



**200 HOURS YOGA TEACHER TRAINING
APRIL 14-MAY 2, 2024
GOA, INDIA**



About The Soulful Movement

The Soulful Movement (TSM) Yoga School was founded by Mariam Azmi in Egypt in 2021. TSM's mission is to help bridge modern science and ancient wisdom to enhance the Yoga education and maintain its integrity.

Our purpose is to create an environment for Yoga teachers to become world class by facilitating a differentiated learning experience, bringing together people of diverse cultures and backgrounds sharing the passion and hunger to grow.

We are proud to have graduated dozens of students from across the globe, with exceptional teaching skills and talents.



About The 200 HOURS YTTC

This Yoga Alliance certified teacher training provides a solid foundation to teach yoga, inspire others and deepen your own personal practice. Our focus is to provide students with applied knowledge of anatomy, alignment and assists with deep focus on yoga philosophy. You will hone your creativity, find your voice and develop the confidence to teach and inspire students from a powerful yoga foundation. This training is appropriate for the serious student who would like to start teaching yoga, as well as the student who would like to deepen their own knowledge & personal practice. You will come away with a deeper understanding of the physical and spiritual side of yoga that combines together to create an exceptional yoga teacher.

PREREQUISITES

There are no formal prerequisites to take this teacher training. The 200-hour level is an entry level training that focuses on making you a great teacher with an in-depth understanding of asanas, sequencing, teaching techniques, and yoga philosophy. **It is important to understand that this is a teacher training and not a yoga retreat.** The training is physically and emotionally demanding; because of this we recommend at least one year of consistent yoga practice.

CURRICULUM

- 30 Hours of Applied Anatomy & Physiology.
- 20 Hours of Applied Yoga Kinesiology & Anatomical Alignment.
- 75 Hours of MA Vinyasa, Inversions & Arm Balances, Yin yoga.
- 30 Hours of Cueing, Creative Sequencing, Class structure, Hands-on assists, Practice Teaching.
- 10 Hours of Physiology of Stretching, Typology & Methodology.
- 25 Hours of Yoga Philosophy, Sutras, Mythology, Chakras & Mudras.
- 10 Hours of Yoga Business & Ethics.



TRAINING MODULES

Techniques, Training, and Practice

This module of the training delivers an inclusive understanding of:

- Shatkarma (Cleansing practices) and Pranayama such as Jala Neti Kriya, Sama Vritti, Bhramari and several other Breathwork techniques.
- Preliminary practices (Virajasana, Surya Namaskar), standing, seated, twisting, floor, backbending asanas and how to properly incorporate them in class in terms of modifications, progressions, and contraindications
- Creative sequencing to stimulate proprioception and understanding of asanas. Inversion-based Vinyasa Flows to incorporate arm balances and inversions in class structure.
- Asana & Inversions clinic to examine the anatomical and alignment principles of advanced asanas.
- The use of different Props to cater for different population.
- Different meditation techniques.



Professional Essentials

This module of the training delivers an inclusive understanding of:

- Teaching Methodology: Sequencing, pace, environment, cueing (verbal, visual, physical), class management and musicality.
- Professional Development: Ethical commitment, general professionalism, timeliness, consistency, Scope of practice, marketing & promotion.
- Practicum: Practice teaching, mentorship, apprenticeship and feedback.



TRAINING MODULES

Anatomy and Physiology

This module of the training delivers an inclusive understanding of:

- Bio-mechanics: Types of joint movement, joint stabilization, contraindications, misalignment, adaptations.
- Anatomy of Yoga Asana: Types of joints, major bones, major muscles involved in asana, types of muscle contraction.
- Respiratory system, including muscles that affect breathing, involuntary vs. voluntary breath, different Koshas.
- Nervous system, including 'fight, flight, freeze' response, vagal theory, overall mind-body connection.
- Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice.
- Safe movement as it pertains to balancing, stretching, awareness, and physical limitations.

