

A group of people, mostly women, are standing in a line, holding rolled-up blue yoga mats. They are wearing various styles of athletic clothing, including leggings, t-shirts, and tank tops. The background is a plain, light-colored wall.

# BECOMING A YOGA TEACHER

200 HOUR YOGA TEACHER TRAINING  
WITH FLYING FAIRY



FLYING FAIRY



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## WHY TRAIN WITH US?

Since we opened our doors in 2019, Flying Fairy has taught more than a thousand students in classes across our two studios in Tuen Mun and Wan Chai.

We are delighted to collaborate with Yoga Fitness and take you on a personal journey where you'll learn how to truly live yoga beyond the mat. Together, our teaching team offers more than 3,000 hours of training in Yoga Teacher Training Courses and decades of teaching experience combined.

The Flying Fairy Philosophy is to give you the best possible foundation in yoga to take the practice to the world! We won't teach you one sequence to memorise or coach you to be someone you're not. Instead, we'll give you all the skills and knowledge you need to develop your own authentic voice and teach all levels in a classroom with confidence, intelligence and poise.





## WHAT WE TEACH

We offer an in-depth 200-Hour Yoga Teacher Training that gives you a flexible part-time program in a two-month course with weekend and public holiday intensives.

If you've already completed a 200 Hours training, either with us or another registered school, you can continue your learning with our YACEP courses.

Our Yoga Teacher Training isn't just for aspiring teachers, and you don't have to be able to do a handstand to sign up! Courses are designed for yogis who want to advance their practice as well as their teaching repertoire and gain a better understanding of yoga philosophy and how to apply it in today's modern world.

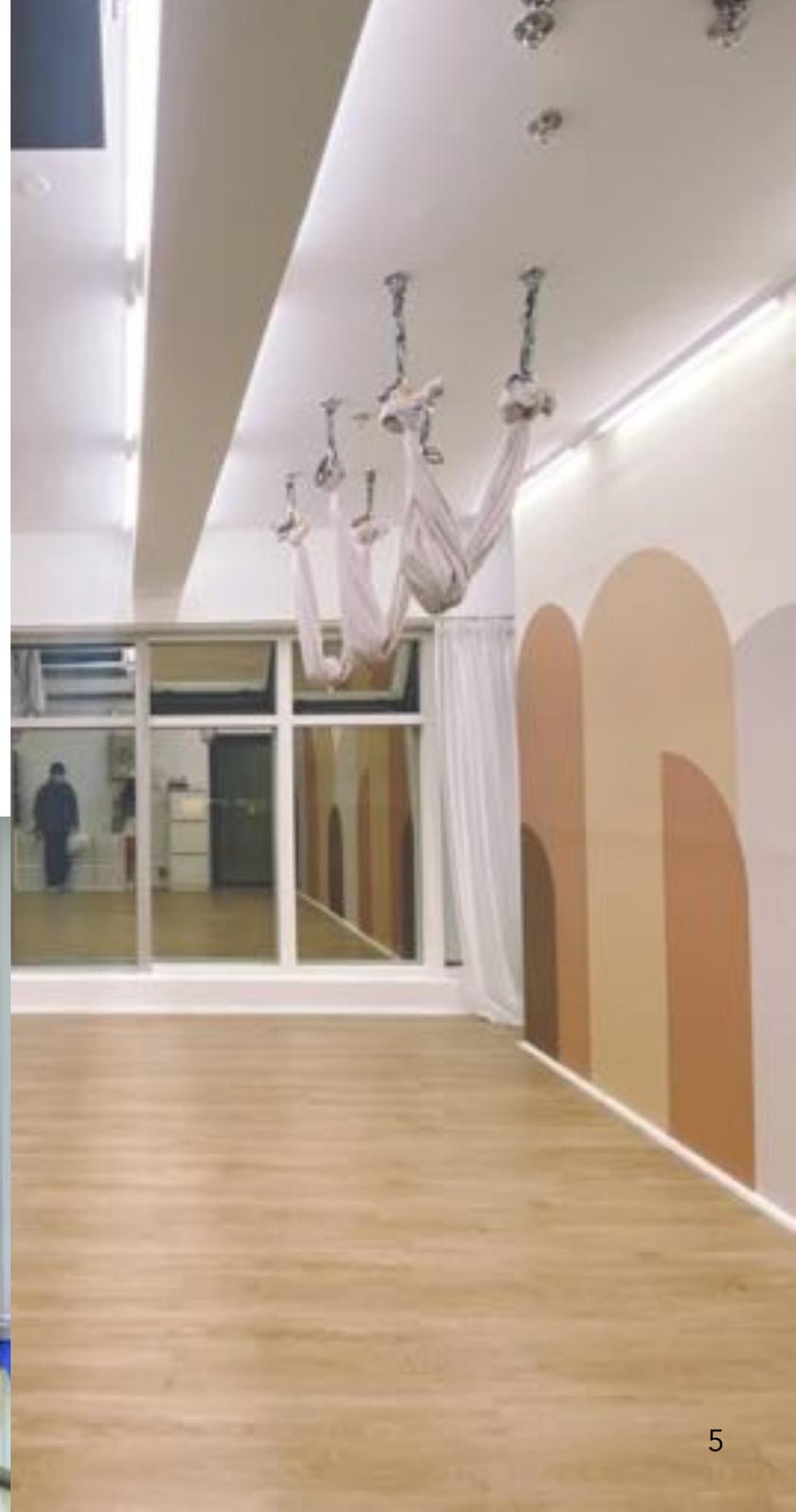
All courses offered by Yoga Fitness are 100% accredited by Yoga Alliance.



