



WESTCOAST
HOT YOGA
live westcoast yoga & wellness ltd

COLLEGE

200 HR TEACHER TRAINING



CERTIFIED TRAINING

Westcoast Hot Yoga is **certified as a college with Yoga Alliance**. Which means, whether you are completing all your 200 hours or part-of them through us, they can be applied towards accreditation and continuing studies.

COURSE METHODOLOGY

Our training programs offers the teaching theory and guidance behind the best of our signature classes. Teaching includes **principals of demonstration, observation, assisting and correction, instruction of teaching styles, qualities of a teacher, as well as the process/business of being a teacher.**

TECHNIQUE, TRAINING + PRACTICE

Focuses on heated and non-heated classes: **Hot, Flow, Power and Yin**, with added attention spent on **Tensegrity and alignment**. Includes asana, pranayama, meditation and traditional yoga principals, such as: anatomy, energy systems and the eight limbed path of Yoga. **Course completion includes a student practicum** which includes: practice teaching, observing other student teachers offering feedback and assisting students in class.

ONLINE + IN-PERSON COMPONENTS

Complete your training with ease and community. **We meet Wednesday evenings and Saturday days, with at home component of self-study and homework.**



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ALUMNI

The best of our teaching theory and classes,
here's what alumni have to say about their experience:

“The dedication and enthusiasm of the teachers was amazing.”

“The emphasis on developing our OWN authentic teaching rather than copy cat teaching was very much appreciated and valuable”.

“The detailed breakdown of each pose and sequencing was outstanding.”

“I enjoyed the variety of teachers as they each have something great to offer. It was so interesting listening to the different perspectives.”

“The whole experience enriched my life! Thank You SO much!”

“An A1 course! Thank You, Thank You”



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NEW

SUPPORTED BY SILKS

We are pleased to now offer the use of silks as part of our Teacher Training College . Learn and experience the benefits of Aerial Yoga to support and assist your traditional yoga practice



HELLO@WESTCOASTHOTYOGA.CA

604-536-3973

UNIT 101 - 1461 JOHNSTON ROAD
WHITE ROCK,
BC V4B 3Z4

Voted Best Hot Yoga Studio in Surrey and White Rock BC



WESTCOAST
HOT YOGA

live westcoast yoga & wellness ltd

Friday eve
& Saturdays

JANUARY
29TH, 2022

