



LOTUS YOGA TEACHER TRAINING PROGRAM

year 2022-2023

LOTUS YOGA TEACHER TRAINING PROGRAM

a profession, a mission

year 1



LOTUS TEACHER TRAINING

YEAR 1 PROGRAM

Structured in 5 modules

- Yoga Anatomy
- Yoga Philosophy
- Yoga Practice
- Teaching Methodology
- Yoga Spirituality

150h of classes both theoretical and practical + guidance



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PROFESSIONAL INTERNSHIP

- **Internship** at Lotus Studio
- **Monitoring** in real classes with everyday situations and students at different levels
- **Guidance** for starting a professional career according to your personal intentions
- **Administrative guidance** for starting up a business in Yoga

50h Internship



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OBJECTIVES

by the end of the Teacher Training you should have:

- Deep understanding of Yoga as a philosophy, practice and path of evolution
- Basic knowledge of various Yoga techniques
- Basic knowledge of the various styles of Yoga
- Ability to prepare and teach Yoga classes with different themes and objectives



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STRUCTURE

- 1 monthly gathering at Sundays
- from 8 to 19h
- **Ano 1:** 13 meetings for classes and evaluations
- Personal guidance along the whole course
- Starting date: **2/Out/2023**



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MEETING SCHEDULE

	Class of 2023
1	02/10/2022
2	30/10/2022
3	27/11/2022
4	18/12/2022
5	08/01/2023
6	05/02/2023
7	05/03/2023
8	02/04/2023
9	07/05/2023
10	14/05/2023
11	04/06/2023
12	02/07/2023
13	30/07/2023

classes for checkpoints and assessments are in bold



LOTUS TEACHER TRAINING

aprenda conosco

OUR TEACHERS

- +20 years of Yoga practice
- thousands of classes taught
- +15 years of successful teacher trainings
- managers of a top Yoga Studio in Oporto



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LETÍCIA ZIEBELL

- Extensive experience in teaching Yoga classes in various modalities.
- Owner of great charisma, she teaches with dedication so that everyone can enjoy, learn and experience Yoga in a unique way.



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ALESSANDRA DORANTE

- Dedicated to the management of LOTUS Studio, she works on harmonizing relationships so that everyone grows up to exercise their profession as a mission and ideal.
- In her classes she integrates the most subtle plans and brings a vision of the practical spirituality.



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INVESTIMENT*

		TOTAL
1 instalment of	€1800	€1800
2 instalments of	€972	€1944
4 instalments of	€504	€2016

** non-refundable*



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ADMISSIONS

For admission to the course:

- Personal interview with one of the teachers
- Proof of payment to:

Associação Lotus Douro Yoga Studio
PT50003601109910003040978

promotion



lotus.pt / namaste@lotus.pt

962 646 628

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