



NEST TEACHER TRAINING

Nest Inclusive Yoga Teacher Training

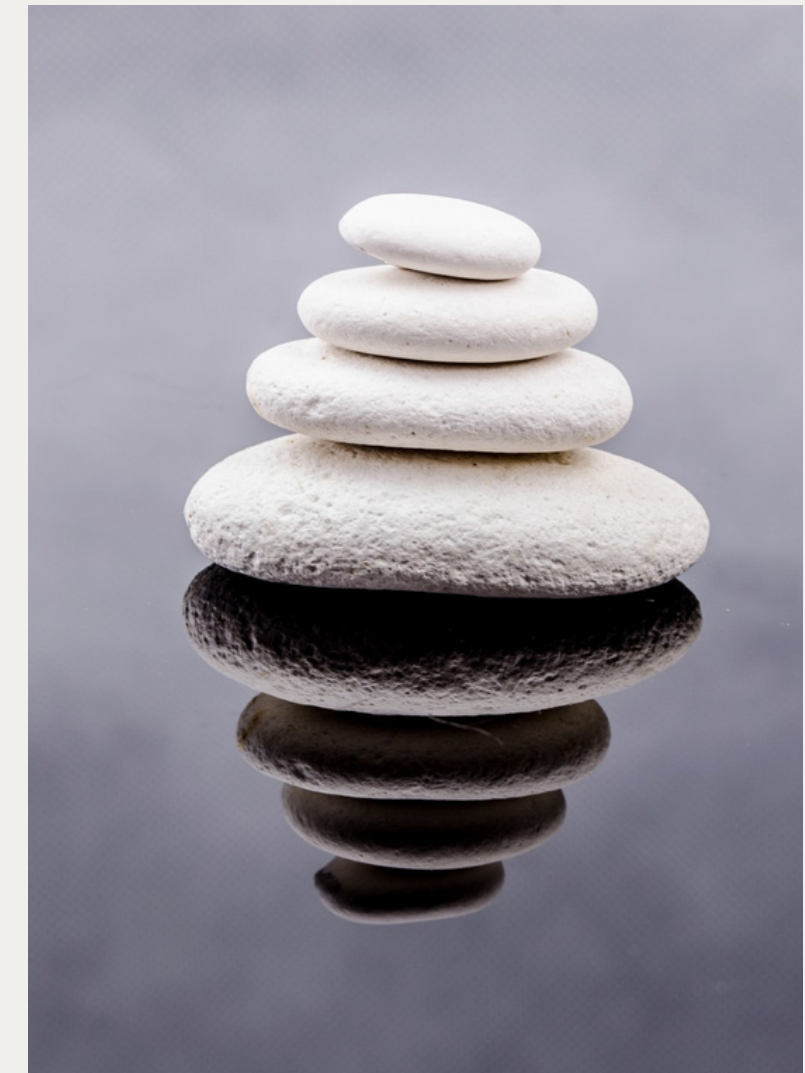
WELCOME



A Lifetime Investment

'Yoga is the journey of
the self, through the self,
to the self.'

THE BHAGAVAD GITA



NEST TEACHER TRAINING

About The Training

why our teacher training is different:

The Nest Teacher Training is not only a deep dive into the practice and philosophy of yoga, but more importantly a deep dive into yourself.

See this training as a 3month intensive retreat where your sole focus is to know yourself fully by using the tools of yoga to do so.

It is only by knowing ourselves, that we can begin to teach others how to rediscover themselves.



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Teacher Training Modules

The Nest Inclusive Teacher Training is focused on the following modules:

Teaching, Techniques and Practice

Anatomy and Physiology

Professional Essentials

Yoga Humanities

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Teacher Training Components

Our teacher training will be composed of the following components:

Regular and Consistent Physical Yoga Practice
(self accountable)

Guided weekend Lectures

Weekday self-study

Individual and Group Based Assignments and
Assessments

Teacher Training Requirments

All teacher trainees will be required to complete the following in order to graduate:

30 compulsory weekend lectures
Elective weekend lectures

pass minimum of 90% attendance
no more than 5 lectures can be missed
(includes elective modules)

100% completion of the online curriculum and
assignments

40 yoga classes +
required practical teaching hours

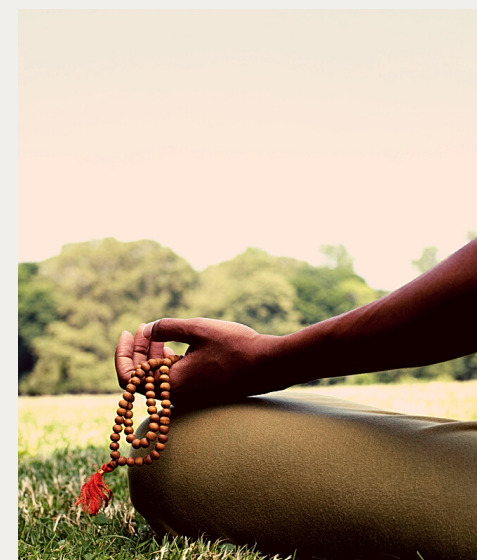
80% pass rate for all assessments

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Next Steps

Before your teacher training begins make sure you have the following:

- Full access to the online curriculum on Teachable
- Access to the Teacher Training whatsapp group
- Access to your bookamat account to book classes
- Teacher Training Schedule (link emailed to you)
- Nest yoga practice hour log (emailed to you)
- Teacher Training Calendar (added to calendar)
- Zoom app for access to classes
- Teacher Training Journal for note taking and personal journalling
- (Optional) instagram yoga account to track your progress and teacher training journey



NEST TEACHER TRAINING

Drop us a message

We are here for you

EMAIL

info@thenestspace.co.za

WEBSITE

www.thenestspace.co.za

WHATSAPP NUMBER

072 200 5593



Connect with Us

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