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200 hour certified Vinyasa Yoga teacher training course

June 1—29, 2018 in Yoga House & Spa (Koh Samui)

World-famous Dominique Renucci (France) comes to Koh Samui for the first time to share her profound experience with you, yogis and yoginis looking for deeper understanding of yoga, improving your skills and getting your teacher's certification. Being guided by a professional who has been teaching TTCs alone for 12 years already going to discover the full power of yoga and become able to share your comprehensive knowledge with other beings.

About Dominique and her yoga

Dominique Renucci has left her country (France) in 1991 to live in Asia. She has studied yoga with many teachers across Europe and Asia, attended many intensive retreats and read tons of books dedicated to Indian philosophy, Tibetan Buddhism and Dzogchen teaching, spent months in self-retreats in secluded places. Dominique has practiced Zen meditation for many years, attended many 10-day Vipassana meditation courses, received empowerment of some Tibetan practices, has been following and practicing the Dzogchen teachings from Chogyal Namkhai Norbu for many years. She is also a student of the medical University of Grenoble (France) and online student of Dr Robert Morse (Florida, USA).

Dominique has been studying Indian philosophy as a teenager coming into the world of yoga in 1975. She started teaching yoga in 1991, attended her first yoga TTC in 1995 and started to teach 200 & 300 hour TTCs in 2005. She has been practicing Iyengar Yoga for years and then switched to Ashtanga style. Now, Dominique practices and teaches **Vinyasa Yoga emphasising mindfulness with fluidity and athleticism** combining it with **detailed knowledge and precision** of Iyengar style. Dominique's broad experience in teaching YTTTCs can be validated.

About TTC: schedule and program

During her Yogayantra teacher training courses, Dominique teaches the whole of yoga, its context, theory and

- 07:00 AM — 10:00 AM — practice
- 10:00 AM — 11:00 AM — lunch
- 11:00 AM — 02:00 PM — theory
- 02:00 PM — 03:00 PM — break
- 03:00 PM — 05:00 PM — practice

Attending this TTC by Dominique will bring you following knowledge, skills, and experience:

1. **Practice.** Asanas, pranayamas, kriyas, chanting, mantras, meditations, and other traditional yoga technique (*hours*)
2. **Teaching methodology** including principles of demonstration, instruction, observation, assisting/correcting teaching styles, qualities of a teacher, and the student's process of learning, and business aspects of teaching yoga. (*25 hours*)
3. **Anatomy and physiology** including both «Western» human physical anatomy and physiology (bodily systems, organs, etc.) and «yogic» anatomy (chakras, nadis, etc). You will learn benefits, contraindications, healthy movement patterns, etc in yoga. It will help you to enhance your practice, improve your ability to increase your strength, flexibility, endurance, prevent injuries and use yoga to recover from various conditions. It also includes introduction to Ayurveda, traditional Chinese medicine, and shiatsu as related to yoga. (*20 hours*)
4. **Yoga philosophy, lifestyle and ethics** for yoga teachers. It includes the study of Yoga philosophy (Yoga Sutras)
5. **Practicum** including practice teaching, receiving feedback, observing others teaching and teaching, giving feedback (*hours*)

Certification (RYT 200)

As Dominique's 200-hour yoga teacher training program is registered with Yoga Alliance (largest international community), successful completion of this course will bring you a **certificate** validated by Yoga Alliance (RYT 200).

Price

Early birds — signing up before January 31st, 2018:

- TTC only — ~~2050~~ TBA USD
- TTC + accommodation (single room with aircon) + daily vegan lunches — ...

Signing up from February 1st, 2018:

- TTC only — ~~2450~~ TBA USD
- TTC + accommodation (single room with aircon) + daily vegan lunches — ...

Accommodation

Since we have no rooms inside our studio, there are different offerings from nearby hotels (all are in 3-minutes walk).

Spaces are limited! [Contact us](#) to get more information!

We've tried to create unique and cosy space in the middle of Lamai, Koh Samui, and you are *really* welcome! Please, enjoy our **yoga classes** (different styles and

meditations; beginners and experienced; group and **private yoga**), stunning **Spa treatments, variety of therapies** as well as **healthy vegan food**. If you have any questions, feel free to **ask us**. Looking forward to see you soon in Yoga House & Spa!

