



YogaWorks 200-Hr Destination Teacher Training
July 30 - August 23, 2019
Koh Samui, Thailand

Why a Destination Training?

You are investing in the gold standard of yoga teacher trainings. Dive deep into yogic study, practice with like-minded yogis, and cultivate new friendships, cultural experiences, laughter, self-discovery, and adventure. Shake up the routine of your day-to-day life and immerse yourself in what you truly love!

Training Details

Our Teacher Training is one of the most dynamic and highly respected programs in the world. Continually refined and improved for nearly 30 years, the YogaWorks program maintains its excellent reputation as a training ground for world-class teachers and serious practitioners.

YogaWorks is a Vinyasa-based school and methodology that balances precise instruction, detailed alignment, conscious breathwork, and fluid movement. Skillfully sequenced and themed classes deepen the students' experience of Yoga, and typically include a dynamic mixture of Sun Salutations and classic Hatha Yoga postures. Intelligent use of modifications and props customize the practice for each student. The YogaWorks Teacher Training Program is based on this clear, effective, and accessible style of practice.

In-class instruction will be led Wednesday through Monday. Tuesdays are free to explore or to simply relax! All lectures and practices will be held at the Small Yoga Shala on the Vikasa property.

Daily Schedule (Please note that this schedule may vary depending upon circumstances)

7:15 - 9:30: Anatomy & Asana practice

9:30 - 10:30 Breakfast

10:30 - 13:00: Sequencing & Lectures

13:00 - 16:15: Free Time

16:15 - 19:15: Lectures / Posture Lab / Practice Teach / Philosophy

19:15 - 20:30: Dinner



Meet your YogaWorks Trainers: Anna Zorzou & David Kim

Anna Zorzou and David Kim are among the most Senior YogaWorks Teacher Trainers. Both have studied and taught extensively within the YogaWorks system, and continually deepen their studies with master teachers from many traditions. Collectively, Anna and David have led over fifty YogaWorks 200-Hour and 300-Hour Teacher Trainings, and both oversee international YogaWorks Certification programs, the highest professional designation available through YogaWorks. Combining their extensive international teaching experience with their love of travel, they are thrilled to offer this unique and transformative program.



About Vikasa Retreat Center:

Perched above the sparkling Gulf of Thailand, Vikasa Retreat center offers both secluded privacy as well as easy access to the popular beach towns of Lamai and Chaweng, both 10 minutes away. Vikasa's mission is to foster yoga's transformative potential by creating a personal sanctuary that embraces a spectacular natural setting, healthy food choices, and like-minded community: <http://www.Vikasayoga.com/>



Rooms:

BEACH BUNGALOWS SUPERIOR (double and single)

The Superior Beach Bungalows are substantially bigger, more spacious, have better finishings, offer two twins and our most spectacular unobstructed sea views from its terraces. It's a truly unique waterfront living experience.

Private beach, Sea views, Air conditioning, En-suite bathroom with hot shower, Private balcony with bean bag, Mini fridge, Coffee / tea making facilities, Electronic safe, Free WiFi



YOGA CAVES

(single occupancy with shared bathroom)

Bridging the gap between a hotel room and an authentic Thai experience, our Yoga Caves are small but very comfortable rooms that offer sweeping views over the sea and rocks below. Relax on your comfy bed facing out over the ocean and take in one of the best panoramas on Koh Samui. Sleep, read or meditate in peace. Modest in terms of size but still to our high standards, the air-conditioned Yoga Caves offer a quiet, personal place to stay for individual travelers. The yoga caves do not have bathrooms en-suite. There is a large shared and public restroom and shower facility located just behind the block of Yoga Caves. The showers have hot water and shampoo provided.

A bathrobe is provided in each cave for your comfort.

Twin bed, Spectacular ocean view, Air conditioning, Shared bathroom and shower (hot water), Mini fridge, Electronic safe, Free WiFi



ZEN BUNGALOWS (single)

The Zen Bungalows are perfectly named, being traditional huts built with local, natural materials. They provide an opportunity to leave contemporary hotels behind and feel yourself become totally at-one with Koh Samui's natural surroundings, with the stunning views from our cliff-top location right outside your door. A truly authentic experience. Please note that the Zen Bungalows are designed for solo travelers.

