

# 200HR YOGA TEACHER TRAINING



**WEDOYOGA**





# Hello There!

WEDOYOGA opened in 2020 in Letchworth Garden City.

Hello there! At WEDOYOGA, we're thrilled to embark on this transformative journey with you as you aspire to become a yoga teacher. Our founder, Aminta Gagnon, a dedicated yogi and certified E-RYT 500hr yoga instructor, is here to lead the way.

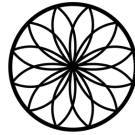
WEDOYOGA began with a vision to inspire fitness, well-being, and positivity. While our roots are firmly planted in Letchworth, UK, our heart extends to a global community that resonates with our values. We're excited to share our passion for yoga and well-being with you as you take your next steps towards becoming a yoga teacher.

Join us in this enriching experience where you'll not only deepen your practice but also acquire the tools and knowledge to guide others on their yoga journey. Together, we'll create a positive and supportive space for learning and growth.

Get ready to explore the world of yoga, embrace self-discovery, and become part of our dynamic community of yogis. The path to becoming a yoga teacher is a rewarding one, and we can't wait to walk it with you. Welcome to WEDOYOGA!

*Aminta Gagnon*

WEDOYOGA Founder & Lead Course Teacher



**“YOGA IS THE  
JOURNEY  
OF THE SELF,  
THROUGH THE SELF,  
TO THE SELF.”**

**THE BHAGAVAD GITA**



# WHY CHOOSE WEDOYOGA?

## — 01

### EXPERIENCED AND INSPIRATIONAL TEACHERS

Our team of certified instructors, led by Aminta Gagnon, bring their unique styles and expertise to every class, ensuring a transformative learning experience.

## — 02

### HOLISTIC CURRICULUM

Our comprehensive curriculum covers not only the physical aspects of yoga but also its philosophy, history, ethics, and more, providing a well-rounded education.

## — 03

### EMPHASIS ON MIND-BODY CONNECTION

We prioritize mobility over mere flexibility, helping you discover the deeper connection between your mind and body through yoga practice.

# WHY CHOOSE WEDOYOGA?

## — 04

### COMMUNITY AND SUPPORT

Our team of certified instructors, led by Aminta Gagnon, bring their unique styles and expertise to every class, ensuring a transformative learning experience.

## — 05

### PERSONAL GROWTH

Beyond teaching, our training nurtures your personal growth and self-discovery. Expect a transformative journey that extends far beyond the mat, enriching your life in profound ways.

## — 06

### QUALITY CERTIFICATION

Upon successful completion of our program, you'll receive a recognized certification that empowers you to teach yoga with confidence and authenticity.



# AMINTA GAGNON

LEAD TEACHER



Aminta Gagnon, your course leader and guide in the 200hr Yoga Teacher Training. With a passion for empowering aspiring yogis, Aminta is here to help you become the yoga teacher you aspire to be.

As an experienced E-RYT 500hr yoga instructor, Aminta's focus is on nurturing your growth and self-discovery throughout the training journey. Her teaching style is characterised by a playful, inclusive, and encouraging approach that fosters a positive learning environment.

Aminta believes that yoga is a journey of self-discovery, and she is dedicated to helping you embark on this transformative path. Her classes prioritise mobility over mere flexibility, with a strong emphasis on alignment and safe practice. Aminta creates unique sequences, tailored to specific themes, to inspire and challenge you, whether you're new to yoga or looking to deepen your practice.

With Aminta as your course leader, you'll gain the knowledge, skills, and confidence to teach yoga effectively and authentically. She provides variations for every pose, ensuring that your teaching style aligns with your unique journey and the needs of your future students.

LEAD TEACHER

# ROSELLE HIRST

Roselle Hirst, our London-based yoga instructor with a focus on alignment-based yoga. In our 200hr Yoga Teacher Training, Roselle guides you on a transformative journey. She completed her 200hr training alongside Aminta, our lead instructor, while also balancing roles as an actor and screenwriter. Roselle's yoga journey began with a search for mental well-being.

In the training, Roselle's teaching emphasises alignment and enjoyment, unlocking poses through precise alignment and celebrating breakthrough moments. She keeps classes beginner-friendly, using minimal Sanskrit to ensure a welcoming environment. Roselle encourages individuality, reminding students that yoga is about healing, not pushing limits. With a E-RYT 500hr certification and ongoing training in Yin, Pre-natal, Restorative, and Yoga Nidra, Roselle brings expertise to enrich your yoga journey. She empowers you to become a skilled, compassionate yoga teacher, aligning your practice with joy on the mat.



## SUPPORT TEACHER

# LUCY ROWLAND

Lucy's role in our 200hr Yoga Teacher Training program, specifically in the Anatomy module, is of paramount importance. With over 200 hours of comprehensive yoga teacher training, Lucy is a dedicated yoga practitioner and instructor with a wealth of knowledge. Her qualifications include a strong foundation in Vinyasa, 30 hours in Yoga Nidra, 50 hours in Children's Yoga, 30 hours in Yin Yoga, 10 hours in Anatomy, and 50 hours in Teaching Techniques, Yoga Philosophy, and Meditation, along with expertise in Bodywork & Reiki.

