



*“An eye opening and transformative experience! Led by someone who is generous, authentic and kind. Andrea’s style is unprecedented. It inspires and sets a motivational benchmark. Andrea is an artist of yoga who opened the doors of philosophy and practice. Her approach makes you want to become a better being.
– Agnieszka Drzewoska, Graduate 2017*

Andrea Everingham Fully Accredited Yoga Alliance 200hr Yoga Teacher Training

The What

200hr Yoga Alliance Vinyasa Flow Yoga Teacher Training. For those of you who know Andrea you will know her energy and passion for yoga is infectious!

This course will give you all the necessary tools to teach a class confidently. Andrea's knowledge and experience makes her uniquely positioned to offer you unparalleled knowledge, support & guidance throughout your training & beyond.

Fully certified in Jivamukti Yoga, Dharma Mittra Yoga, Ashtanga Yoga and Yoga Therapy (800hrs), Andrea's unique style makes her one of the UK's most popular teachers.

The When

14 Day Intensive, 29th June to 13th July 2019 @ Azulfit Surya Resort & Yoga Retreat Fuerteventura (Canaries, Spain) see www.azulfit.com

3 Day Weekend Anatomy and Physiology in Manchester
+ Final Assessment in Manchester UK (November Date TBC)
or Fuerteventura (date to be agreed)

The Cost

£3000 early bird (if booked and paid in full before 28/02/19)

£3200, thereafter. Includes accommodation* and food at Surya Azulfit resort. (Private rooms available for a supplement) tuition, course handbook materials and certificate. (The price does not include flights, books for the required reading which you will need to read and purchase beforehand)

*accommodation may vary

NB flights excluded.

Deposit £500 with the full balance to be paid by 1 May 2019

Flexible terms available, contact Levi on the below email.



About Andrea

Andrea Everingham began her journey with yoga 15 years ago, quickly developing a serious relationship with many styles and teaching Ashtanga for 10 of those years.



It was when she stumbled into a Jivamukti class that a spark turned into an inferno and she fell in love with the style dubbed the 'wild child' of yoga. Instantly knowing this was for her – this untamed style that takes all energy and fuses it harmoniously with traditional yoga practices, gifting the soul true liberation.

Fast-forward to today and she is a 500hr yoga therapist and a 300hr Jivamukti teacher – studying directly with its founders Sharon Gannon and David Life.

Andrea's passion and enthusiasm for sharing her knowledge fuels her teachings where exploring postures in a playful, present way instils the kind of liberated attitude found in her classes. Her classes are always fun, full of energy and a warmth that open hearts and creates smiles, inspiring you to work your own magic on the mat.

Andrea has fast become known as one of the UK's most versatile, energetic, and inspirational teachers – an open minded, dynamic, fearless and raw individual who is devoted to the continuous growth of her students. Her style of balancing high energy hands-on fun classes with deep relaxation infused with yogic teachings leaves you feeling uplifted, renewed, enlightened and connected.

You can experience her particular essence of Jivamukti awesomeness at her studio in Manchester or one of her many international retreats.

“Magic happens when you let go of believed limitations”



The application process

Fill in the application form and include a short piece stating your yoga experience (how long you have been/how often you practice), expressing why you would like to be a yoga teacher and how you will take you knowledge out into the world. Provide a reference from your yoga teacher.

www.oneyogastudio.co.uk & www.azulfit.com

*A minimum of 2 years practice required, however if you have a strong practice your application will be considered.

Pre-course prep

You will be expected to read four yogic texts:

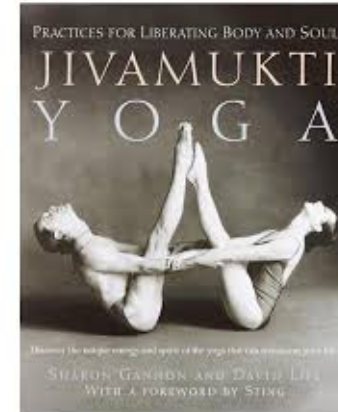
[Jivamukti Yoga: Practices for Liberating Body and Soul, Book by David Life and Sharon Gannon](#)

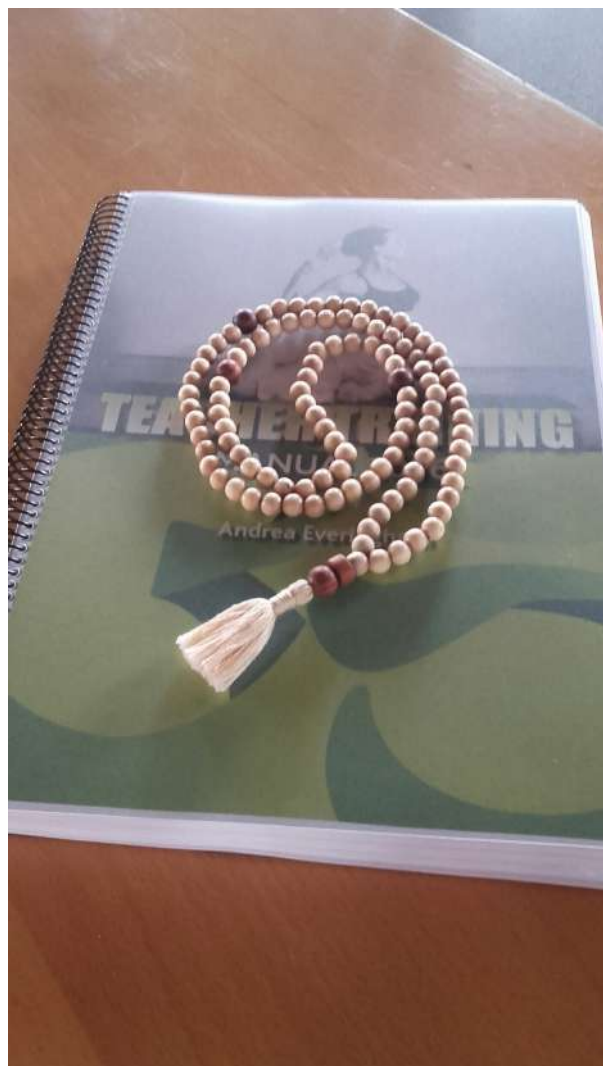
[Light on the Yoga Sutras of Patanjali](#)