Yoga Humanities

This module of the training delivers an inclusive understanding of:

- History: what is Yoga, School's lineage, and methodology.
- Dates & key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern.
- Familiarity with major yogic texts (Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika).
- Relationship between Asana, Pranayama, and Meditation.
- Ethics: Comprehension and responsibility to increase equity in yoga, accountability measure, and the ethics of teaching.





DAILY SCHEDULE

SUNDAY-FRIDAY

- **06:00-06:30** Guided Pranayama & Breathwork
- **06:30-08:30** Morning Alternating Practice (MA Vinyasa Flow, Assisted Self-Practice)
- **08:30-09:15** Inversions Practice
- **09:15-09:45** Silent Breakfast
- **10:00-12:30** Session 1
- **12:30-14:00** Lunch
- **14:00-15:55** Session 2
- **16:00-17:00** Session 3
- **17:00-18:00** Sensory Yin
- **18:00-19:30** Dinner
- **19:30-20:30** Satsang: Kirtan & Philosophy
- **20:30-21:00** Evening Guided Meditation
- **22:00** Evening Silence, journaling, time for self-reflection



SATURDAY

- **07:00-10:00** Special Practice
- **10:00-11:00** Special Saturday Brunch
- **11:00-14:00** Beach time
- **14:00-18:00** Satya
- **18:00-19:30** Dinner
- **19:30-21:00** Evening Kirtan
- **22:00** Evening Silence, journaling, and meditation

Sundays are for group excursions (Kayaking, Surfing, exploring Goa's marvelous beaches).



About The Teachers

MARIAM AZMI-LEAD TRAINER, E-RYT 1500

Mariam Azmi is an International Yoga Teacher, founder of The Soulful Movement Yoga School and one of the leading teachers in the Middle East. A student of world renowned Yoga Teachers; Dylan Werner, Miguel Santana, Jayaprada Radhika, Govinda Das, Surrender Singh, and Daniel Rama. She has more than 1500 hours of training in Yoga, Myofascial Integrated Alignment, Handstands & Locomotion.



Fascinated by the anatomical knowledge of Tom Myers, and grounding wisdom of Surrender Singh, Mariam consistently refines her skills both as a teacher and a student. Inspired by a fascination with functional anatomy and a curiosity for the ancient Indian mysticism, Mariam is known for her signature MA Vinyasa Yoga, a non-dogmatic and creative style where she brings a unique perspective to those who seek more from yoga than “pretty shapes”, a bridge between modern science and ancient wisdom.

Mariam believes that yoga is a life-long personal journey of self-inquiry where integrity and faith are the roots to a rewarding practice. Do the work and all is coming.

Based in Egypt, Mariam leads teacher trainings, workshops, and Masterclasses continuously around the world, leaving her with more than 10,000 hours of teaching experience.





About The Teachers

HATEM GABALLAH, E-RYT 200

Hatem Gaballah is an Orthopedic Surgery MD, a Sports Injuries & Performance Nutrition Specialist, and E-RYT 200.

Teaching is something that has always come naturally to Hatem. His love to share knowledge combined with a passion for science drew him towards a career in Medicine. He attended Faculty of Medicine Kasr Al-Ainy, Cairo University graduating 1995 at the age of 22 and worked for 20 solid years as an Orthopedic Surgeon in various countries all over the world.



However, Hatem struggled with the non-holistic approach adopted by Western allopathic medicine and for many other reasons he came to realize that this career was not suited to him and finally making the decision to leave the medical world. This was not an easy feat as he had been on that trajectory since the age of 15. He drew his attention to all the transferable skills that he had acquired and focused on what he was most passionate about at the time.

Being an athlete himself at an early age, Hatem was introduced to Yoga in 2014 and completed his teacher training in 2018. He also studied Acupuncture & Traditional Chinese Medicine in 2017. From this point onwards, he combined all of his skills and passion to teach anatomy, physiology and metabolic health on Yoga Teacher Training courses as well as his own workshops and trainings across Egypt.

