



# **Real Flow Yoga**

## **Teacher Training**

# Our Story

I've always been interested in many different styles of yoga. Having a varied practice meant that I didn't fit the mould as a 'specialist niche' yoga teacher so had to make my own breaks.

I became business savvy and set up community classes, retreats, workshops. I taught real people whose bodies didn't bend or flex like a typical yogi's!

My clients ranged from stressed out corporate executives, to the over 65's to pregnant ladies to premiership footballers. This diversity of experience meant that I learned to think on my feet and adapt the yoga to meet the real needs of real people.

Despite the norm to pigeon-hole, I continued allowing my journey into yogic discovery to take a rich and diverse route. Even looking beyond the field of yoga and into other modalities such as positive psychology.

My exploration has involved over 20 years of self-practice, over 1000 hours of various yoga training immersions plus over 8000 hours of actual teaching.

Soon I discovered there were others like me, who love to embrace challenge and change. Together we pave a new approach and build our own community of creative, open-minded misfits amidst an ever more 'cookie cutter' yoga community.

Thus begins Real Flow Yoga.  
Our specialism is that we are adaptable, inclusive, 'keep-it-real' teachers.  
We are grounded yet intuitive and can flow between many yoga styles to meet the needs of our diverse students.

Our flow-state approach to yoga is what we impart with our teacher training course, to empower you to enjoy self-acceptance, honesty and freedom.

Keep it Real people and let things flow!"

Tammy Mittell  
Senior Yoga Teacher  
Founder of Real Flow Yoga



# Why Real Flow Yoga Teacher Training?





# Real Flow Ethos

**Real Flow Yoga is a yoga school accredited by the Yoga Alliance Professionals UK whom uphold rigorous standards.**

We encourage critical and creative thinking to bring out the authentic teacher in you.

We provide the knowledge, skills and support for our trainees to feel confident and motivated to teach immediately after graduating.

We strongly value growth, broad knowledge and intuitive adaptability so even if you don't want to teach, the course is great to deepen your yoga practice.

# Our Unique Aspects

10 things about THIS course which make it truly special:

## 1. Optimal hybrid training structure

The 4-month course is the ideal combination of retreat, studio weekends and zoom. For an immersive yet practical experience.

## 2. Emphasis on Flow-state

We delve into the latest research on positive psychology and teach practical ways to apply the flow-state to teaching yoga.

## 3. Expert and diverse Teaching Faculty

Our faculty are true experts within their field. All have carved out successful careers in teaching being true to their own unique path.

## 4. 3 Locations, including a retreat immersion!

The first week of the training in Portugal will be a wonderful way to dive deep into this immersive experience

## 5. We cover many styles of yoga

Real Flow Yoga is inspired by yin, restorative, sivananda, lunar, hatha. Also dynamic vinyasa lineages ashtanga, prana flow, tripsichore and jivamukti.

This broad exposure is unique and equips you to be an adaptable yoga teacher to meet the needs of your student.

## 6. Plenty of support

We provide lots of regular and mentoring support throughout the process with effective and fun assignments to develop your practice and teaching.

## 7. Learn to teach 12 distinct real flow yoga sequences

We provide you with class templates that allow you to create your own sequences but also you learn to practice and teach 12 signature Real Flow Yoga sequences.

## 8. Strong emphasis on spiritual growth

We help you develop a steady, safe home practice so that you become self-sufficient and awaken the inner guru.

## 9. Join our vibrant growing community

This course is in collaboration with a vibrant popular yoga Studio. UNION in Ramsgate. So you'll become part of the studio's vibrant community in addition to RFY's online connected community of peers.

## 10. Growth-Mind Set

We create a comfortable light-hearted learning environment. We promote a growth-mind set and trainees are encouraged to express themselves wholeheartedly be unafraid to make 'mistakes'.

# COURSE STRUCTURE

4 months

2 locations

1 transformative  
experience

## Instinct Module: 1 week in Portugal



## Intellect Module: weekends in Studio and Online



## Intuition Module: weekends in UNION Studio



# 2004 COURSE DATES & LOCATIONS

## INSTINCT MODULE

14-21st Sep: PORTUGAL

5th & 6th Oct: UNION Studio

12th & 13th Oct: UNION Studio

19th & 20th Oct: UNION Studio

## INTELLECT MODULE

### ANATOMY

2 & 3rd Nov: ZOOM Online

16th & 17th Nov: UNION Studio

### PHILOSOPHY

29th Nov: Zoom ONLINE

30th Nov + 1st Dec UNION Studio

## INTUITION MODULE

21st & 22nd Dec: UNION Studio



# INSTINCT MODULE

**14th Sep - 21st Sep 2024**  
**MEIO Centre, Alcanede, Portugal**  
**60 hours in Portugal**  
**48 hours in UNION STUDIO**  
**TEACHING METHODOLOGY.**  
**PRACTICE TEACHING.**  
**YOGIC LIFESTYLE & ETHICS**

This includes all aspects of the 8-limbs of yoga; yoga ethics, postures, breathing techniques, retreating inwards, concentration, meditation and explore the notion of bliss.