# OUR STUDIOS

Flying Fairy has beautiful and dedicated training studios designed by our team to induce healing and create a sense of calm. Both studios are located in a commercial building in Wan Chai and Tuen Mun and are blessed with natural sunlight.

We hope to create a space that encourages our students to open up, feel safe, and be energetically nourished and well.





## 200 HOUR YOGA TEACHER TRAINING

Are you ready to deepen your personal practice or become a certified yoga teacher?

Our students come from all walks of life. We've designed a comprehensive and challenging program to give you the best possible foundation to start your yoga journey on.

You'll learn from our most senior teachers and study with a host of experts in specialist subjects.

At Flying Fairy, we'll lead you through the yogic principles and asana technique starting on day one, and give you the opportunity to practice your teaching skills in a supportive and encouraging environment.

We limit the number of students in each training to make sure you receive a quality guidance and encourage you to check in with your fellow students during the course for extra support.

# WHAT WILL BE COVERED?

Class hours for each category:

Asana Practice & Technique	120-Hour (20-Hour Online)
Anatomy & Physiology	20-Hour
Philosophy, Ethics & Lifestyle	20-Hour (Online)
Integrative Practice & Teaching	10-Hour (Teaching Assistant) 10-Hour (Independent Teaching)
Assignment	20-Hour

We've developed a unique, comprehensive program that covers a fascinating range of key yoga topics taught by experts in each field.

We believe having experienced senior facilitators as well as multiple guest teachers to guide you through the course gives you unrivalled access to thousands of hours of yoga teaching experience and a range of different perspectives, teaching styles and techniques to help you discover what you like, giving you the best possible foundation to start your yoga journey on.





### **ANATOMY AND PHYSIOLOGY**

Be inspired by the basic and functional workings of the human form. You'll learn how to understand different student bodies, and how muscles and joints work in yoga in practical lessons.

### **YOGA PHYSIOLOGY**

Yoga is a complete system of well-being. You'll build an understanding of how the practice affects our physical and energetic bodies, including the musculoskeletal system, nervous system, circulatory system and respiratory system.

### **PHILOSOPHY, ETHICS AND LIFESTYLE**

You'll discover the roots of yoga and its evolution in the modern world, and how to practice yoga in our lives today far beyond the mat for a life of health, happiness and purpose.

### **THE BUSINESS OF YOGA**

With our lead trainer Teresa, who has decade of experience running a yoga business, you'll be guided through the principles of how to create a private business teaching yoga, and how to get started if you're interested to own your own studio.

