



# SUP YOGA TRAINING GUIDE



Santosha Yoga Institute  
SUP Yoga Teacher Training



## SUP YOGA TEACHER TRAINING

**With SUP yoga's growing popularity, a SUP yoga teaching certification is a timely selling point for your yoga business, as well as an opportunity to spread the enjoyment of this amazing way of practicing yoga.**

Combining SUP with Yoga Asana, Pranayama and Meditation, SUP Yoga is a unique Yoga practice that is becoming extremely popular around the world. SUP Yoga can be practiced on any calm water surface – ocean, lake, canal or even in a swimming pool, making it a flexible teaching option.

SUP builds core strength, balance and stamina – combined with Yoga poses the whole body and mind are challenged by intense focus, concentration and self awareness. The perfect meditation in motion, floating on the water.

While this unique practice often intrigues yoga instructors, many feel overwhelmed with the practical considerations of smoothly running a class. This course explores all these concerns, leaving students fully-equipped and confident to teach.

This SUP Yoga teacher training will offer 20 hours CEU from Yoga Alliance and will demonstrate your competence in handling a class of this nature to your prospective students.

We invite you to come join us on this two-day course. Be prepared to get wet, be prepared to have fun but most of all be prepared for an experience of a lifetime!



## WHO IS THIS COURSE FOR?

**This course is for graduates of a 200 hour Yoga Alliance certified training with Santosha or from another school.**

Course Pre-Requisites:

- Confident swimming Skills
- RYT-200 Yoga Teaching Qualification-
- A CPR/first aid certificate is also strongly recommended

It is not necessary that you are an experienced paddle boarder to take this course. SUP is surprisingly easy to master, and by the end of our course you will be a confident paddler. However, if you are able to practice before taking the course, it will help you feel more confident during your asana practice.

On completion of this 2 day training program, students will feel confident to deliver SUP Yoga classes and will learn how to launch their own SUP Yoga business. Our experienced trainers will share their knowledge and skills to enable you to become a confident SUP Yoga teacher.





## YOUR COURSE CONTENT

During the two days of the course, we will cover all theory and practice needed to teach fun, safe and effective SUP Yoga classes.

### **During your Theory Sessions you will learn:**

- Choosing your SUP Yoga Board
- SUP and safety
- Rules and regulations of the water
- Best practice set-up for safe SUP Yoga Teaching
- Preparing students for SUP
- Beginning your SUP Yoga Teaching career

### **During your Practical Sessions you will learn:**

- How to teach your students to stand, balance and paddle on the SUP board
- How to practice and modify appropriate SUP Yoga Asanas
- How to sequence for SUP Yoga classes

## UPCOMING SUP TRAINING DATES

**16 + 17 July, 2019** - Nusa Lembongan - 9am - 7pm each day

**16 + 17 September, 2019** - Nusa Lembongan - 9am - 7pm each day

**13 + 14 December, 2019** - Nusa Lembongan - 9am - 7pm each day



## WHAT TO BRING

- A change of clothes
- Sun protection cream
- A cap/hat if you are sensitive to the sun
- A reusable bottle for your drinking water
- Suitable clothing for our SUP yoga practice ie swimwear; or swimwear and some shorts and vest/t shirt. Basically anything that you don't mind getting wet.
- A Rash Vest or T-shirt to protect you from the sun whilst you are on the SUP
- It is often more comfortable for people to wear sunglasses but please be mindful that these sometimes do get lost so please don't use your best pair.
- A sense of fun, spirit and adventure!

## YOUR TRAINING INVESTMENT

Includes:

- All tuition
- Board hire
- Santosha SUP Yoga teacher training manual
- Santosha SUP Yoga teacher Certificate

**SUP Yoga Teacher Training - \$690 AUD (includes GST and deposit)**

Please note there is a \$350 AUD non-refundable deposit included in this price, which cannot be returned in the event of a cancellation on your part, but can be applied to a future training of your choice.



## WHERE IS THE TRAINING LOCATION?

We have a fantastic tropical island location in Bali - Nusa Lembongan - a popular surf, dive and ocean-lovers paradise! Our trainings are held at Yoga Village Nusa Lembongan - our shala on the beach - located on the beachfront.

### **How do I get to Yoga Village Nusa Lembongan?**

Getting to the island is easy and simple!

