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Magic happens when
you let go of believed
limitations

Andrea Everingham



200hr Vinyasa Yoga Teacher Training Course

with Andrea Everingham

Become a yoga teacher on this life-enhancing 200hr Vinyasa Flow Yoga Teacher Training Course in beautiful Fuerteventura.

Well known and much loved for her passionate, fun and empathic teaching style, Andrea is dedicated to bringing out the best in her students and guiding them to become capable, confident and inspired teachers.

Blending an intensive course with home learning, you'll get the best of both. Home practice and study prepares the foundations. The intensive course allows you to go deeply into the practice, and to gain the benefits of learning from and with others.

You'll also be able to soak up some sunshine and be reinvigorated by the natural beauty of Fuerteventura, from the beautiful oasis of the Surya Retreat Centre.

Course details



Dates

26 June – 10 July 2021 – Intensive course, Fuerteventura
6–7 November 2021 – Anatomy & physiology plus teaching assessment Manchester or Fuerteventura (dates flexible for Fuerteventura)



Location

Surya Retreat, Fuerteventura, Canary Islands



Price

£3050 early bird (if booked and paid in full before 31/03/21)
£3200 thereafter

Price includes: Accommodation, food, tuition, course handbook materials and certificate.

Price excludes: Flights, books for the required reading

Deposit £500 with the full balance to be paid by 26 May 2021
Flexible terms available.



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An eye opening and transformative experience led by someone who is generous, authentic and kind

*Agnieszka Drzewoska,
Graduate 2017*

What you'll learn

Course modules include:

Asana, bandha, drishti

Chakra theory

Meditation

Anatomy for yoga sequencing

Philosophy

Teaching methodology

Restorative yoga

Therapeutic yoga

Adjustments

Modifications

The business of yoga

This teacher training course distills all of Andrea's knowledge, and the knowledge of the master teachers she has trained under, into this life-changing experience that brings you to the heart of yoga.

Going deeply into the practice of yoga, you will gain experience of powerful practices in the vinyasa and hatha traditions and be supported to develop your skill and insight as a teacher.

Not only focusing on the more dynamic practices, you will also learn restorative and therapeutic yoga practices, and discover how to balance the dynamic and the restorative for maximum benefit.

This course draws deeply on yoga wisdom and philosophy, with required reading before the course giving you time to absorb and start to integrate the knowledge before bringing it to life in the intensive part of the course.

Going beyond the classroom, this course gives you invaluable guidance in the practical aspects of being a yoga teacher, with a module on the business of yoga.



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Andrea is an artist of yoga who opened the doors of philosophy and practice of yoga. Her approach makes you want to become a better being.

About Andrea

Andrea began her journey with yoga more than 18 years ago, quickly finding a synergy with Jivamukti, an untamed style that takes all energy and fuses it with traditional yoga practices, gifting the soul true liberation.

Highly qualified with both a 300hr Jivamukti Teacher certification and a 500hr Yoga Therapy certification,

Andrea's passion for Jivamukti led her to study directly under Jivamukti founders, Sharon Gannon and David Life in New York.

Andrea's enthusiasm for sharing her knowledge fuels her teachings. She has fast become known as one of the UK's most versatile, energetic, and inspirational teachers.

Sessions with Andrea explore postures in a playful, present way, empowering and liberating students

to laugh and grow, as they absorb experiential knowledge and insight.

Creating a wonderfully supportive learning environment comes naturally to Andrea. Her open-minded and warm nature means she truly has a gift for making everyone feel at ease and valued.

Truly passionate about the magic that can be created through yoga, Andrea is devoted to the continuous growth of her students.

TTC Daily schedule

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
17:30 - 17:45	Asana Lab, teaching Methodology
15:30 - 17:30	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



Surya Retreat

With stunning 360 views of ocean vistas and volcanic vistas, this retreat is a true oasis and an inspirational, soul-stirring place to do your yoga teacher training.

You'll find lots of space and a beautiful supportive environment at this dedicated retreat centre.