### **TEACHING METHODOLOGY**

From sequencing demonstrating and adjusting to language, cueing and vocal projection, you'll uncover a range of teaching styles and techniques to guide students on how to move their bodies.

### **INTEGRATIVE PRACTICE AND TEACHING**

Learn by doing! You'll have plenty of invaluable learning opportunities in this program to hone your teaching skills. You'll start by practising teaching your fellow students, then taking on experience as a teaching assistant in our classes and eventually receive a 10-hour internship that allows you to teach independently.

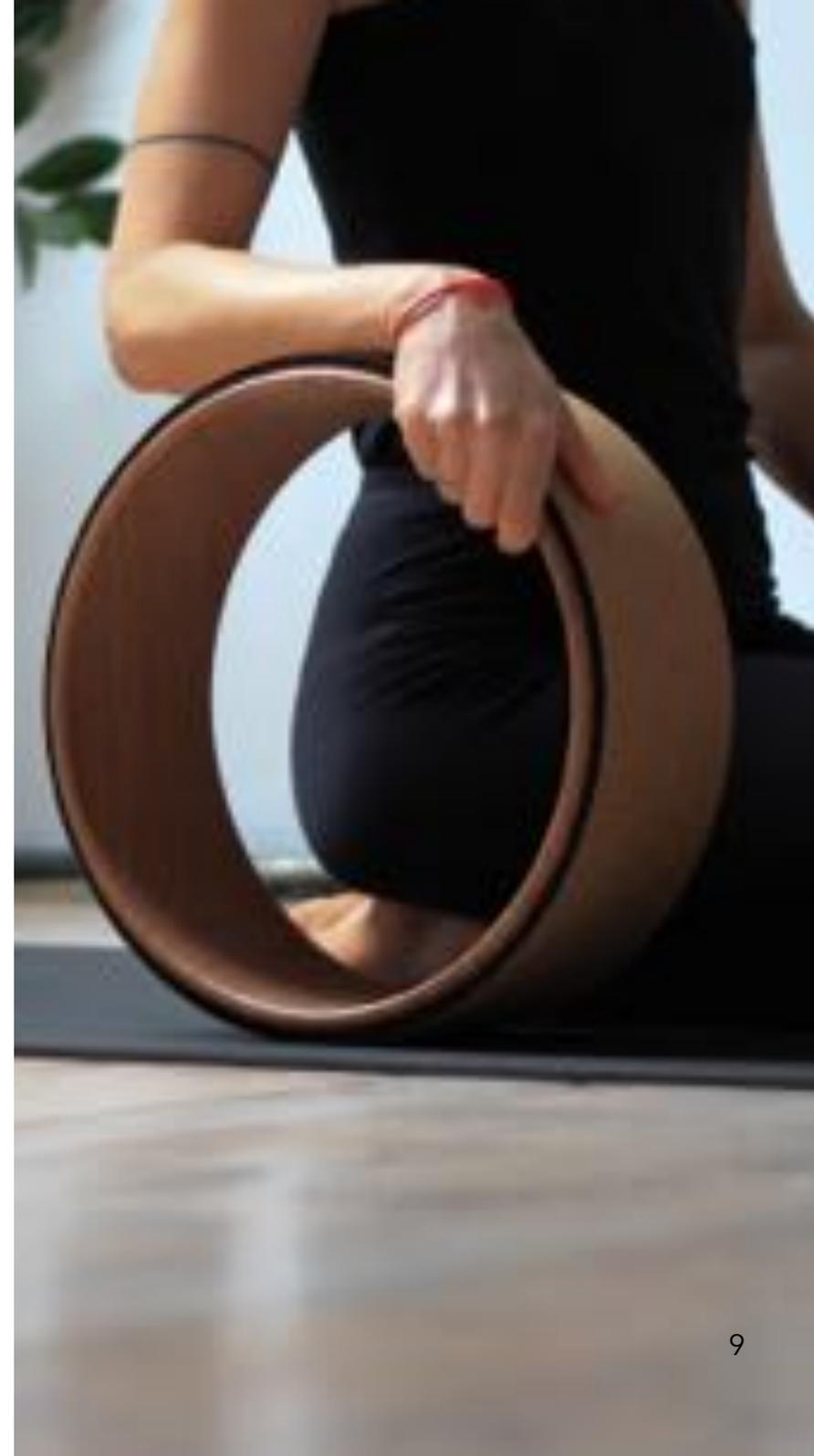
### **ASANA, PRANAYAMA, MEDITATION TECHNIQUES**

You'll dive deep into the classical alignment of fundamental yoga poses, and gain an in-depth understanding of the classical yogic techniques to advance your own practice and leave ready to progress from student to teacher.

