



THE HE(ART), SOUL & SCIENCE OF YOGA

2020 Evolve Yoga Teacher Training 200 Hours



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Not just a Yoga Teacher Training, this course can support you to create the life you've always wanted, achieve the optimum health you've always dreamed of and set you on the path to discovering the amazing human being you really are.

This course will give you all the tools you need to take you to the next level as a yoga student and teacher. The Evolve 200 hours program is certified by Yoga Alliance (USA) and meets all the required criteria. You'll leave this course with practical tools to actively balance your life and the lives of others.

The program offers a comprehensive learning system that holds the keys to a safe and effective yoga practice integrated with functional methods to bring the heart, soul and mind back into balance. With a practical and philosophical understanding of this art form, you will be able to guide yourself and your students along their own path to health and wellbeing.

The He(Art) of the Program

You will experience Yoga and discover the practice along with its history & philosophy. The course will be led by Dr. Fazeeha and delivered along with a team of experienced yoga and other teachers that can enhance your learning and perspective in different areas. This teacher training does not offer a specific 'style' of yoga practice but will be focused on Ashtanga – Vinyasa.

You will learn how to professionally teach this deep and powerful art form while gaining a solid understanding of the postures (asanas) and how to modify and vary them for different levels of practice and flexibility for your students.

Our team will guide you through your learning and elaborate on the anatomy of the body along with correct knowledge of asanas, sequences, mudras, breathing techniques, meditation and Yogic Sanskrit. The course will also help you gain confidence to teach your students.

Course Content

1. Ashtanga – Vinyasa Asana Practice
2. Asana teaching methodology and adjustment techniques
3. Introduction to Yoga Styles: Yin, Mysore Style, Bihar School of Yoga, Sivananda style and Iyengar
4. Mindfulness
5. Ayurveda
6. Meditation
7. Pranayama (Breathing Techniques)
8. Mudras (Hand Gestures)
9. Bandhas (Yogic Locks)
10. Yoga Philosophy and Sanskrit Study
11. Anatomy of Asanas and Physiology
12. Teaching Ethics
13. Business of Yoga
Operating Modalities, Marketing, Service Delivery, Pricing, Digital Media Marketing

The Teacher Training Team



Shefa Ali
Course Director

Shefa's background is in corporate communications; she is a life coach, motivational speaker, wellness advocate and teacher of yoga. Shefa obtained her YTT 300 in Ashtanga Vinyasa and is has also been bestowed the titled of Yoga Siromani in the field of Raja Yoga.

She has emerged as a leading voice in the wellness space in Qatar due to her authenticity, unique voice, passion for all things wellness, and her relatability. She has created several corporate wellness programs for big organizations within Qatar.

Miss Shefa divides her time between yoga, consulting, coaching clients, and motivational sessions for companies such as CBQ, Exxon Mobil and Sidra Medicine. Shefa will be teaching the communication / public speaking skills and the business of Yoga sessions.

Dr. Fazeeha's journey began with her study of Ayurveda medicine. In her second year of study she was exposed to Yoga, she quickly began to love it and consequently obtained her YTT 200 in Sivanantha Yoga and YTT 300 in Ashtanga Yoga.

In 2019 she continued her teacher trainings with a YTT 200 hour in Hatha Yoga and YTT 160 hour in Iyengar Yoga. Iyengar Yoga for injuries, depression and hormonal imbalance are some of Dr. Fazeeha's specialties, along with Therapeutic Yoga. She also teaches Ayurvedic wellness and does profiling and consultations.

Dr. Fazeeha believes a beautiful and healthy mind lives in healthy body and the combination of Ayurveda and Yoga brings about miracles in the body and her learning never ceases. She is really excited about sharing her knowledge with you through The He(ART), Soul & Science of Yoga Teacher Training.



Dr. Fazeeha Ashkar
Lead Teacher

Applications

We are currently reviewing and accepting applications for our 2020 Teacher Training Program. Applicants must be available from:

Start date: Thursday 23rd January 2020

Finish date: Saturday 18th April 2020

Timings

Thursdays: 6:00 PM - 9:00PM

Fridays: 9:00AM - 3:00PM

Saturdays: 9:00AM - 3:00PM

Please contact Shefa: s.ali@evolvemindbodysoul.com or +974 55715544 for more information

Location

Biobil Yoga Center,
Serdal Tower West Bay Doha Qatar
(*Opposite City Center*)

Pricing

Price: **QR. 17,500**

Early bird Price: **QR. 16,500**

before 31 Dec 2019.

Non-refundable registration fee – QR 2000

Contact Us



info@evolvemindbodysoul.com



+974 5040 3234



www.evolvemindbodysoul.com