**1. Fly into Bali** - arrive at Denpasar (Ngurah Rai) International Airport, Bali, Indonesia

### **2. Book Return Boat and Airport pick-up/ drop off**

With one easy step you can book your boat travel. Travel with D'Camel includes:

- pick up from airport in Denpasar to harbour in Sanur
- boat trip from Sanur to Nusa Lemobngan
- drop off to your hotel in Nusa Lembogan
- return journey

Best of all this costs less that \$40 AUD/ \$35 USD - with our Santosha discount for the whole trip there and back!

You can easily book via the D'Camel website from anywhere if the world.

See more here: <http://dcamelfastferry.com/>

- Discount code: Santoshayoga





1. Fly into Denpasar (Ngurah Rai) Airport
2. Travel to Sanur Boat Harbour (approx. 40 mins)
3. Boat to Nusa Lembongan (approx. 20 mins)
4. Free Transfer to your Hotel with all Fast Boats

Step 1



Step 2



Step 3



\* D'Camel will book all of this for you in one easy transaction



# CHOOSE YOUR OWN ACCOMMODATION







## WHERE CAN I STAY?

**Unlike other Trainings we do not lock you in to a costly accommodation package with your trainings. Choose for yourself from our Nusa Lembongan Accommodation Guide - we let you choose the option to best suit your needs.**

### **Can I stay onsite at the training venue?**

Yes, we have an onsite option at Agung Bungalows. You will need to email the booking manager Maya directly to make any room inquiries or to book a room. All inquiries are to be made to: [gungmas55@gmail.com](mailto:gungmas55@gmail.com) - or call Maya at +62 812 39346464

### **What is the cost of staying onsite at Agung Bungalows?**

Budget - single or double

One person Per Night \$25 AUD

One person Per Night \$18 USD

Bungalow - single or double

One person Per Night \$32 AUD

One person Per Night \$23 USD

### **Can I stay offsite to the training venue?**

Of course! We provide recommended guesthouses nearby our training venue in our **Nusa Lembongan Accommodation Guide** - we offer suggestions to suit all budgets and needs. You can also make your own plans using sites such as [airbnb](https://www.airbnb.com) or [booking.com](https://www.booking.com) .



# ONSITE CAFE - GINGER + JAMU







## WHERE CAN I EAT?

**Our on-site cafe Ginger + Jamu ensures not only your mind and heart will be nourished – so will your belly! We cater to all needs with a selection of delicious meals and snacks, all made with the most important ingredient of all... love.**

### **I am Vegan - can I eat on the island?**

Yes, very much so! Our onsite cafe Ginger + Jamu has many tasty Vegan options. There are some good vegan spots on the island and nearby our shala:

<http://www.messyvegetariancook.com/vegan-finds-on-nusa-penida-and-lembongan/>

[https://www.tripadvisor.com.au/Restaurants-g1137831-zfz10697-](https://www.tripadvisor.com.au/Restaurants-g1137831-zfz10697-Nusa_Lembongan_Bali.html)

[Nusa\\_Lembongan\\_Bali.html](https://www.tripadvisor.com.au/Restaurants-g1137831-zfz10697-Nusa_Lembongan_Bali.html)

Bali Eco Deli and Rama Garden nearby also have vegan options. If you still find it a struggle with those options, please let out cafe manager and chef Jamie know and he can add some extra vegan options for you.

### **I am Gluten Free - can I eat on the island?**

Yes, very much so! Our onsite cafe Ginger + Jamu has many tasty GF options. Bali Eco Deli and Rama Garden nearby also have GF options. If you still find it a struggle with those options, please let out cafe manager and chef Jamie know and he can add some extra GF options for you. Some local dishes are also naturally GF, though watch for sneaky ingredients like soy sauce.

### **I would rather make my own dining decisions, can I have eat off-site?**

Of course! We would love to see you in the cafe, but you are welcome to make your own decisions about where you eat .



# EXPERIENCE SANTOSHA







## START YOUR SUP JOURNEY TODAY!

### Upcoming training dates:

16 + 17 July, 2019 - Nusa Lembongan  
16 + 17 September, 2019 - Nusa Lembongan  
13 + 14 December, 2019 - Nusa Lembongan

### To book your place visit:

[www.santoshayogainstitute.edu.au/dates/](http://www.santoshayogainstitute.edu.au/dates/)

Courses do fill up - so make sure to grab your place on the dates you want today!

### Questions? Send our friendly admin team an email:

[santoshayogayttoffice@gmail.com](mailto:santoshayogayttoffice@gmail.com)

### I'm ready to take that first step!

Yay! Choose your course date and book your place to join us here today:  
<http://santoshayogainstitute.edu.au/dates/>