

INSPIRE - FLOW - BREATHE



NEXT  
COURSE

FEB 2025

# TRAIN TO TEACH 200 HOUR ONLINE TRAINING

*ACCREDITED BY YOGA ALLIANCE PROFESSIONALS*

*STARTS 9 FEB 2025*

Follow your dream and learn to teach yoga with inspirational coaches Emma Charvet and Siobhan Power - bringing a playful and creative approach to an ancient practice.

*Mindful movement - Breathwork - Meditation - Self enquiry*



**WILD TREE YOGA**  
TRAINING SCHOOL

EMMA CHARVET

## CONTACT:

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- 📱 [HTTPS://WILDTREEYOGA.CO.UK](https://wildtreeyoga.co.uk)
- ♡ INSTAGRAM: @WILD.TREEYOGA

SIOBHAN POWER





# TEACH *Yoga*

**JOIN US  
9 FEB - 9 NOV 2025**

**Immerse yourself**

Combine the flexibility of online training with interactive small group sessions led by inspiring tutors - to deepen your knowledge and understanding of the ancient practice of yoga, and its application today

## **Weekly Live Stream Classes**

Get inspired each week with our live online vinyasa and restorative classes and meditations every Tues eve & Thurs early morning.

**Tuesdays 7am - 7.45am & Weds 6.30pm-8.30pm**

## **Private Tutor Sessions**

An individually tailored session with each tutor - face to face or live online to hone alignment, skills and assists. (in Brighton, UK or Johannesburg, South Africa).

## **Sunday Immersions**

Dive deep into each module on 2nd Sunday of the month. ((9am - 4pm) Immersions focus on each module with inspiring workshops, group work and teaching practice.



**BOOK NOW**

[info@wildtreeyoga.co.uk](mailto:info@wildtreeyoga.co.uk)

[wildtreeyoga.co.uk](http://wildtreeyoga.co.uk)

# TRANSFORM *Your Life*

## DEEP DIVES



### Asana Fundamentals

Physical & Energetic benefits of 100 key poses - 7 Chakra Sequences - Understanding Balance, Flexibility & Strength, Alignment & Sequencing



### Breathwork

Science of Breathing - Controlling the Nervous System - Pranayama - Breath & Mental Health - Resilience - Prana



### History & Philosophy

Historical Timeline - Philosophical Schools of yoga - Key concepts in yogic texts - Yoga Sutras - Modern application of yoga philosophy



### Meditation, Mudra, Mantra

Mudra & Mantra in Meditation - Mindful meditation - Chakra Meditation - Moving Meditation



### Anatomy & Physiology

Understanding the body in simple language - movement patterns - Anatomy of Backbending - Forward bending & Twists - Nervous system - Injury Management - Verbal and Physical alignment cues



### Principles of Teaching

Guidelines of Teaching - Cultivating your own practice - Yoga off the mat - Ayurveda - Business of Yoga, Social Media and Marketing



**Cost: £2350**

**Payment Plans available**

**Sunday Immersion Dates**  
(9 am - 4pm on 2nd Sunday of month)

9 Feb - 9 March - 13 April - 11 May - 8 June  
13 July - 10 Aug - 14 Sept - 12 Oct - 9 Nov

**BOOK NOW**



# STUDENT FEEDBACK

*'The course is brilliant. Like the discipline of yoga itself, the tutors bring so many dimensions to teacher development: it is soulful, rigorous, sensitive, collaborative and fun. The combination of two live classes per week, Sunday immersions and the brilliant online learning platform makes this online course truly immersive and extremely good value.*

*Leah*

*Incredible 200 hour YTT course. The course is deeply transformative in mind, body and soul, creating a safe container to be vulnerable, learn, grow and share together. Thank you for this course, for it being accessible and full of wonderful knowledge and people. I whole heartedly recommend.'*

*Carly*

*The learning was brilliantly structured with excellent support videos which we continue to have access to. The weekly live online yoga sessions along with the Sunday immersion provided an incredible experience. The course is accessible for people who want to study whilst still having to work and look after families. Emma and Siobhan are incredible teachers and I cannot recommend this course highly enough.'*

*Emma*

[wildtreeyoga.co.uk](http://wildtreeyoga.co.uk)