In the Anatomy module, Lucy empowers trainees to understand the intricacies of the human body as it relates to yoga practice. Her teaching style encourages creativity and mindfulness, offering a variety of asana variations to cater to individual needs. Lucy's classes facilitate a profound mind-body connection. By incorporating Lucy's expertise, our trainees gain a comprehensive understanding of anatomy's role in yoga practice, equipping them to teach yoga safely and effectively. Her dedication and diverse training background make her an indispensable resource for future yoga instructors looking to make a positive impact on their students' well-being.







NOW IS THE  
MOMENT TO  
BELIEVE IN  
YOUR DREAMS

Enroll in our 200hr Yoga Teacher Training program and embark on a journey of self-discovery, personal growth, and profound transformation. Gain the essential tools not only to nurture your individual practice but also to embrace your potential as a teacher and guide. Expect a deeply enriching, empowering, and inspiring experience that will shape your path in remarkable ways.



# CURRICULUM

01

## TEACHING METHODOLOGY

Explore the art of effective communication, sequencing, and teaching techniques. Learn how to create a positive and inclusive space for your future students.

02

## ASANA

Deepen your physical practice by perfecting poses, understanding alignment, and mastering adjustments. It's about more than just the physical; it's about mindful movement.

03

## PRANAYAMA + SUBTLE BODY

Dive into the world of breath control and subtle energy systems. Discover how the power of breath can influence not only your yoga practice but also your daily life.

04

## APPLIED ANATOMY

Gain insights into the human body's mechanics and its relationship with yoga postures. Learn to adapt your teaching to accommodate individual needs and ensure the safety of your future students.



# CURRICULUM

05

## HISTORY

Connect with the rich history of yoga and its evolution. Explore how this ancient tradition can be a guiding light in our modern lives.

06

## PHILOSOPHY

Immerse yourself in the philosophical foundations of yoga. Understand how yoga philosophy can inspire a purposeful and meaningful life.

07

## ETHNICS

Embrace the ethical principles that guide a yogi's journey, both on and off the mat. It's about fostering integrity, compassion, and responsibility.

08

## BEYOND

Elevate your practice with meditation, mindfulness, and holistic self-care. These are tools not only for your well-being but also for the well-being of your future students.





# COURSE DATES

2X "4DAY INTENSIVE"  
8AM-6PM

March 28th-1st April  
May 24th-27th



6 WEEKENDS  
FRI -SUN, 8AM-6PM

March 2nd-3rd  
April 19th-21st  
May 3rd-5th  
June 7th-9th  
June 21st-23rd  
June 29th - 30th

# TYPICAL SCHEDULE \*



## FRIDAY

18:00-  
21:00

ZOOM SESSIONS

## SATURDAY & SUNDAY

08:00-  
10:00

YOGA PRACTICE

10:00  
12:30

CURRICULUM MODULES

12:30-  
13:30

LUNCH

13:30-  
15:30

LECTURES & ASANA CLINIC

15:30-  
16:00

BREAK

16:00-  
18:00

TEACHING PRACTICE Q&A / DAY  
SUMMARY

\*SUBJECT TO SMALL CHANGES

# CERTIFICATION



Upon successful completion of the course you will receive a Yoga Alliance, internationally recognised 200hr certificate. This is all you need to get the appropriate insurance to start teaching in Yoga studios worldwide.

# INVESTMENT

- ✓ Early Bird £2650 (only 3 available)
- ✓ Non refundable deposit £500
- ✓ Monthly payment plan available

DEPOSIT

£500

YOUR INVESTMENT

£2950



# TESTIMONIAL

"Aminta is an inspirational teacher and practicing with her has led me to delve deeper into my own personal yoga journey."

Rebecca L.





# AFTERCARE

Our commitment to your growth doesn't stop with certification. Join our supportive community, where mentorship opportunities, resources, and lasting connections await. We believe in learning, growing, and thriving together.

# TEACHING WITH WEDOYOGA

For those inspired to teach at WEDOYOGA, exciting opportunities await. We embrace unique talents and perspectives, providing a platform for you to shine as a yoga teacher within our positive and nurturing community. Your journey with us is more than just a training; it's an empowering invitation to become a part of our inspiring team. We're eagerly anticipating the moment when you join us, ready to amplify your passion for teaching, and watch you shine as a radiant member of our WEDOYOGA family. Your journey starts here, and we can't wait to be a part of it.



# FAQ's

## **What are the prerequisites for the 200hr Yoga Teacher Training program?**

While prior yoga experience is recommended, our program welcomes practitioners of all levels, eager to deepen their understanding of yoga.

## **Is financial assistance available?**

We offer flexible payment plans and occasionally have scholarship opportunities. Your financial situation should never hinder your pursuit of passion.

## **How long does the training program last?**

Our program typically spans several weeks or months, allowing for a comprehensive and enriching learning experience.

## **Can I teach yoga internationally with this certification?**

Absolutely. Our globally recognized certification opens doors to teaching opportunities around the world.

## **Is there a strong sense of community within the training program?**

Indeed, community is at the heart of WEDOYOGA. You'll find camaraderie, support, and lifelong connections among fellow students who share your passion for yoga and well-being.



# WEDOYOGA

Join us at WEDOYOGA and discover not just the transformative power of yoga but also the warmth of a positive, inclusive, and supportive community. Your journey to becoming a certified yoga teacher begins here, among friends and mentors who believe in your potential.

200HR YOGA TEACHER TRAINING

MARCH 2024