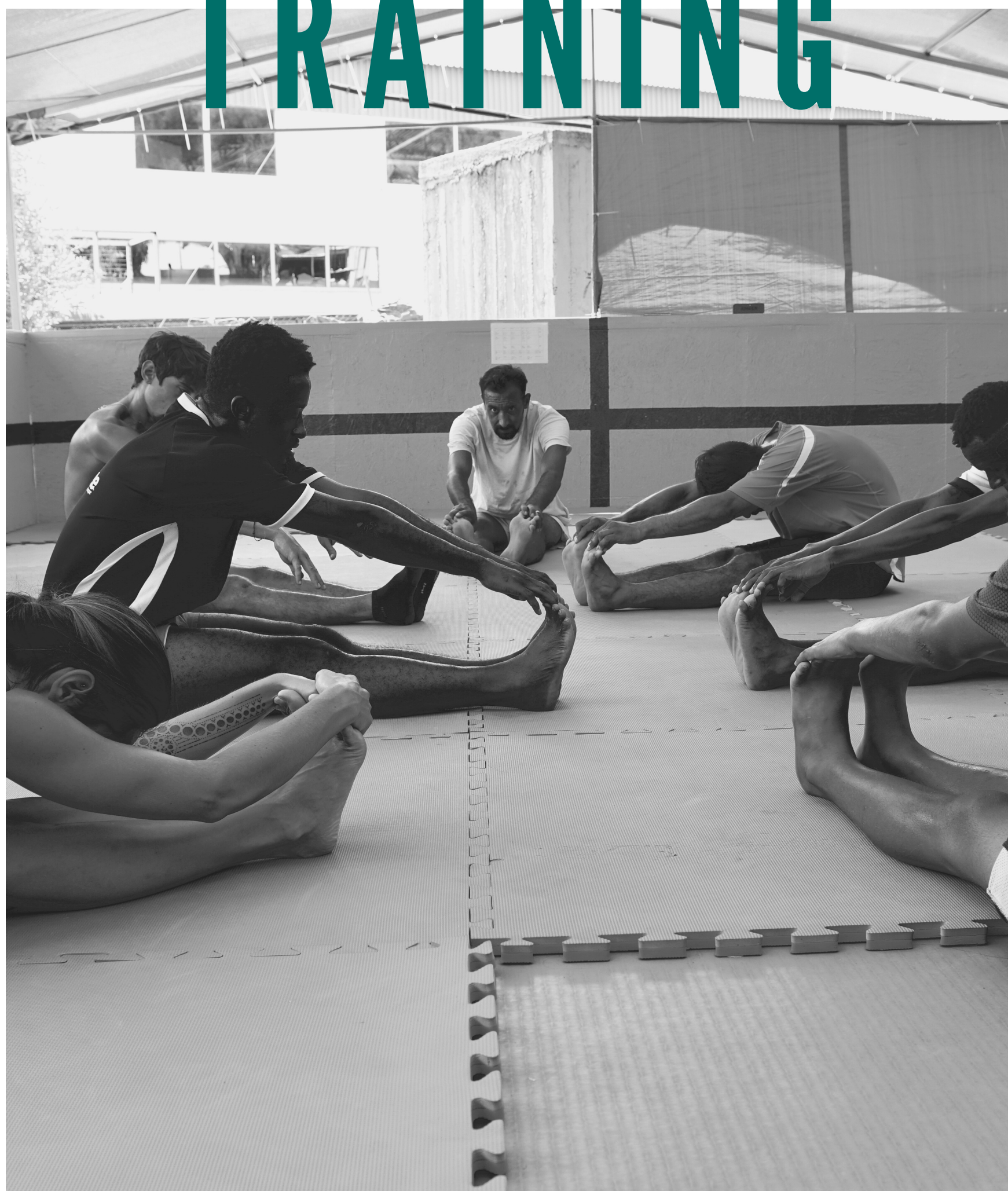




YOGA TEACHER TRAINING



200 HOURS CERTIFIED BY YOGA ALLIANCE

DONATION BASED - APRIL & MAY 2020

FOR REFUGEES, VOLUNTEERS AND LOCAL YOGI.NIS

LESVOS, GREECE

YOGA TEACHER TRAINING

LESVOS

CONTENTS

- 03 Description
Eligibility
- 04 About Yoga and Sports for Refugees
- 05 About Claire Lalande
- 06 Content
Information
- 07 How to apply



sportforrefugees.org
clairelalande.com

YOGA TEACHER TRAINING

LESVOS



DESCRIPTION

Yoga & Sports for refugees, together with Claire Lalande is offering a Yoga Teacher Training in Lesvos.

