquire if you have questions regarding your unique experience – we’re happy to discuss.

Required Reading :: Nada. You have sufficient, if not substantial, yoga background to begin this part of your journey. Upon arrival you will receive an all-inclusive manual of awesome, which we will go through together, in depth. However, if you’re se-ing book recommendations, voila! *Need more? Just ask!*

- Yoga Anatomy, Leslie Kaminoff & Amy Matthews – One of our favorites! Riveting information and extraordinary illustrations.
- Autobiography of a Yogi, Paramahansa Yogananda – The quintessential legend, and major introduction of yoga to the West.
- Yoga School Dropout, Lucy Edge – Hilarious adventures and antics of a (very) modern day yogini, yet full of relevant info.
- Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati – Great text used in traditional yoga teacher trainings.
- Four Chapters on Freedom, Swami Satyananada Saraswati – Excellent translation of the Yoga Sutras.
- Bhagavad Gita, Christopher Isherwood – One of many wonderful translations.
- The Heart of Yoga, T.K.V. Desikachar – A hardcore “how to.”
- The Four Agreements, Don Miguel Ruiz – A short read, long on practical wisdom.

Dining at Suryalila :: Our delicious, healthy meals, prepared on-site and included in your stay, will be a strictly veggie fusion of Spanish and Western yum. However, we do not preach veganism or vegetarianism and encourage you to indulge in anything additional your body needs.

Dining in Brighton :: Endless scrumptiousness is at your yogi fingertips – your choice!

Rules :: We are not your mother – although we do give excellent hugs! No curfew will be imposed, nor activities forbidden. To receive Yoga Alliance certification you must attend sufficient hours (which means most!). To retain your invitation to classes, punctuality is expected, as are the abilities to participate and contribute appropriately (illness and injury are considered differently than hangovers!).

SAMPLE SCHEDULE

8:00-8:45am	Meditation & Pranayama	12:30-2:30pm	Anatomy or Philosophy
8:45-9:00am	Break	3:00-5:00pm	Methodology
9:00-10:30am	Asana	5:00-6:00pm	Dinner
10:30-12:30pm	Brunch & Break	6:00pm...	Self Study & Reflection

Schedule varies slightly pending venue and dates–some evenings, at Suryalila, include guided meditation or practice...





PAYMENTS

£500 GBP deposit, non-refundable, is required to reserve your spot. The balance may be paid in up to two further installments:

- January 4, 2020 :: A minimum of 50% of the remaining balance is due by four months prior to start.
- February 29, 2020 :: Full payment must be complete by two months prior to start.

Husseiny Performance Ltd	International:
The Barclays Bank A/C	Swiftbic: BUKBGB22
Sort Code: 20-88-13	IBAN: GB70 BUKB 20881353615502
Account #: 53615502	Or www.transferwise.com (very low fees)

TO DO

Please copy and paste the following, fill in the details, and email to anna@annasugarmanyoga.com when flights to Spain have been booked.

Name:	
Email:	
Arrival: date time	WhatsApp number:
Departure: date time	flight number
Dietary requirements/allergies?	flight number
Current Injuries?	

SEE YOU SOON!

Please join us on Facebook if we’re not already connected, so that we can add you to our private group about a month before we unite. We will also create a WhatsApp group where everyone can “meet,” ask last minute questions, keep in contact for transfers... Shout out via email if you’ve any questions at all. Let the countdown begin... We cannot wait to welcome you to Andalusia and Brighton, for 200 hours of union, yoga, and magic!

LOKAH SAMASTA SUKHINO BHAVANTU

May all beings everywhere be happy and free, and may the thoughts, words and actions of my own life contribute in some way to that happiness and freedom for all.



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