



MIL MUNDOS

IMMERSION & TEACHER TRAINING MOROCCO 2016-17

Susana García Blanco



Come to Morocco for an amazing experience, getting deep into the practices and teachings of yoga and reaching high into the infinite possibilities of your being. You will learn the powerful and transformative Anusara yoga practice and you will get lots of inspiration and resources to teach safe and powerful classes that reach to the heart of your students.

This training is divided into two MODULES and it includes two Anusara yoga® distinctive courses that combined together make the 200 hour Teacher Training. These courses are the Immersion and the Teacher Training or Teaching Methodology.





MODULES

The training is divided into **two MODULES**:

- **MODULE 1** December 1st – 12th Immersion part 1 & 2
- **MODULE 2** March 17th – April 2nd Immersion 3 & Teacher Methodology

The Immersion (108 h)

Teacher Training or Methodology of Teaching (92 h)

Modules división do not correspond exactly with the two courses división but everything is included

- The **Anusara yoga Immersion** is a 108 hour course for anyone wanting to deepen their practice and knowledge of the different aspects of yoga, even with no intention to become a yoga teacher. The Immersion is a rich exploration of asana, alignment, pranayama, meditation, anatomy and yoga philosophy. The focus here is on being a yoga student and integrate the Anusara yoga® method.
- Officially named **Teacher Training**, I like to call this **92 hour course Teaching Methodology**. Its goal is to learn how to teach the Anusara yoga method. In this course you will get many resources and techniques so you can teach powerful and inspirational clases, safe for your students, with clear alignment. To have completed a full Immersion is a pre-requisite to register for this course.

SUSANA GARCÍA BLANCO - Anusara yoga & Acroyoga teacher

Yogini, surfer, traveler, student of life. Always amazed by the creative power of the human heart (hrdaya shakti), her mission is guiding students to that inner place of wisdom and power.

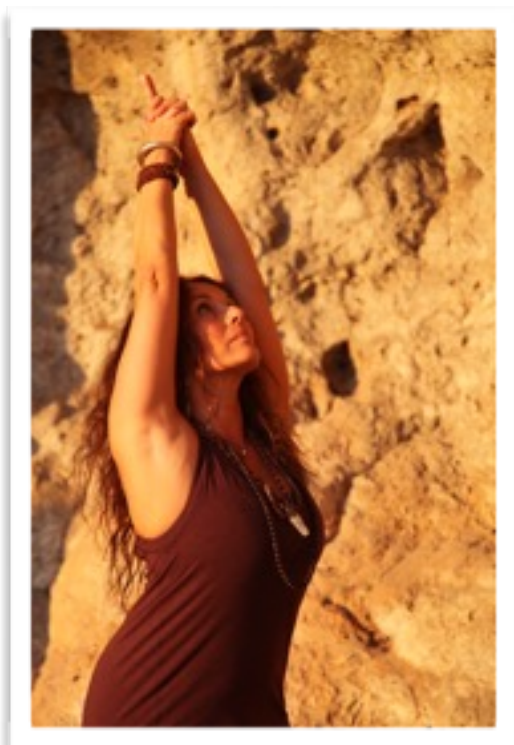
Her classes are a place for transformation where she helps students to find their limits, with love and awareness, structured sequences and precise instruction.

Everything infused with her passion for Philosophy, Myth and the therapeutic possibilities of yoga.





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The first **Certified Anusara Yoga® Teacher** in Spain (2006) and E-RYT 500® Yoga Alliance, she is active part in the ASHY (Anusara School of Hatha Yoga) Certification Committee. **Acroyoga Certified teacher** as well, she has explored other yoga styles like Ashtanga, Iyengar, Kundalini, Vinyasa. Her main teachers are Sianna Sherman, and Douglas Brooks and Sally Kempton, from whom she receives the gift of Tantric Philosophy and practices.

She is being teaching workshops, Immersions and Teacher Trainings in Spain and internationally since 2007. Nowadays she is based in Morocco. In love with the Ocean, she finds a great connection and freedom through surfing and she founded Yoga Surf Morocco to offer retreats that combine these two practices of the heart.

She feels grounded in the simplicity of her life in Africa. For her, yoga is the adventure of life when you live to the highest.

WHO COULD BE INTERESTED IN THIS TRAINING?

- **Yoga students** that want to deepen their practice and knowledge of yoga.
- **Yoga students that want to become yoga teachers** and are going to take their first Teacher Training.
- **Yoga teachers that want to expand** their understanding and their resources for teaching yoga.

WHERE

We will stay in a beautiful villa in the berber town of Tamraght (Agadir, Morocco)
Our yoga shala is built in wood and glass and has amazing views over the Ocean and over the sunset. Accommodation will be in shared rooms with shared bathrooms.





