

AWAKEN TRANSFORM INSPIRE



STUDIO
breathe
BOUTIQUE FITNESS + YOGA



STUDIO BREATHE YOGA
Unites Authenticity & Methodology
SEPTEMBER 2017 - JUNE 2018 AT MAGOG
200 HOUR YOGA TEACHER TRAINING ~ 5th Edition
with Kimiko Fujimoto & Nathalie Royer (Bilingual)

We are all teachers. Let the inner teacher shine! Learn how to serve your authentic voice and embody the art of living yoga through transformational practices and sacred self-study. Deepen your connection to yoga and develop greater awareness, understanding, skill, and confidence to follow your dharma and thrive.

Studio Breathe's yoga program isn't just a training. It's self-discovery, yoga-mastery, and life-affirmation. Instruction is based on experience, allowing students to embody, integrate and retain yogic alignment, technique, and theory inspired by different disciplines and traditions. This immersion into the wide spectrum of yoga offers an eclectic and comprehensive training that is customized to your unique interests and desired career path.

SELF-STUDY, INSTRUCTION AND PRACTICES

Sourced and centered in the styles of Hatha Yoga, Kundalini Yoga, Vinyasa Yoga, Hot Yoga, Restorative Yoga & Yin Yoga,

Biomechanics & Alignment based Asana

Roots of Yoga: Ancient Texts, Mythology, & Sutras

Tantric, Sufi, & Buddhist Philosophy

Sacred Poetry & Inspirational Music

Mantras & Meditation

Pranayama & Pranafication

Anatomy, Therapeutics & Hands-On Adjustments

Postures & Creative Sequencing

Subtle Bodies (Energetics) & Chakras

Ayurveda

The Art of Teaching & Teacher Ethics

Teacher Mentorship & Professional Support

Karma Yoga / Seva

INFORMATIVE TOOLS

- “SVA Sadhana” Creation of Individual self -practice
- Ability to structure and teach students based on a central theme, breath awareness, alignment, adjustments, therapeutics and mindfulness
- Application of unique voice, personal inspirations, and individual style to create versatile and adaptable classes for all levels and types of students
- Personalized relationship with the wisdom of yoga to live, serve and teach yoga with skillful excellence and graceful technique
- “Evolutionary Enfolding and Wild Warrionship” practices to embrace your happiness, passions, dreams, and life purpose from a place of acceptance, compassion, and love
- Upon completion, certified diploma recognized and registered with Yoga Alliance RYT - 200 level which opens the doors to teach anywhere professionally locally and internationally, like at Studio Breathe. As a graduate you are eligible to open a Breathepod franchise any where in the world.

PREPARATION

You need not worry about your current level of practice or knowledge, as the training will provide you with the necessary tools to deepen your practice over the 11 month immersion. It is highly encouraged to practice and explore yoga as much as you can before the training to create a fundamental base point from which to grow.

Books & Materials:

- Personal Mat to use at studio or home practice
- Journal for personal practice *optional
- Notepad for lectures

- Yoga Props (strap, block, blankets, bolster) for home practice *optional
- Meditation Cushion for home practice *optional

Apart from the course manual you will be required to read and bring the following to training when discussed.

- The Heart of Yoga, Developing a Personal Practice by T.K.V Desikachar (General overview of yoga with the Yoga Sutras)
- Bhagavad Gita (Any translation)
- Teaching Yoga: Essential Foundations and Techniques By Mark Stephans
- Yoga Anatomy by Leslie Kaminoff

All books and props can be found in Montreal or online.

Sea of Tranquility: 1435, Saint Alexandre, suite 350. Montreal. Quebec. H3A2G4.

514-789-0160 seaoftranquilityyoga@gmail.com

TIMEFRAME : SEPTEMBER 2017 - JULY 2018

The training will be a gradual evolution within the 10-months. Each month you will be assigned homework to complete based on the lesson theme of the month. Apart from the mandatory weekend immersions, there will be weekly practices and optional group sessions. Final exam will be based on a 40-day (home) self-study practice in spring of 2018 (allot a min of 30-mins per day). Expect to spend a minimum of 20-hours a month in the program. If you miss any of the group immersion time you will be required to make up the missing hours on your own time.

Weekend Retreat Immersion schedule will be a combination of practice and lecture with breaks for lunch and snacks at Studio Breathe Magog.

Friday: 2:00 – 5:30 pm Practice + Theory / Break for Dinner / 6:30 – 9:00 pm Practice + Theory

Saturday: 1:00 – 6:00 pm Theory + Practice / Bring Snacks / Optional Classes in the morning can be taken at the studio.