His wish is to make anatomy fun, practical and inclusive for movement enthusiasts, shed light on humanities' predicament as regards to nutrition, health and sickness, and help redeem the long lost self awareness of human wellness.



TRAINING VENUE - SAMPOORNA YOGA

Location:

SAMPOORNA Yoga School is located in Agonda Beach, South Goa, India. 70 Kms from the Goa International Airport. Although Agonda has been ranked as one of the top 5 best beaches in Asia, consistently for more than 8 years according to Trip Advisor, it is still a very quiet, clean, and un-touristy beach with a 3.5 km-long stretch of white sand. It's perfect to unwind, sunbathe, swim and meditate, and with its west-facing shores you can also experience some of the most extra-ordinarily beautiful tropical sunsets the sub-continent has to offer!

Distance from the beach:

SAMPOORNA YOGA is 100-meters away from the beach. Less than one minute by walk. Half of the SAMPOORNA YOGA property is on an elevated hill which provides the yoga shalas with stunning sea views.

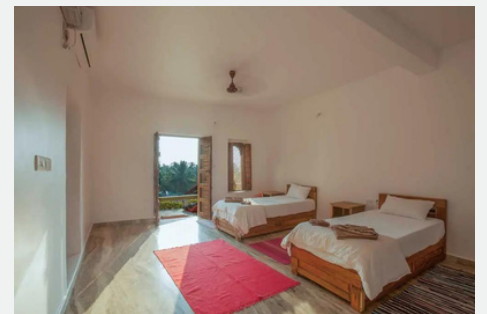


ACCOMMODATION

Colonial-style rooms made of concrete with wooden roofs, each with an independent balcony.



All rooms are designed for single or twin occupancy with a private shower, hot water, wi-fi, wardrobe, and mosquito nets.



FOOD & DIET

Pure Vegetarian food only. Vegan & Gluten-free options are available upon request.

INVESTMENT

EARLY BIRD TILL DEC 31ST

SINGLE OCCUPANCY: € 2,625

TWIN OCCUPANCY: € 2,370

REGULAR PRICE

SINGLE OCCUPANCY: € 2,850

TWIN OCCUPANCY: € 2,590

A € 1000 non-refundable deposit is required to enroll & secure your spot. Full payment is required by March 1st, 2024.



FREQUENTLY ASKED QUESTIONS:

1) How many students will there be in the training?

We are only taking 15 students. We want to connect personally with everyone and to be easily available and accessible to guide and mentor you through this process. This is much easier in a small group and we find that small groups connect better with each other.

2) What kind of certification will I get?

You will get a 200-hour certification with The Soulful Movement Yoga School. The Soulful Movement is a Yoga Alliance Registered Yoga School. After graduation, you will need to use your certificate to register with Yoga Alliance. This is the standard procedure to become a Yoga Alliance RYT 200.

3) How can I enroll in TSM training?

Application: In 500 words, let us know why you want to join us, your background, your yoga experience and expectations from the TT and send your application to: mariamazmiyoga@gmail.com, we will get back to you within 24 hours. Upon acceptance, you are required to complete the non-refundable deposit.

4) What is included in the cost?

Cost includes tuition, accommodation, all meals, snacks and drinks, teaching manual and hand outs.

5) What is your refund policy?

The €1,000 deposit is non-refundable and non-transferable. Full tuition refund if cancelation is within 6 weeks prior to the start date or more (minus deposit and processing fees). If cancelation is less than 6 weeks, refunds are given only if the spot is filled by another student.

6) Do you offer payment plans?

Absolutely! Once you've placed your non-refundable deposit to secure your spot in the training, we can break up your remaining tuition into 3 or 4 monthly installments.

7) Why should I choose your program over other teacher training programs?

TSM is full of heart, knowledgeable trainers from a wide variety of backgrounds and it offers a path for connecting to a community. We are proud of the specialty days we're able to offer throughout the training with special topics: Somatic Release, Metabolic Reset, and trauma-informed yoga.