- Practice and learn to teach 12 signature Real Flow Yoga sequences.
- YOU practice Teaching from Day 1!
- Understand the postures in technical depth
- Explore the art of teaching yoga, incl. verbal cues and hands-on-assists.
- Experience the joys of communal living in a wonderful natural setting.
- Sharing circles
- Talks on Yoga Lifestyle & Ethics
- Morning silent walks
- Delicious vegetarian meals
- Lovely accommodation and beautiful countryside vicinity



# Typical Daily Schedule

Sunrise yoga & meditation practice

Breakfast

Teaching Methodology

Practice Teach

Lunch

Free time

Sunset yoga & meditation practice

Teaching Methodology

Practice Teach

Dinner

Evening yoga ethics & lifestyle talk



# INTELLECT MODULE

## **INTELLECT MODULE 1: FUNCTIONAL ANATOMY**

2 & 3rd Nov: ZOOM Online  
16th & 17th Nov: UNION Studio  
32 hours

Gain an applied and practical understanding of the anatomy specific to yoga practice. With emphasis on safe and effective postural alignment. We look at biomechanics, fascia and tensgrity.

## **INTELLECT MODULE 2: YOGA HISTORY & PHILOSOPHY**

29th Nov: Zoom ONLINE  
30th Nov + 1st Dec UNION Studio  
24 hours

Philosophy of yoga involves a comparative study of classical and tantric traditions. We will explore key scripture, samples from Rg Veda and Upanisads, then more in depth study of the Bhagavad Gita, Sutras and the Hatha Pradipika. We will also delve into Tantra taking a look at the Vijnana Bhairava.





# INTUITION MODULE

## **AWAKEN THE HEART**

21st & 22nd Dec

**UNION STUDIO**

**16 hours:**

The trainees work together to 'co-create' a retreat experience. Not only do they gain hands-on experience in running a retreat but also really build upon their Real Flow / UNION community ties with fellow trainees.

## **TEACHING ACROSS CONTEXTS**

Gain knowledge and confidence to teach 1-2-1's, public group yoga classes in gyms, studios or community halls and also to run and theme your own workshop series.

## **BUSINESS OF YOGA TEACHING**

How to operate with authenticity, integrity and really integrate the ethics of yoga within the business and industry of it. We will cover admin, the practicalities of being a freelance yoga teacher, marketing and personal branding, including social media.

This completes your training and our closing ceremony will be held.

# INVESTMENT

## How much is the course?

Total Price is £3,500 (Early Bird £3300 before March 21st 2024).

Total is Payable in whatever instalments suit you, as long as balance is paid by the start of the course.

### WHAT'S INCLUDED IN COURSE FEE

- training with expert faculty
- Copy of our training manuals
- 1 week INSTINCT immersion in Portugal – training, 2 daily meals & accom (2 per room)
- Studio & Zoom weekends
- Unlimited access to online learning portal
- Access to online Anatomy portal
- Access to peer-to-peer learning through Real Flow Yoga Community
- Mentoring throughout
- Insurance to teach whilst training (can teach x2 classes a week)
- Qualification accredited by Yoga Alliance Professionals UK
- 10% off food & drink in the UNION cafe

### WHAT'S EXCLUDED FROM COURSE FEE

- flights and travel insurance in Portugal
- transfers to venue
- extra course books needed to study from the recommended reading list
- any extra tuition outside of the allotted amount
- marking assignment charge if late submission

# FAQ's

## **How much is the course?**

Total Price is £3,500 (Early Bird £3,300 before March 21st 2024).

Payable in whatever instalments suit you, as long as balance is paid by the start of the course. Full details of whats inc / excl.

## **How many people do you accept on the Course?**

We feel 14 trainees is a ideal. We like to keep the group small enough to provide personal attention, mentoring and support but a lovely size to optimise group dynamics.

## **What happens if I can't attend all of the modules?**

If you are unable to attend any part of the course we would need to arrange catch-up sessions, bespoke to your particular requirements which would be organised on a case-to-case basis. Catch- up fees tend to be £50 per hour of catch up. Late assignment submission incurs a charge of £30 per assignment.

## **I love my work. I don't want to become a teacher, is the course still of value to me?**

Absolutely. You'll delve deeper into all the layers of yoga and learn more than you can imagine! You will develop a home self practice and make life long friends.

## **What Assignments are involved?**

We set a number of interesting and highly effective assignments which deepen your self-practice and catapult your teaching skills to the next level. What we ask of our trainees surpasses the accredited requirements and so our Real Flow Yoga graduate yoga teachers are exceptionally well equipped to teach immediately after graduating.