Donation based, the training is opened to refugees, volunteers and local people already practicing yoga and willing to go deeper in their practice. This certified training will also enable them to teach anywhere in the world.

FOR WHOM?

This yoga teacher training is addressed to refugees, volunteers and local residents of Lesvos.

To be eligible, you need to:

- Have an intermediate level of English: intermediate written and oral comprehension and oral expression.
- Have an existing practice of yoga

The training will require a lot of dedication and motivation: the students must attend all the classes to obtain the certification. There will be regular personal work to do, and a final test to pass.

After the successful completion of the training, students will receive a certificate recognized worldwide by Yoga Alliance.



ABOUT YSFR

The NGO "Yoga and Sport for Refugees" appears as a response to the Mediterranean humanitarian crisis, in which thousands of people fleeing the war risk their lives to reach European coasts. These people are abandoned and isolated in southern Europe, closed in refugee camps with inhuman conditions. Sport for refugees was born in 2017 on the island of Lesbos in order to accompany refugees, dignify them and defend human rights that are continually violated in camps like Moria, which recently has become the greatest shame of Europe.

In the camps, there is a sustained situation of violence, sexism, conflict and despair. Is in this latest issue where we can make the greatest impact; helping them to not loose hope and end up with the anguish of spending up to 3 years just to be able to leave the island and the refugee camp.

Our organization wants to empower refugees and migrants through sport, integrate them into the community, and improve their physical and mental health so that they find a way out of monotony, frustration and stagnation of their current situation. In addition, one of our fundamental objectives is to get refugees from being users of sports activities to trainers in charge of their own projects, so that they can be integrated into the community and gain security and self-confidence. Our activities break with ethnic and religious barriers, generating a meeting space and cooperation between cultures where everyone participates.



sportforrefugees.org

YOGA TEACHER TRAINING

LESVOS



ABOUT CLAIRE

Claire is a french yoga teacher, settled in Geneva.

She left her career as an engineer in physics in 2014, to dedicate herself to the practice and teaching of yoga. She has trained and practiced with numerous international yoga teachers, as well as movement artists.

Claire teaches internationally workshops, retreats, teacher trainings, private and group classes.

Since January 2020, Claire has her own yoga studio in Geneva: Yoga de la Fonderie, where she promotes values of inclusivity and solidarity.

Claire believe that yoga can be joyful, inclusive and accessible to everyone. She teaches a creative Vinyasa flow yoga aimed at exploring asanas and meditation through movement. She likes to make every asana accessible and encourage everyone to listen inside and develop their own practice.

Claire has been volunteering on Greek islands (Lesvos mainly, and Samos) as a spotter, a yoga teacher or a translator. She is also the digital communication Wizard for YSFR.

clairelalande.com



YOGA TEACHER TRAINING

LESVOS



INFORMATION

The training is certified by
YogaAlliance, 200Hrs

Location:
Mytilini, Lesvos, Greece

Dates:
April 10 - April 21
May 20 - June 1

CONTENT

During the course of this training:

You will learn about the history of yoga, the philosophy of yoga, anatomy and physiology, ethics and business.

You will practice and learn how to teach the basic asanas (postures), pranayamas (breath) and meditation.

You will learn how to design a class and to guide students through it.

YOGA TEACHER TRAINING

LESVOS



APPLICATIONS

If you are a refugee, a volunteer or a local resident of Lesvos.

If you practice yoga.

If you have the following level in English: intermediate written and oral comprehension and oral expression.

You are eligible for a spot in the Training!

HOW TO APPLY?

Send an email to: claire@yogasportforrefugees.org with the following information:

- Who you are: a short presentation to introduce yourself
- Your yoga experience: a description of the yoga you practice, since when, how often, etc....
- Your health condition: describe (briefly) any existing disease or injury
- Your motivation to become a yoga teacher and why you choose this training.
- What kind of donation you would be willing to make if you join the training **(this does not enter into account in the acceptance / refusal of a student)**



BECOME A CERTIFIED YOGA TEACHER

Yoga and Sports For Refugees
& Claire Lalande