

Tofino Botanical
Gardens

OCT 28
to
NOV 17
2019

✉ Email Us
info@tofinoyoga.com
250-266-2224

Module 1

Module 2



Yoga Teacher Training

YOGA ALLIANCE REGISTERED 200hrs YTT

Topics

- History of Yoga
- Intro to Pranayama & Meditation
- Planning Yoga Sequences and Instruction
- Yoga Anatomy - Part 1
- Introduction to Sanskrit, Mantra & Chanting
- Kriyas / Cleansing Workshop
- Yoga Sutras Book 1
- Yoga Philosophy

Topics

- Pranayama & Meditation Theory & Practice
- Intermediate – Advanced Hatha Yoga Classes
- Hatha - Speciality Classes
- Yoga for the Injured Body
- The Chakra System
- Introduction to Restorative & Yin Yoga
- Introduction to the Yogic Diet
- Kirtan

Topics

- Vinyasa Yoga and Workshops
- Sanskrit, Mantra, Yoga Philosophy
- Yoga Anatomy - Part 2
- Meditation Techniques
- Yoga Teacher Ethics

Topics

- The Business of Yoga
- Finding your niche
- Kids Yoga
- Pre and Postnatal
- Elders - Chair Yoga
- Trauma Informed Yoga

Module 3

Module 4

Registration



How to Register:

1. Email us at info@tofinoyoga.com
2. Submit your Registration Application
3. Schedule your Skype Meeting
4. Post deposit to activate enrollment

TY 200 YTT Modules

Dates: October 28 - November 17, 2019

Registration Fee: \$2999.00 CA

** Non-refundable deposit required \$500.00*

** Payment plans available*

** Classes 8:30am-5:30pm / some evenings*

Tofino Yoga

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www.tofinoyoga.com

Tofino Botanical Gardens 1084 Pacific Rim Hwy, Tofino, BC





Classroom Location

Our classroom time will be spent at the Tofino Ecolodge studio, located in the hearts of the Tofino Botanical Gardens. There is lodging and a commercial kitchen onsite. Please note, lodging is not part of the Tofino Yoga Teacher Training cost, but we do recommend, if budget permits, that you consider staying at the Ecolodge. There are several room options available through the Ecolodge such as: 4 person bunk room, twin rooms, Queen rooms and Suites (1 Queen bed & 2 bunks with private ensuite).



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Accommodation Recommendations

Some of our other preferred accommodation providers:

Our Preferred Accommodation Providers

Mid-Range:

Crystal Cove | Ocean Village | Middle Beach Lodge | The Tofino Ecolodge | Cox Bay Beach Resort | The Maq Hotel

Campgrounds & Hostels:

HI Tofino -Whalers on the Point Guesthouse | Bella Pacifica Campground | Mackenzie Beach Campground
Green Point Campground

- Booking platforms:
- AirBnB
- Tourism Tofino
- Stay Tofino



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Located on the beautiful Westcoast of Vancouver Island, within the traditional land of the Tla-o-qui-aht First nations, in the heart of the UNESCO Biosphere Reserve, Clayoquot Sound, Tofino has become one of Canada's premier vacation and wellness destination. Surrounded by sandy beaches, extensive old-growth coastal temperate rainforest and the Pacific Rim National Park Reserve, the charming town of Tofino is guaranteed to win your heart. For these reasons, Tofino is a natural choice when it comes to offering Yoga Teacher Trainings & Immersions.

Let the environment be your primary teachers. Wake-up to the smell of the ocean, let the breath be in synchronicity with the ebb and flow of the ocean, walk barefoot in the heart of the rainforest.

Our classroom is located in the heart of the enchanting Tofino Botanical Gardens. Founder of Tofino Yoga and a E-RYT yoga teacher, Dede Monette and her outstanding team of yoga teachers, anatomy nerds, leadership coach and beyond are delighted to welcome you to Tofino!

Thank you for choosing Tofino Yoga!

