



SERENDIP SPA'S VINYASA TEACHER TRAINING WITH EMMANUELLE LAMBERT

Embark on the journey of your lifetime and learn how to teach life-changing Yoga with this 200-hour training. Dive deep in ancient yogic philosophy and techniques mixed with cutting-edge anatomy to teach Yoga to a high standard and deepen your own knowledge and practice. This training is rooted in the theory of Vinyasa Krama (sequencing with intention) and can be applied to any style and pace.

This training will give you:

- Knowledge and understanding of ancient practices and techniques, and their relevance today;
- A thorough understanding of anatomy and biomechanics with an exploration of bones and muscles, connective tissue and joints, and revolutionary concepts that every teacher should know;
- A deep understanding of key asana and family of poses and the concept of holistic organic alignment;
- A peek into other movement modalities to expand your practice and teaching vocabulary;
- Tools to sequence powerful and effective classes and practices, as well as keys to adapt your classes for different needs, including trauma-informed classes;
- Conversations on ethics, power dynamics, social justice – how to live your yoga off your mat;
- Space and tools for personal enquiry, finding your own voice and what you stand for, a deeper sense of self.



Serendip Spa's Vinyasa Teacher Training is a one-of-a-kind teacher training in Belgium, with the first certified Vinyasa Flow yoga teacher, first Core-Strength Vinyasa trained teacher in Brussels, and first Trauma-Center, Trauma-Sensitive Yoga Facilitator in Belgium, Emmanuelle Lambert.

Emma is also certified in Budokon Yoga, Animal Flow, Teen Yoga.

Dates: September 2022 – June 2023 (10 modules of 2 days each, including exam weekend)

Location: Serendip Spa & Yoga, 16-18 Place Stéphanie, B – 1050 Brussels (adaptable to online facilitation if needed)

Module Dates and Curriculum

Module 1 – Orientation & Foundations (17-18 September 2022)

Overview, layers of Vinyasa Flow, lineage and evolution, Asana & Movement Lab.

Module 2 – Roots of Yoga part 1 (15-16 October 2022)

Philosophy and exploration of founding texts, key concepts, Hindu mythology, Ayurveda – application in our society ; Asana & Movement Lab.

Module 3 – Roots of Yoga part 2 (19-20 November 2022)

Ancient techniques : kriya, pranayama, meditation ; alignment in lineage and evolution ; Asana & Movement Lab.

Module 4 – Anatomy & Physiology – Western Anatomy (10-11 December 2022)

Anatomy of breathing, spine and skeletal systems, joints, muscles, fascia, Deep Front Line; Asana & Movement Lab.



Module 5 - Anatomy & Physiology - Eastern Anatomy (21-22 January 2023)

Prana and agni, koshas, vayus, chakras, bandhas – Sequencing based on Western + Esoteric Anatomy ; Asana & Movement Lab.

Module 6 - Sound System (18-19 February 2023)

Vocal ark of class, trauma-informed cues, Sanskrit sounds and reviews of names, mantras and chanting ; Asana & Movement Lab.

Module 7 - Hands-On Assists (18-19 March 2023)

Hands-on assists : theory and practice, power dynamics and consent re. touch, practicum ; Asana & Movement Lab.

Module 8 - Holding Space(s) (15-16 April 2023)

How to set up for class and hold space, private classes / pregnancy in a standard group class / multi-level classes / beginners' series, 'advanced' shapes ; Asana & Movement Lab.

Module 9 - Becoming Teacher (20-21 May 2023)

Practicum ; vision and core message ; business aspects ; yoga off the mat ; social justice ; Asana & Movement Lab.

Module 10 - Being Teacher (03-04 June 2023)

Exam and final interview

Graduation ceremony: 09 June 2023 evening

Module schedule (all modules):

Saturday – Sunday: 8h30-18h30 (including breakfast – 1 hour lunch break – several short breaks throughout the day)

Pre-requisites

- A consistent practice of at least 2 years, any style.
- A deep desire to take your own practice to the next level, to learn and grow, and to share the teachings and the benefits of yoga
- If Emmanuelle is not your primary teacher, please attend a class with her to make sure this is a good fit for you (preferably every Wednesday from 19h00 to 20h30, or take a Yoga Studies workshop). Please register for a class beforehand as this class is typically full (yoga@serendipspa.com, on our website: www.serendipspa.com, or call us at +32 503 55 04)
- No teaching experience necessary.
- Please make sure you can make ALL dates before applying. In case of missing hours, you will have to catch up with a mix of group classes and private classes – NOT included in this training's price.