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Single room option has an extra cost of 15€ per night. We will have very nutritious meals adapted to your needs, so you can be at your optimum energy during the training. Non-accommodation option includes food.

Lets us know about any dietary restriction.



THE VILLAGE





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Tamraght, in the south of Morocco is quiet bereber village with a beautiful heart where locals live side by side with surfers in a peaceful rhythm with the Ocean.

We are 5 minutes away from the famous surf center of Taghazout. In words of a good friend "... each evening in Taghazout there is a special moment where the serenity of the ocean and the glowing sunset gives way to twilight, the sea begins to roar her melodious chant and one by one the stars begin to cover the sky. It's truly magical".

All this happens to the sounds of remembrance of the Divine from the local mosque. We welcome you to the peace and majesty of this place as we dive into these days of learning and transformation.

REGISTRATION

Write an email to patricia@milmundosviajes.com with the title **MOROCCO TT**. Let us know your preferred options (Modules and accommodation) and you will receive payment instructions.

It is very important to register with time so you can get the needed materials and do the required readings.

Important dates to keep on mind for registration:

December 15th – Early bird ends (10% discount) for Module 2

SCHEDULE

December 1st & March 17th are arriving days.

We will start the training in the afternoon-evening, depending on arrivals of the group. We will have an initiation circle, creating a personal and community intention and we will have our first dinner together.

Training ends on **December 12th & April 2nd** after breakfast.

How a typical training day could look like

(This is just an example. Time schedule might change from module 1 to 2 with season conditions).





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08.00 - 10.00h	Yoga & Meditación
10.00 - 11.00h	Breakfast
11.00 - 13.00h	Lecture
13.00 - 14.00h	Lunch
14.00 - 16.00h	Free time
16.00 - 17.00h	Lecture
17.00 - 19.00h	Yoga practice
19.00 - 20.00h	Lecture
20.00 - 21.00h	Dinner

Schedule might change depending on teaching program, weather,...

There will be one day off (or two half days off) for people to go surfing or to explore the surroundings or simply chilling out.

PRICES

ACCOMMODATION OPTION – Full lodging and all meals during the training

NON ACCOMMODATION OPTION – It includes all the meals during the training

FULL 200 hrs TT

It includes 108 h of Immersion and 92 hours of Teacher Training

With Accommodation: 3.585 €

Non Accommodation: 3.139 €

MODULE 1 - December 1st to 12th (72 h)

It includes Anusara yoga Immersions 1 and 2

With Accommodation: 1.474 €

Non Accommodation: 1.274 €

Only Immersion 1 (6 nights): 804€ (with accommodation)

MODULE 2 - March 17th to April 2nd (128 h)

It includes Immersion 3 and the Teacher Training.

To register for this option you must have completed Immersion 1 and 2 before

With Accommodation: 2.470 € - Early Bird: 2.245 €

Non Accommodation: 2.179 € - Early Bird: 1.981€





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PRICE INCLUDES

- Yoga training (depending on module)
- Use of the yoga shala and all the yoga material
- Accommodation option in shared room with shared bathroom. Linen and towels included.
- 3 delicious and nutritious meals per day
- Water, teas and fruits
- Transport from/to Agadir airport

PRICE DOES NOT INCLUDE

- Anusara yoga Manuals and required books for the Immersion or the Teacher Training.
- Flight tickets - We can arrange your flights. Write and let us know
- Transport from/to Marrakech airport. We can arrange your transport individually or in a group. *Price is subject to number of people traveling.*
- Any optional activity in the free time, like surfing, trip to Paradise Valley, therapeutic massage, energy healing or hammam.
- Extra fee of 15€ per day for single room.
- Travel insurance - We recommend that you get it to covers any medical problem. We can arrange it for you. Let us know.

There are no returns unless major cause.

Price does not include the books and manuals needed for the course

FLIGHTS & TRAVEL ARRANGEMENTS

You can flight to Marrakech or Agadir airports. If you flight to Agadir airport the transport to the villa is included. If your flight arrives into Marrakech, there are different options: bus to Agadir (around 13€ one way), taxi (100-120€ and can be shared by four people) or a minibus for a group in the case that several participants arrive there. The trip from Marrakech is about 3,5 hours.





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If your flight to Marrakech arrives late in the day, we ask you to please book your flight for the day before and to spend a night in Marrakech. This city is one of the main tourist destinations of Morocco and has a great offer of accommodation and entertainment. We can arrange the flights and transportation for you. Let us know: patricia@milmundosviajes.com

Namaste