Dede Monette

Founder of Tofino Yoga



Dede Monette

Founder of Tofino Yoga



Meet the Team

Dede is a passionate and inspired E-RYT and RCYT yoga instructor who has been practicing and teaching various styles of yoga since 1996. Brought to yoga by the Sivananda Yoga tradition, Dede completed her first 250 hrs Hatha and Vinyasa YTT in 2008 from Moksana Yoga in Victoria, BC. Dede has studied yoga in India, Australia, New Zealand, the USA and Canada. She has studied under the watchful eye of many talented yoga teachers. Most recently Dede trained under the dedicated instruction of Gopalakrishnan Poonoor, from Kerala, India, Kerry Lawson of Tusket Nova-Scotia and Natalie Rousseau from Pemberton, BC.

Her current focus is to connect and inspire people to live a life of purpose. Her current teaching modalities are rooted in traditional hatha yoga, yin yoga, restorative yoga, vinyasa yoga, beach yoga and SUP yoga. Dede has the blessing to work closely with First Nations communities facilitating specialized yoga workshops ranging from Prenatal Yoga, Baby and Me Yoga, Kids yoga, Elders Chair yoga and Beginners yoga. Tofino Yoga works closely with Wanderlust Festival, as well as offering all-inclusive transformational retreats in her home town of Tofino. Dede is the grateful Maman of two wonderful children and the wife of a wonderful nature loving man.

Kerry Lawson

Senior Yoga teacher

YTT Facilitator



Yoga became a part of Kerry's life as a young child. In the last 30 years, Kerry has obtained her RYT1000 certification as well as many additional certifications from courses with teachers such as Doctor Timothy McCall (Yoga as Medicine) and David Emmerson (Trauma Sensitive Yoga). Her original 500 YTT certification is from the Therapeutic Approach Yoga Studio in Halifax NS.

Kerry's RYT1000 was granted to her by The Yoga Studio College of Canada in recognition of the work and studies. Kerry has been working in the Canadian Arctic since 2003 teaching Yoga in schools, addiction facilities, prisons and Elder Centres. She currently resides in Tusket, Nova Scotia, Canada and has been travelling through India and Canada to facilitate RYT 200hr courses.

Kabir Raj Rana

Yoga teacher

Ayurveda teacher, Cook



Kabir Raj Rana was born and raised in a remote village in the Himalayan region of northern India. With medical resources over ten hours away, Kabir learned Ayurveda and Yoga as a means to survive and heal.

Kabir is certified from Kavailyadhama Yoga and Ayurveda Research Institute, and then attended Vivekananda University in Bangalore. He immigrated to Canada in 2011 and now shares his gifts of healing with us in Canada.

Kristin Constable

Founder of the Winning
Academy



Kristin Constable is a leadership and business coach for entrepreneurs who want to change the world through their work.

Through her transformational coaching programs and courses she's here to help you lead a wildly successful business, while living a rich and fulfilling value-driven life.

When she's not working with her amazing clients you can find her indulging in yoga classes, green juices, and the occasional margarita.

Michelle Hall

Yoga teacher, SUP instructor,
massage therapist, nutritionist



Michelle is an invaluable part of the Tofino Yoga team. Wearer of many hats, she volunteers as Chair for the Surfrider Foundation Pacific Rim chapter as well as being the creator of Cedarwood Cove Wellness Retreat. She offers her skills for yoga, nutrition, SUP instruction, Kids camps and she is a wonderful massage practitioner. She is at her best when playing in or on the ocean, walking and sleeping on the beach, planting seeds in her garden, playing with grommets and being with people she loves.

Nicole Lohse

Yoga teacher, Somatic
Experiencing® & Feldenkrais
Method® practitioner



To Nicole, yoga is the opportunity to explore the flexibility of our body and mind. How she approached her practice changed dramatically when she was introduced to the power of neuroplasticity through The Feldenkrais Method® and Somatic Experiencing®.

Nicole's classes encourage curiosity and ease in movement in a educational, playful manner. She believes in the potency that lies in working with the nervous system to change what limits us physically and mentally.

Nicole's goal is for people to discover how to live with less pain and have a deeper understanding of how to deal with the stressors in life. Her other passion lies in the ocean where she spends most of her time surfing and coaching. Surfing, like yoga can be an incredible avenue to find greater freedom and awareness of oneself.