## UPCOMING COURSES

Continuous education is very important for yoga teachers. Check out [www.flyingfairyairal.com](http://www.flyingfairyairal.com) for other teacher training dates and information.

Questions? Get in touch with the team at [info@flyingfairyairal.com](mailto:info@flyingfairyairal.com)



# OUR TEACHERS





# TERESA CHONG

## Lead Trainer

Our lead trainer Teresa used to learn yoga from Master Yogananth Andiappan. She is proficient in all types of yoga and has over 10 years of teaching experience.

Teresa has led her students to participate in different performances and competitions since 2011. Among all competitions, Teresa won second place in the 7th Asian Yoga Sports Championship held by the Asian Yoga Federation in Singapore.

### Qualifications:

Nutrition and Weight Management Cert. Course

Aerial yoga Certificate Course

Flying Yoga Fundamental Certificate Course

Flying Flow1 Certificate Course

Flying Flow2 Certificate Course

300 Hours of Yoga Teacher Training (Yoga Alliance RYT300)

85-Hour Prenatal Yoga Teacher Training

International Yin Yoga Teacher Training Program

Advanced Hatha Yoga Teacher Training Course (Yoga Alliance RYT200)

Advanced Personal Fitness Trainer Certification

Advanced Sports & Stretch Instructor Certification

50-Hour Yoga Wheel Teacher Training

Advanced Yoga Instructors Diploma Certification

Aerial hoop Teacher Training Certificate Course

50-Hours International Yin Yoga Teacher Training Pr

# BRIAN CHAN

## Philosophy, Ethics & Lifestyle

Brian Chan - the Chairman and Chief Instructor of the Society For Hong Kong Yoga Instructors.

Brian learns yoga with Yoga Master Law Chow (one of the originators of yoga in Hong Kong), and he has also been a member of the International Yoga Society since 1983. He is definitely one of the pioneers in the yoga industry in Hong Kong.

Brian has been actively promoting yoga since he joined the yoga industry. Although he has been teaching yoga for more than 30 years, he has never stopped on his journey to learning yoga. Brian has been following the Indian spiritual master (Guru) to practice Indian orthodox spiritual Bhakti Yoga and the Vedic classics. And he goes to India for spiritual practice every year.

He is often invited by different media to share his experience and thoughts about yoga philosophy, mind and body health, diet and health preservation, etc.





# CHUN WAH PANG

## Anatomy & Physiology

Pang has been training fitness trainers for 15 years. He is currently working as a course trainer at the International Personal Trainers and Fitness Academy (IPTFA). He is also a registered trainer for the Foundation Certificate in Physical Fitness Instructor Training at the Employees Retraining Board.

### Qualification:

IPTFA – Diploma in Fitness Personal Trainer, certified

IPTFA – Suspended Movement & RIP Functional Instructor Certificate

IPTFA – Kettle bell Sports Coach Specialist (Level 1) Certificate

GFTA - Kickboxing Instructor Certificate

GFTA - Spinning Instructor Certificate

GFTA - Special Sport Injuries & Rehabilitation Certificate

HKMCU Sport Climbing Training Level 1

HKWPA - Member

2006 Hong Kong Benchpress Championship - Open (90KG) 1st runner up

2007 Hong Kong Powerlifting Championship - Open (90KG) 1st Runner up

2007 Hong Kong Benchpress Championship - Open (90KG) Champion

2008 Hong Kong Benchpress Championship - Open (90KG) 1st Runner up

2009 Hong Kong Benchpress Championship - Open (82.5KG) Champion

2010 Hong Kong Benchpress Championship - Open (82.5KG) 1st Runner up

2012 HKCBBA Outstanding Fitness Coach Awards Winner

2012-2014 The Hong Kong Federation of Trade Unions, Community Teacher

## WHAT'S NEXT AFTER THE COURSE?

When you sign up for a Flying Fairy Teacher Training, you'll join a tribe of like-minded yogis and have opportunity to further your learning in workshops, community activities and events.

