



CHANGE YOUR LIFE: BECOME A YOGA TEACHER

Interested in sharing the art of yoga with others in your community and maybe even around the world?

Discover our 200 Hour Yoga Teacher Training right in the heart of Morocco- a truly inspiring and fire-igniting place. Deepen your practice and learn how to teach yoga in a safe and relate-able way.

Receive the best in all areas of yoga training and support to be the best version of yourself as a yogi and a teacher. We offer an intimate class size (max 12 people) for personalized mentoring and an abundance of love and support as you work your way through the course, which focuses on Yoga as a philosophical, anatomical, psychological and spiritual practice.

We invite you to take this precious time out for yourself - to explore another side of YOU - who you really are, and transform your life.



THE SETTING: BAB ZOUINA, MARRAKECH, MOROCCO

The valley of the Ourika, a small paradise on earth.

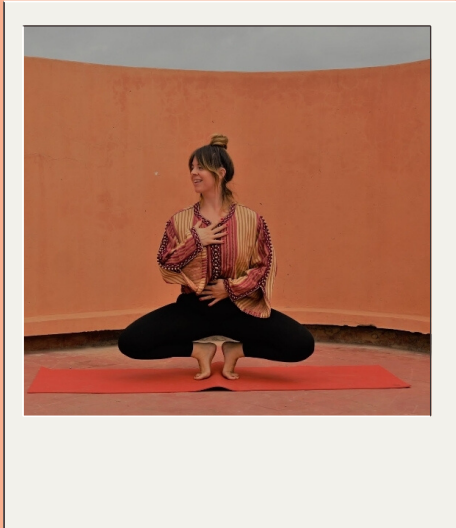
Bab Zouina (door of beauty in Moroccan) is located at the foot of the Atlas Mountains and only minutes from Marrakech. This enchanting place in the middle of olive trees still lives to the rhythm of nature. The purity of the air, the invigorating smells, the earth of ocher color caressed by the shades of green make it a place conducive to the awakening of the senses and contemplation. The changing light according to the time of day and the brightness of the night illuminated by a starry sky contributes to the magic of this wonderful site.

Bab Zouina is a traditional riad, a beautiful Moroccan villa, located in a beautiful estate planted with fruit trees, palm trees and a vegetable garden. The house is spacious and has many corners for different times of the day. The estate is full of terraces and peaceful places to recharge your batteries.

During your stay, you can expect quiet and restful nights, starry skies, sunny days, and peaceful surroundings. As well, you'll be able to enjoy the many tastes of Moroccan cuisine with many ingredients coming straight from our garden!



MEET YOUR YOGA INSTRUCTOR: JADE PLEMING



Originally from Austin, Texas - Jade moved to Morocco in 2014 and has been discovering the country and its amazing culture ever since. A lover of travel, food and yoga - in no particular order - she spends her time making friends all over the world, planning her next travels and expanding her yoga practice. She has attended yoga trainings in Morocco, India and the USA, which has helped her to develop a unique teaching style with emphasis on fun, self-love, body positivity, and curiosity.

She has since completed back-to-back trainings in yin and restorative yoga, and implements these practices into her retreats to help others processing trauma. Aside from teaching public studio classes in Marrakech, Jade hosts an average of 4 retreats per year, as well as workshops and 200 hour yoga teacher trainings.

Jade finds peace through yoga, as well as discipline, which she says is necessary for a stable life (no matter how much it interferes with her strong desire to be totally carefree).



OUR MISSION AT YALAH YOGA



For us, yoga is about creating space, mentally/physically/psychologically. It's about showing up for yourself, for doing something that equals dedication to you, and the person you're becoming every day. It's also about caring for your body, mind and spirit and by this, cultivating a lifestyle that promotes care and kindness to others.

During the training, we will focus on a variety of yoga styles, which have been taught to us in our collective 15+ years of practice, teachings and trainings. You will find influence of hatha, vinyasa, yin yoga, restorative and alignment yoga in our teachings, and hopefully this will inspire you to be a well-rounded teacher that doesn't subscribe to one specific "yoga label". Our passion to help you discover what drives you, so that you can be a light for others.

DATES, DETAILS & WHAT'S INCLUDED

October 9 - November 5, 2021

Your training includes:

200 HOURS OF YOGA ALLIANCE YOGA TEACHER TRAINING IN:
VINYASA YOGA, ALIGNMENT, ANATOMY, PHILOSOPHY, SEQUENCING,
ART OF TEACHING & MEDITATION PRACTICES

28 NIGHTS ACCOMMODATION IN A SHARED ROOM (DOUBLE OR TRIPLE)

ROUND TRIP AIRPORT TRANSPORT

MOROCCAN TEA & SNACK BREAKS

3 DAILY MOROCCAN-INSPIRED MEALS

TRAINING MATERIALS, PRINTED READING, ALL EQUIPMENT

YOGA ALLIANCE CERTIFICATION 200 HOURS



YOUR INVESTMENT

3,000 EUR / 3,300 USD

*Please note that off-site excursions on off days are not included, but are happily organized at your request. Deposits are due by August 1, 2021. We accept Visa, MC, Paypal, cash and Venmo. Final payments due 30 days before training begins. *Payment plans are available.*

SEND ALL QUESTIONS AND BOOKING ENQUIRIES TO:

yalahyoga@gmail.com



**YALAH
YOGA**

WE CAN'T WAIT TO MEET YOU IN MAGICAL MOROCCO!