## **What are your graduates up to?**

Plenty! We all stay in touch regularly and the majority go on to teach yoga within 4 months of qualifying. We have whatsapp and facegroup groups plus a regular newsletter and events in order to stay in touch and keep support and momentum going within our Real Flow community.

## **Do you offer further study after the foundational training?**

YES! we run a regular retreats and also 'Continued Professional Development' CPD's in specialist topics such as Pregnancy, Postnatal yoga, Womb and Women's wellbeing with more courses in development...

## **Am I too Old or Too young?**

No! Absolutely not you can start your journey into yoga and teaching at any age! Our course welcomes the wisdom from all ages!

## **I can't do a headstand, can I be a yoga teacher?**

Yes! standing on your head or putting your leg over your head does not lead to enlightenment! Pretzel yoga is fun but non-essential in becoming an exemplary and talented yoga teacher. We teach you the art, science and skills that do!



### **Am I ready to take the course?**

Are you willing and able to commit 4 months to a challenging but rewarding experience?

Have you a min of 2 years experience of yoga practice?

Do you have a good sense of humour and are open to learning?

If you're answers are YES, then YES you are ready!

### **Terms & Conditions**

- Deposit of £900 is non-refundable
- 4 instalments of £650 payable before 14th Sep 2024
- Minimum of 2 months notice of cancellation in order to receive refund
- No refunds after 14th July 2024

**“If we want to know ourselves and make sense of the world we live in, yoga is a well-tested vehicle.”**

**– Georg Feuerstein**

# Testimonials

"I was blown away by the amount of content in such a short space of time. I had quite a large database of 'knowledge' in my mind already from my Pilates teacher training and continued learning, but I learnt so much more than I could've imagined. Allowing us to question things meant that we were encouraged to be free thinking and become better teachers instead of parrots. Spacing the course over a few months gave much more time to digest and expand upon what was taught in contact time. I cannot recommend the course enough! Thank

you Tammy!"  
*Jonathan Jones*



"The course has been full on - in good ways. It's a process and I've learnt a lot about myself. I've learnt with difficult times its a wave to ride to reach the positive side - its so worth it. Real Flow is about going with the flow, being real and authentic. I feel stronger and ready for the next step."

*Sal Hashmi*

"This course is very informative with amazing module manuals, full communication, a wealth of knowledge and 20 yrs experience from the Course Director. All shared with a wonderful selection of fellow students who will remain Yoga friends for life."

*Adrienne Nightingale*



"Tammy is straight talking, incredibly knowledgeable and inspiring when it comes to all things yoga. Wherever you are on your journey this course offers an enriching programme with long lasting impact.

Thorough and rigorous learning materials aid the teaching input and a down to earth approach helps the integration of the teachings into life."

*Emma Smallman*



"It has been a pleasure taking part in the Real Flow Yoga TTC. The teachers are all so kind and provide a vast variety of knowledge and wisdom. The detail on anatomy and philosophy were superb. The amount I learnt over the 3 months is mind-blowing. The group of trainees are all such great friends to me and we all got along so well - like a big family. Portugal was intense and transformational, then the modules in the UK very information and boosts of more inspiring, motivational teachings. Thank you Tammy and the RFY team and trainees."

*Emily Campbell*



"Training with Real Flow Yoga was a fantastic decision.

The content was of top quality, the faculty members were excellent and the range of subjects covered, (from the art of creating space to classes on how to brand and build a yoga business) meant that by graduation I felt more than ready to start teaching.

Being part of the Real Flow Yoga community has already been a huge asset and I'm sure that this will continue to pay dividends throughout my career in yoga!"

*Helena Williams*







"6 months ago today I signed up to train as a yoga teacher with Real Flow Yoga. The last 3 months have been a simply amazing and unforgettable experience beyond all my expectations and I am now a 200hr Yoga Alliance accredited teacher! I am so grateful to everyone who has supported me during the training and for all the wonderful people and knowledge I have in my life thanks to Real Flow. This is not the end, it's just the beginning."

*Hannah Cooke*

"I'm so happy I had the opportunity to do the course. It was challenging and there's lots to learn but it's just amazing and totally worth it. I really recommend this course, ."

*Blanka Campbell*



"I completed the very first Real Flow Teacher training course in 2017 with the wonderful Tammy. It was a challenging course which delved deeply into the philosophy & ethics of yoga as well as covering anatomy, teaching skills, sanskrit, and breathing techniques. Along with Tammy we had a range of inspiring & highly skilled teachers who brought a wealth of knowledge and different approaches to yoga."

*Ella Pollock*

# WHAT'S NEXT?

Get in touch and we can arrange a phone call to go through any of your questions.

Come along to a free taster event to meet us in person.

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