We're passionate about supporting our graduates who wish to teach yoga to find work - whether that's with us or at other studios or places. We encourage all students to sign up for our community classes to get started.

Once you've completed the 200-hour course you can continue your training with our other teacher training courses, and receive special discounts on the application.





# REQUIREMENT, COURSE DETAILS & COSTS

## DATE & TIME

Every Saturday, Sunday and public holiday

09:30 - 18:30 (1 Hour Lunch)

Mar: 11, 12, 18, 19, 25, 26

Apr: 1, 2, 5, 8, 9, 10, 15, 16, 22, 23, 29

May: 6,7

## REQUIREMENT

This teacher training course is open to those who have ONE year of experience in yoga practice, or provide unedited practice videos for an evaluation.

## LANGUAGE

This teacher training course will be taught in Cantonese, and the class manuals will be in Chinese and partly English.

## COSTS

RRP: HK\$32800

Early Bird Discount: HK\$28000 (Until 1 Feb 2023)

Existing Package Holders: HK\$26000

Bring a Friend: \$500 off for each person

Enrol with RYT300: 5% off for each course

Payment Plan: 3-month instalments (Full Price only)

## HOW CAN WE HELP TO START YOUR CAREER?

We understand everything is difficult in the beginning. Therefore we include 10 hours of teaching assistants and 10 hours of an independent teaching opportunity in our 200 Hour teacher training course. This will allow you to gain confidence and experience in teaching yoga.

Flying Fairy will also provide job opportunities, such as: providing teaching opportunities or franchise services support , etc., in order to help you better develop your yoga career.

Also, all graduates can enrol in our other teacher training courses at a discounted price. And enjoy 50% off on the studio hire for 6 months, allowing you to start your yoga classes at a lower cost.



# TOP FAQS

You can contact us at [info@flyingfairyairal.com](mailto:info@flyingfairyairal.com) or WhatsApp +852 65653249 if you don't find your answer in the FAQS.





### **WHY IS A CERTIFICATION IMPORTANT?**

Our 200-Hour certification is accredited by Yoga Alliance. Yoga Alliance is a globally recognised organisation. With this certification, you can register as a yoga teacher in different countries.

### **ARE THERE ANY OTHER COSTS INVOLVED?**

The course fee includes all necessary equipment and textbooks. Upon graduating, students will be required to register as yoga teachers with Yoga Alliance, and students have to bear the registration fee.

### **WHAT IF MY ATTENDANCE IS LOWER THAN REQUIRED?**

We require students to have an attendance rate of more than 90% to graduate. Those who fail to meet the requirements will need to make up the hours missed out through private 1-1 lessons at a rate of HK\$1000 per hour, or wait until there is a vacancy in the next term. We do not guarantee that the next term of training will start as scheduled, or that there will be vacancies.

### **WHAT IF I FAILED THE EXAMINATION?**

The examination will be conducted into three sections on the same day: Asana examination, written test and teaching examination. And each student is given one chance to retake the exam in each section.

If you fail the Asana or teaching examination: The instructor will give you time to practice and arrange to retake the exam later on the same day.

If you fail the written examination: The instructor will arrange for you to retake the exam on the same day or another day.

Suppose the student fails to pass the exam after retaking the examination. In that case, a fee of HK\$300 will be applied for each subsequent retake of each exam section.

# READY TO DIVE IN?

We'd love to hear from you!

You can now register the course on our website or contact us at [info@flyingfairyairal.com](mailto:info@flyingfairyairal.com). Don't miss out that you can enjoy an extra 5% discount to apply for the 200 Hour Yoga Teacher Training with the 300 Hour Yoga Teacher Training!