Featuring an outdoor yoga deck and indoor studio; traditional Canarian courtyards and sunny terraces; a pool and hot tub; and a beautiful lounge, plus countless other chillout areas.

This is a place to learn, open your heart and mind, relax and enjoy the company of your fellow yoga teacher

trainees in an experience that many find truly life-changing.

Rooms are decorated with love, and our team are here to set you ease and make you feel right at home.

Meals and nutrition

At Azulfit, we love food and we are passionate about every meal, and it's love filled preparation.

Providing you with a complete meal programme which nourishes and satisfies the body and delights the taste buds.

The meals are well balanced, plant based and plentiful, always prioritising flavour and variety. Our meals revitalise the body, help you form lasting bonds with your over mealtime and are one of the highlights of your stay with us.

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The food is divine so colorful
and so many flavors,
nourishing and as a vegan I
felt catered for.



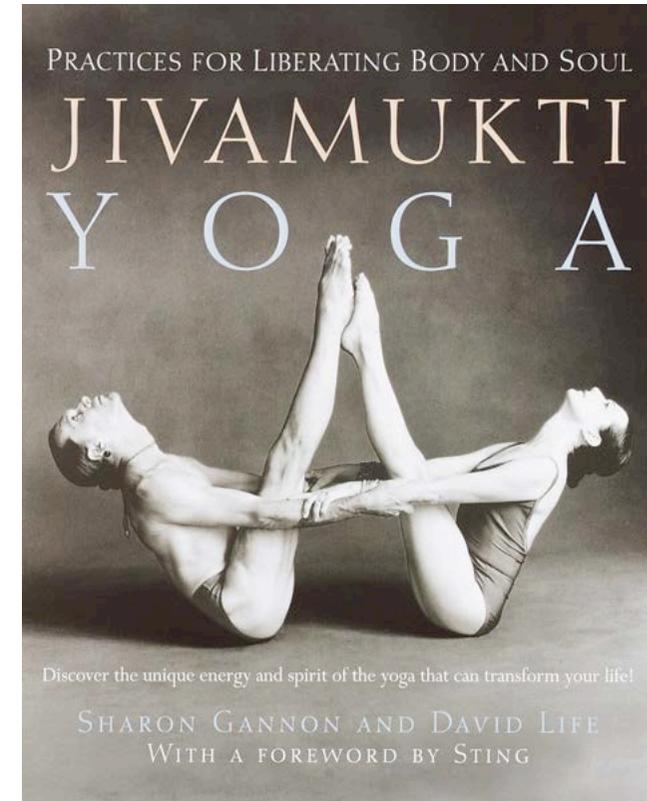
Pre-course prep

Before your course begins, please read the following books and write a 250 word commentary for EACH book – 4 commentaries in total. The commentary can be on any part, section or the book as a whole. This needs to be submitted to admin@oneyogastudio.co.uk by **30th April 2021**.

[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](#)

Assessment

During assessment weekend you will teach a 30 minute section of any part of the Flow sequence that you 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.



How to apply

- 1 • Fill in the application form
- 2 • Provide a reference from your yoga teacher
- 3 • Pay the deposit (or full amount if you're booking close to the start date) and book flights.
- 4 • Complete the pre-course preparation detailed in the next section
- 5 • Pack your bag (packing list provided on the following page) and look forward to your transformational YTTC in the sunshine!

If you have any questions please email: admin@oneyoga.com

Packing list

Documents & essentials

- Travel documents – passport, etc
- Journal and pen
- Credit card/euros – for your days off, in case you want to go into town
- Watch / alarm clock or phone – very important so that you are on time for sessions
- Refillable water bottle/nalgene bottle (NO GLASS)

Toiletries

- Insect repellent & after bite or tea tree oil
- Any medication you may need
- Personal toiletries and hygiene supplies (shampoo, conditioner, soap, feminine needs, etc)
- Sun block
- Sunglasses & sun hat

Clothes

- Yoga practice clothes – enough for two changes per day; our flow yoga practices tend to be hot and sweaty, so bring clothes with sports wicking or that dry quickly
- 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