[Bhagavad Gita](#)

[Hatha Yoga Pradipika](#)

*You will be required to write a 250 word commentary on any section, part or whole of these books, for EACH book – 4 commentaries in total. Submitted to by **30th April 2019** to admin@oneyogastudio.co.uk





Assessments

During assessment weekend you will be expected to teach a 30 minute section of any given part of the Flow sequence, which you will have learned during the course, you will be observed by Andrea. In order to gain your 200hr accreditation you will need to pass this assessment. You will be given feedback after the assessment and if unsuccessful you will be offered the opportunity to re-sit.

Places are limited to 18 people, for initial enquiries please email our team admin@oneyoga.com



The venue - Azulfit Surya Retreat

Luxury Accommodation and Retreat In Sunny Fuerteventura

www.azulfit.com

Our sunny retreat has a relaxed, friendly atmosphere, with bright, clean and comfortable rooms to suit all budgets and plenty of comfy chill out areas. You can relax in the gardens, have a dip in the pool or Jacuzzi or chat with your fellow trainees in our beautiful courtyard or in the many spaces around the site. Our eco-friendly site is partially powered by solar panels and we have a grey water management system to feed our beautiful gardens. We have a lovely herb garden and an indoor and outdoor yoga space, perfect for your TTC setting. Room to challenge yourself, rest, recover and study this is the perfect setting for your teacher training journey.

www.oneyogastudio.co.uk & www.azulfit.com

Meals and nutrition

As the Azulfit resident nutritionist, author and busy working mom, Jo Dombernowsky has developed a vibrant, holistic approach to the food here at the retreat. Jo has carefully designed our menus to reflect her simple, yet effective nutritional principles and genuinely believes in the power of food to improve health, energy and general wellbeing.

Alongside her kitchen team, she helps to create an energetic and fun kitchen atmosphere, which is reflected in the delicious, and eagerly anticipated meals prepared on site; all of which can of course be enjoyed without self-deprivation or guilt! Through her workshops, dedicated nutritionally focused retreats, blog and recipe book, 'Truly Healthy, Truly Delicious', this inspirational passion and knowledge is passed on to our guests.





PACKING FOR AZULFIT

What to bring with you for two weeks and limited baggage space takes a bit of thinking about so I've listed my thoughts to help you. For starters, think about what you usually wear and take with you to a yoga class, and then bring enough of that stuff to last you a full week of two yoga sessions a day, plus lounge clothes for in between sessions. You may sweat in morning classes (flow yoga) as remember you are off coast of Africa but what I find on most trainings I've been on it that you can easy rinse your clothes daily in the shower/sink with travel wash and they will dry quickly.

WHAT TO BRING

- Valid license or passport (if applicable if you travelling outside your home country please have all documents you need)
- Refillable water bottle/nalgene bottle (NO GLASS)
- Journal and pen
- Yoga practice clothes (enough for 2 changes per day Remember that our flow yoga practices tend to be hot and sweaty, so you'll want to bring clothes with sports wicking or that dry quickly, no cotton etc)
- Yoga lounge clothes (comfy sweats, pants, shorts and tops for discussion and asana lab sessions, again it will be hot so vest tops and cool clothing is essential)
- Yoga towels or a couple of small towels to wipe sweat in practice
- trainers/walking sandals
- Bathing suit and beach towel
- Sunglasses
- Sun hat
- Alarm clock – most of you will have this on your mobiles
- Watch or phone (very important so that you are on time for sessions)
- Insect repellent & after bite or Tea tree oil (available in health food stores and is soothing for bites)
- Any medication you may need
- Sun block
- Credit card/euros (suggest 200) for your days off in case you want to go into town
- Personal toiletries and hygiene supplies (shampoo, conditioner, soap, feminine needs, etc.)

TTC Daily schedule (29th June – 13th July)

07:00 – 07:30 | Meditation

08:30 – 08:00 | Chants and Scripture

08:00 – 08:15 | Re-hydrate Tea Water Nourish

08:15 – 10:15 | Asana Practice

10:15 – 11:15 | Sattvic Breakfast

11:15 – 13:15 | Yoga Philosophy, lifestyle and ethics for Yoga

13:30 – 14:30 | Lunch Nourish

14:30 – 15:30 | Self Study, journal, rest

15:30 – 17:30 | Asana Lab, teaching Methodology

17:30 – 17:45 | Nourish break

17:45 – 19:15 | Yin Yoga, restorative yoga, yoga Nidra

19:15 – 20:15 | Evening Nourishment

20:15 – 21:00 | Pranayama, Yoga Nidra, Satsang, Guided meditation

21:00 | Rest/Journal