Sunday: 11 :00 am – 5:00 pm Theory + Practice / Bring Lunch + Snacks/ Optional Classes in the morning can be taken at the studio.

Study Group Sessions One Tuesday Night a Month at Studio Breathe Magog

6:00-7:15 pm Breathe Yoga Practice with Nathalie / 7:30-8:30 pm Study Group Questions

WEEKEND DATES & STUDY GROUP SESSIONS:

1-September 22, 23, 24, 2017

Study Group: Oct 3

2 – October 20, 21, 22

Study Group: Nov 7

3 – November 17, 18 ,19

Study Group: Dec 5

4 – December 15, 16 ,17

Study Group: Jan 9

5 – January 12, 13, 14, 2018

Study Group: Jan 30

6 -February 9, 10 , 11

Study Group: Feb 27

7 – March 9, 10, 11

Study Group: March 27

8 – April 6, 7, 8

Study Group: April 17

9 – May 4,5,6

Study Group: May 22

10 – June 1,2,3: Graduation Party + Final

OPTIONAL EXTRA CLASSES TBA throughout the year based on Astral Calendar

TUITION / REGISTRATION

Tuition \$3000 + tx: includes a \$500 application deposit by August 31, 2017 to register for the course (Non-refundable as space is limited. 26 Students).

Equal Payment Plan: Starts September 2017 – June 2018 (Total of 10-equal monthly payments to be charged automatically on your credit card after deposit).

* Pay in full before August 15, 2017 save \$250.

200-HOUR Tuition includes course manual, lectures, practice classes and post-training mentorship. Special Studio Breathe memberships and discounts are given to trainees. Payments can be made by Cash, Paypal, Check or Credit Card.

For information, registration, questions, scheduling or payment concerns please contact : **Kimiko: ktfujimoto@gmail.com or kimiko@studiobreathe.com**
Nathalie: ngseeha@gmail.com



KIMIKO FUJIMOTO
Owner & Studio
Breathe Institute
Director

Yoga Director &
Teacher

Kimiko Tao Fujimoto has been practicing yoga for over 15 years. In 2006, she moved from her native California to build Studio Breathe in Montreal into a center that connects both the physical and spiritual wellbeing of yoga and fitness. As yoga director of Studio Breathe and the Breathe Institute, she leads yoga teacher trainings and spearheads innovative programs to bring students into their hearts. Kimiko trains extensively under her master teachers Shiva Rea (Prana Vinyasa) since 2007, and Sianna Sherman (Rasa Yoga) and holds certifications with Golden Bridge Kundalini Yoga, Yin Yoga, and Moksha Yoga. She has mentored with Hart Lazer and attended intensives with Elena Brower, Maya Fiennes, Richard Rosen, Mark Whitwell, Rodney Yee, Sarah Powers, Yoga Works and many more. Kimiko integrates different styles of yoga and philosophies together to create a unique balance of alignment, creativity, expression, spirit and flow.



Nathalie Royer
Owner of Studio
Breathe Magog

Yoga Director &
Teacher

A practitioner for over 15 years, Nathalie specializes in Anusara style. She began her yoga journey in Colorado, before living and practicing in Frankfurt Germany and Amsterdam Netherlands. A runner and mother she is familiar with the balance and benefits yoga offers beyond itself. Nathalie brings a warm and open energy to class, infused with alignment emphasis. She strives to offer a practice that is both physically challenging and nourishing to the spirit. She focuses on enhancing self-awareness and being in the moment. She has studied under Anusara Certified teacher Marc St-Pierre and Todd Norian for the past 6 years, including Teacher Training courses co-instructed by Marc and world renowned teacher Desiree Rumbagh. Nathalie is 2nd Level Reiki certified and has a children's yoga certificate through YogaKids Intl.



BREATHE INSTITUTE 200-HOUR YOGA TEACHER TRAINING APPLICATION

FEEL FREE TO EXPAND YOUR ANSWERS

NAME:

ADDRESS:

EMAIL:

PHONE NUMBER:..... BIRTHDAY:.....

STUDIES, CAREER , LIFE EXPERIENCES & INTERESTS:

YOUR YOGA EXPERIENCE? YOGA PREFERENCES?

WHAT DO YOU LIKE ABOUT YOGA? WHAT DOES YOGA MEAN TO YOU?

WHY ARE YOU INTERESTED IN TAKING THIS YOGA TRAINING?

WHAT DO YOU HOPE TO GAIN FROM THIS TRAINING?

ANY HEALTH OR SCHEDULE CONCERNS ?