To graduate, you will need

- To attend ALL modules – make sure to clear your agenda before applying! Please also note that while this is a training registered under Yoga Alliance 200hr category, the contact hours and the homework easily make up for at least 300 hours;
- To complete book readings and reports;
- To complete in-session and teaching assessments;
- To complete a 30-Day Yoga Project;
- To write a final essay;
- To keep up with your personal practice, by attending one class a week (at Serendip or elsewhere) and set up regular home practice;
- To pass a final practical exam.

Pricing

- EUR 2750, including study material and certificate;
- Deposit of EUR 800 to be paid upon acceptance in the training. Balance to be paid in full by 1st September 2022.
- Early bird pricing of EUR 2500 if paid in full by 31st May 2022. Early bird pricing further gives you the right to a “Serendip Trainee Kit” consisting of a Manduka yoga mat, Manduka mat cleanser, an Aromatherapy Associates surprise.

Not included:

- Lunch and accommodation
- Travel to and from location
- Books on the reading list
- Yoga Alliance membership (on voluntary basis)



APPLICATION FORM

Name:

Date of birth:

Address:

Phone / GSM:

Email:

Emergency contacts:

Name 1:

Phone / GSM:

Email:

Relationship:

Name 2:

Phone / GSM:

Email:

Relationship:

Remember to check all dates and make sure you can attend ALL weekends

1. Describe your yoga practice: how long have you been practicing?
What style(s)? How often a week do you currently practice (class
and home practice – detail)?

2. How has yoga impacted your life?



3. Why do you wish to participate in this training? What do you hope to experience? What do you hope to learn?

4. Which aspect of yoga practice do you enjoy the most and why? Which is the most challenging and why?

5. After you complete this training, how do you hope to share your skills as a yoga teacher?

6. What other trainings and / or workshops have you taken on your yoga journey?

7. Are you currently teaching yoga? If yes, please give details.

8. Please list any injuries, surgeries, illnesses, mental health concerns, or other conditions that might be relevant, as well as any medications.

9. Any other information or comment that you need to share with us?

Signature:

Date:

Please return to Serendip concierge or by email at yoga@serendipspa.com



You will be notified of the status of your application by email as soon as possible. If you are accepted in the training, you will receive a welcome package with the list of required and recommended books, schedule and homework schedule, etc, and a request for payment of the deposit of EUR 800.

Terms & Conditions

1. Whilst every care and attention will be taken by the teacher on this training, I understand that full personal responsibility for my health and wellbeing remains with me. I expressly assume all risks of my participation in this training and waive any claim, which I might otherwise bring against Emmanuelle Lambert, Serendip Spa & Yoga, Serendipity Wellness sprl, as a result of injuries from or relating to my participation in this training.

2. Cancellation policy is as follows:

- any time up until 31st May 2022, we will refund upon cancellation minus EUR 50 non-refundable admin fee ;
- after 31st May 2022, cancellation will result in the loss of EUR 800 deposit plus transaction charges for any other monies refunded ;
- after 31st July 2022, withdrawal will result in the loss of EUR 1500 or EUR 800 deposit plus transaction charges for any other monies refunded ;
- after 31st August 2022, withdrawal will result in the loss of all monies paid .

3. In the event of the event being cancelled by Serendip Spa & Yoga, we will refund monies paid in full except in the case of those circumstances rendered by weather, political conditions, local infrastructure, wildlife or acts of God.

4. Neither Serendip Spa & Yoga nor Emmanuelle Lambert is responsible for the loss or damage to any participants belongings while on training.



5. You are responsible for making us aware of any pre-existing medical conditions or if you are taking any medications using the form provided.

6. Training materials are issued during the training – replacements will be charged at a cost of EUR 25.

7. We reserve the right to make changes to the training schedule and details where necessary.

I hereby agree to accept and abide by the terms of this Application & Agreement.

Name :

Date :

Signature :

Please return to Serendip concierge or by email at yoga@serendipspa.com