



YOGA PRE-TEACHER TRAINING

50hrs. training

Explore the essence of yoga

Do you want to understand the essence of yoga or are you thinking of joining a Yoga Teacher Training?

Or simply interested in taking your practice to the next level?

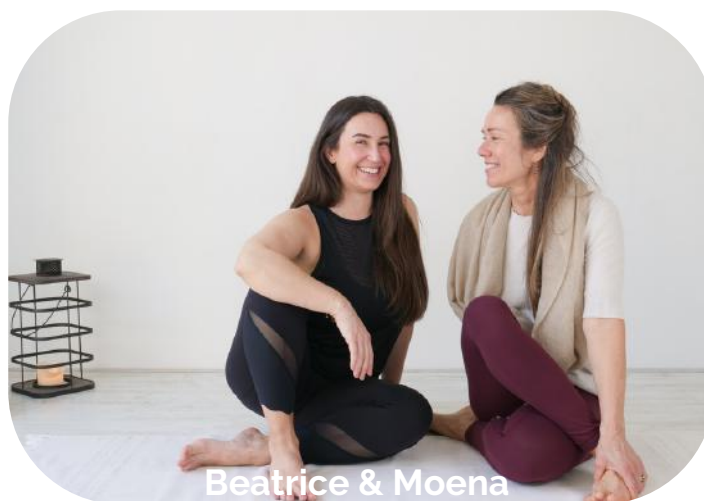
This program is perfect for you!

This 50hrs program is for everybody who wants to take the next step in their yoga practice. This is the perfect training to set the foundations before doing the 200 hours yoga teacher training.

You'll have the chance to understand the essence of the yoga practice in order to bring with you its benefits not only in your next journey on the yoga mat, but also to integrate the yoga practice into your everyday life.

If you are are you a **regular yogi** or if you are thinking of **doing a yoga teacher training**, then this program is for you!

This program is a great preparation for the yoga teacher trainings. The program is suitable for any level of student. The yoga style of our focus in this development training is that of Vinyasa, however, the tools gained will be transferable to many styles of yoga.



Beatrice & Moena

Introduction

Join us for the 50-hour Yoga Pre-Teacher Training!

A training for everybody who wants to learn more about the beautiful practice of yoga and wants to take the next step in their personal yoga practice, on and off the mat. This training is also perfect for people who are thinking of doing a Yoga Teacher Training as it will give you the grounding foundation you need.

This is a 50hrs program spread over 4 weekends. We are teaching this program, because in regular yoga classes we do not always have enough time to dive deeper into a particular subjects. Most classes are just 75 minutes and this time frame is too short to elaborate on subjects such as pranayama or meditation. We need more time to guide you through these practices and most important of all, we need more time to explain and truly explore.

Our training has been mindfully created by international yoga teachers Moena de Jong & Beatrice Savaris. You will work hard, deepen your practice, and explore your life's purpose.

Our promise to you

This program will help you to understand the connection between the physical part of yoga, the energetic aspects and the philosophical teachings so that you'll be able to integrate them into your own personal practice.

In these 50 hours you'll have the chance to understand the essence of the yoga practice in order to bring with you its benefits not only in your next journey on the yoga mat, but also to integrate the yoga practice into your everyday life.

"This training was life changing, with beautiful memories and hugely insightful!"

Beatrice B.

Curriculum

During this program we will dive deep into specific yoga subjects. We will cover things which we cannot cover in a regular yoga class due to the lack of time.

This is your chance to learn everything you need to know about yoga. Subjects which we will cover are:

- The practice of Vinyasa Yoga
- The families of asanas through the study of the main asanas and alignments
- Asanas modifications and how to adapt them according to your body and your needs
- Different breathing techniques - pranayama -
- How to be present through meditation to stay in the here and now
- The philosophy of yoga through the study of the 8 limbi as from Patanjali's Yoga Sutra
- The knowledge of yourself through journaling and reflection exercises

This is a great program to deepen your own yoga practice and a great program to do as a preparation for a Yoga Teacher Training.

Sneak peak of the training



Why you should join

- You will learn from the highly experienced lead trainers Moena de Jong & Beatrice Savaris who are already delivering incredible trainings for many years.
- We keep the group small so you receive ultimate personal attention and we can create an optimal learning environment.
- This program goes much deeper than regular yoga classes and we will cover all aspects of the yoga practice, like asana alignment, philosophy, mantra, meditation, asana alignment and pranayama.
- This program is a great preparation if you want to do a Yoga Teacher Training.

Maartje



'De yogalessen bij Tula heb ik altijd superfijn gevonden, maar al dat oefenen bracht ook vragen bij me om. Ik besloot de Yoga Development Training mee te doen om meer te leren over de yoga filosofie en verschillende technieken, zoals pranayama. Ik kom namelijk uit een burn-out, dus de ademhaling is iets wat me in de praktijk positief kan helpen. Deze training heeft met zoveel gebracht; ik voel me nu sterker, zowel fysiek als mentaal.'



Meet your teachers



BEATRICE SAVARIS

Beatrice's mantra is "**let it be**" – this means living a life without attachment to fully exist in the present moment. Allowing people, situations, yourself just being as they are and, instead of using energy to try to change them, to focus into our actions to **plant seeds for happiness** in all its meanings.

Beatrice has been teaching, and studying herself, already for many years to share her passion for yoga. She teaches trainings, workshops and classes in The Netherlands, Italy & Switzerland.



MOENA DE JONG

"Practicing and teaching yoga is an art, connecting to the heart."

Moena teaches her classes the same way she loves to receive lessons: **welcoming at all times**, open to positive, transformative experiences.

As much as Moena has a **razor blade sharp eye for Alignment** she loves the fluidity of music that flows **organically** with the movements. As she has a passion for the Sanskrit language, she also has a lifetime love relationship with Mantra's.

Meet Beatrice & Moena at Tula during one of their special classes.

↳ Please register via our online schedule tulayogastudios.nl/roosters/bosenlommer

"Beatrice is just such an inspiring teacher to work with, she is funny, sweet and caring. I loved the combination of Moena and Bea, great to have them both working together"

Marie

"I loved Moena's energy, way of teaching and her soul. I got so inspired from Moena and really met her on a different level, so nice to have met her! I will continue following her classes and hope to integrate all her teaching in my own classes."

Bea

Contact

Please contact us if you have any additional questions, or like to have a personal moment to talk about the training.

Tula Yogastudio's

e-mail: hello@tulayogastudios.nl

phone: 020-2044550

www.tulayogastudios.nl



Olga



"As a regular yogi I wanted to really dive deeper into the practice of yoga. This training showed me that there is more than just the asana practice on the yogamat. Thank you Moena and Beatrice for your guidance; it has been a wonderful experience!"

Class of 2022



50HRS. YOGA PRE-TEACHER TRAINING

sign up at www.tulayogastudios.nl

tulA
Amsterdam