



Breeze HOT YTT with Hassan Hassan and Sam Magee

Saturday & Sundays
February 4 & 5, 11 & 12 and March 4 & 5, 2023.

Who can apply for course?

You will need to have completed an initial teacher training, or currently be in training as a yoga teacher or be a committed practitioner of 2+ yrs onto this course.

Breeze Hot Yoga training This 50-hour training offers a comprehensive introduction to Breeze popular Hot Yoga (static). It will give you the skills and knowledge to safely and effectively teach hot classes, whilst simultaneously deepening your appreciation, understanding and personal practice of hot yoga. About Hot Yoga, The Breeze hot yoga is a set sequence of 26 postures & 2 breathing exercises practised in a heated environment of 36-38°C that facilitates safe, deep stretching and a cleansing, detoxifying sweat. The practice incorporates breathing exercises and static (as opposed to flowing) postures to cultivate balance, strength, and flexibility, both physically and mentally. Following specific alignment and timing principles, you will work the entire body systematically - restoring the health of every organ, bone, joint, muscle, ligament, nerve, and gland. By bringing fresh, oxygenated blood into every part of the body, this hot yoga practice rejuvenates the entire system, leaving you refreshed with a healthy glow. The sequence promotes joint safety and has been assessed and endorsed by numerous GPs, Physios, - making it a powerful, nurturing, and accessible practice for all levels.

curriculum

This course will cover:

- Twice daily Breeze yoga hot classes to transform your practice, learn the sequence, and illuminate key teaching points.

- In-depth asana labs to explore alignment principles for the hot poses.
- The principles of sequencing, and the theory behind the hot series.
- Best practices for verbal cueing and spoken adjustments.
- How to work with injuries.
 - How to modify the sequence and offer variations of set poses, to safely introduce variety to the sequence.
- Anatomy and physiology.
- Practice teaching sessions and personal feedback to hone your skills. Teachers who successfully complete the training will be eligible to apply to teach this style of hot yoga at Breeze. structure + requirements Course will be set over 6 days. Teachers are expected to arrive on time each day and participate in the practice twice daily. Morning sessions will generally start between 8.00 + 8.30am and afternoon session will generally finish between 4.00 + 5.00pm (This may be subject to change on varying days)

£495.00

Email: Hassan@breezeyoga.co.uk for further information.