Twin bed (single occupancy only) • Garden View, Air Conditioning, Cooling Fan, Mosquito nets
Small private bathroom with hot water, Mini fridge, Electronic safe



Accommodations:

All participants will be housed for 24 nights in shared or private rooms. Nestled among the property's palm-tree-studded hillside, all rooms feature either two twin beds or one double bed, free Wi-Fi, A/C, mini-fridges, electronic safes, coffee/tea makers, soap & shampoo, simple furnishings, and en-suite bathrooms; most have private terraces and sea views. All afford direct access to Vikasa's private, rocky beachfront.

Check In: Tuesday July 30, 2019 after 2:00pm

Check Out: Friday, August 23, 2019 by 11:00am

Meals:

The Vikasa Life Café specializes in healthy, organic local fare. Blessed with a spectacular ocean view, it is a wonderful venue to relax, enjoy a light meal or smoothie, and soak in amazing sunsets. If you have any **dietary restrictions**, please let us know on your training registration form.

Exploring the Island & Activities:

You will have plenty of time to explore on your own or with your fellow yogis! Vikasa can assist with planning day trips and arranging transportation. Optional activities include beach-hopping, spa treatments, Thai cooking classes, waterfall hikes, ocean sports, and visiting local villages and cultural sites.

**Travelling to Koh Samui, Thailand:**

We recommend that you book an international flight directly to Bangkok - the newer Suvarnabhumi (BKK) or the older Don Mueang (DMK) -- and then take the short connecting flight (typically Bangkok Airways) to Koh Samui (USM). From Koh Samui airport, the quickest route to Vikasa is via taxi. We will create a contact list for those of you who want to share taxi transfers.

Visas:

Citizens of the USA and most EU and Asian countries do not need a visa to enter Thailand, unless you plan to stay longer than 30 days. Double-check with your local Thailand Embassy/Consulate for visa requirements.

Weather:

For July-August, average Koh Samui temperatures are 84F (29C), and rarely drop below 75F (24C). Short bursts of rain are normal. Climate is perfect for beach lovers, so please bring plenty of sunscreen if you burn easily.

What To Wear:

Lightweight yoga outfits, beachwear, and cotton clothing is the norm. If you enter a local temple, etiquette dictates covered knees (long pants, skirt, or wrap) and shoulders (shirt with sleeves or coverall/wrap).

Miscellaneous:

Free Wi-Fi is available throughout Vikasa and inside the rooms. Vikasa has an ATM on-site; banks are easily reachable in nearby Chaweng or Lamai. Local SIM cards are available at local 7-11 and Family Mart stores.

| Package Pricing per person | If paid in full by December 15, 2018 | If paid in full by May 1, 2019 | After May 1, 2019 |
|---|---|---|------------------------------|
| | <i>Total Package</i> | <i>Total Package</i> | <i>Total Package</i> |
| Double (Beach Bungalow Superior) | \$4,600.00 | \$4,800.00 | \$5,000.00 |
| Single (Beach Bungalow Superior & Zen Bungalow) | \$5,380.00 | \$5,580.00 | \$5,780.00 |
| Single with shared bathroom (Yoga Caves) | \$4,900.00 | \$5,100.00 | \$5,300.00 |

What's Included in Your Program Price:

- 200-Hour Program Tuition
- Five (5) YogaWorks Teacher Training Manuals
- 24 nights accommodation at Vikasa Retreat Center
- Daily Full Brunch & Dinner
- 3 months of free MyYogaWorks Online access
- Transfers include in tuition

How To Register:

Submit a \$1000 deposit online via the YogaWorks website. Here is a direct link for registration:

<https://www.yogaworks.com/yoga-teacher-training/anna-zorzou-david-kim-destination-kohsamui-july-2019>

If you are unable to register online, we can arrange a phone/Skype call with the YogaWorks office to process your tuition payment over the phone. Contact: Aubrey Elizaga at (310) 664-6470 ext 137 or aubrey@yogaworks.com

You may also send tuition payment via bank wire:

- *Please request a document with information about how to execute the wire.
- *Please be aware that many banks will charge wire fees. Check with your bank for the exact amount.
- *Please send a confirmation email that the wire has been sent to the YogaWorks account.
- *We will confirm with you when the wire has been received.

For other questions about the program, please feel free to contact:

David Kim: david@davidkimyoga.com

Anna Zorzou: annazorzouyoga@gmail.com