



**300 HOUR  
ADVANCED INTENSIVE  
COURSE HANDBOOK**

WITH TERESA CHONG  
& BRAIN CHAN

 **FLYING FAIRY**

# OUR OFFERING

We offer our 300-Hour Yoga Teacher Training as a part-time course, held at our studio in Wan Chai. The training is split into two modules: a 150-hour core module and a 150-hour optional module gives you the flexibility to learn at your own pace.

To enrol in this course, you are required to have already completed your 200 Hour training, either with us or another registered school. If you are a 200 Hour Yoga Teacher, our 300 Hour training will provide you with a 500 Hour qualification, recognised internationally and accredited by Yoga Alliance. It further enables you to register as Experienced Yoga Teacher (E-RYT®).

This training is the perfect option for yoga teachers looking to enhance their knowledge, skills and qualifications within one training. Although this course is primarily designed for yoga teachers, it is also open to experienced practitioners with a 200 Hour qualification who wish to dive deeper into the teachings.





# 300 HOUR YOGA TEACHER TRAINING

Ready to level up your offerings as a yoga teacher?

Our 300 Hour Yoga Teacher Training is a completely unique offering that allows you to create a personalised 300-hour modular-based advanced teacher training course, where you can further your studies with a team of inspiring teachers as and when you have the time, funds and inclination.

The flexible structure of our 300 Hour Teacher Training means there is one mandatory core module and then you can choose from a selection of YACEP teacher training courses at Flying Fairy. You need to have already completed a Yoga Alliance accredited 200 hour course and then all hours accrued from individual modules are gathered towards a 300-hour certification, from which you can claim RYT-500-hour status. Each module is also a certified stand-alone course, should you decide not to go for full 500-hour status.

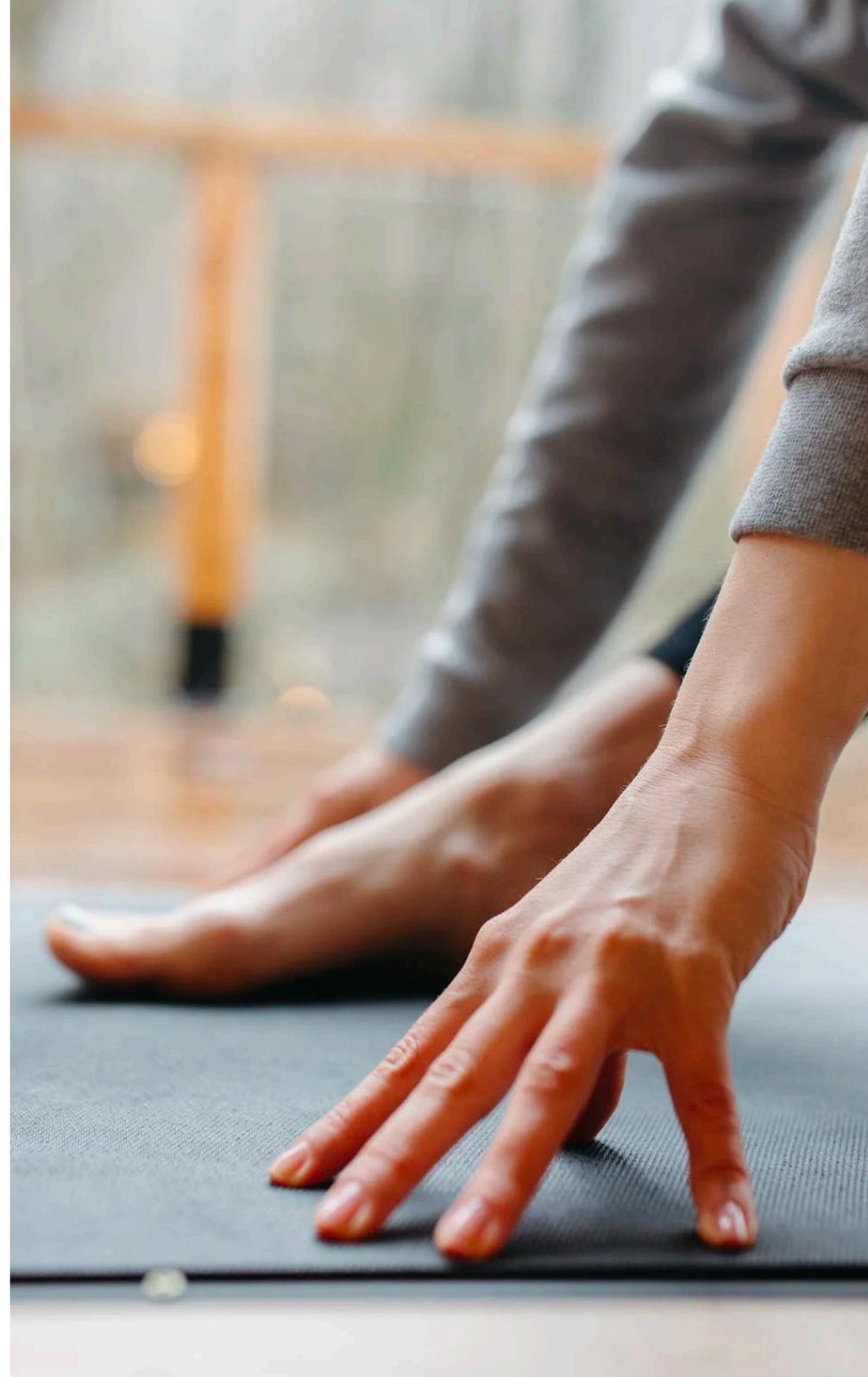
This diverse and flexible 300-hour Yoga Teacher Training programme will give you the opportunity to continue your education and delve deeper into specialist topics of your choice, creating an advanced portfolio to master yoga teaching as a life path, career and practice.

# HOW THE PROGRAM WORKS?

In order for you to attain a 300-hour yoga teacher training certificate, there are just 150 mandatory core hours and the rest of the hours can be gathered from a broad selection of our YACEP courses, taken in any order and at any point of time (within 6 months before and 24 months after the RYT300 TTC started).

The course fee of the 300-Hour Yoga Teacher Training does not cover the cost for the YACEP courses. The YACEP courses will have different pricing according to the hours and content of the course, and you can effectively create your own bespoke course: choose the focus, select the dates, even choose the location and spread the payments.

150 Mandatory Core Hours	
Asana Practice & Teaching Skills	85-hour
Yoga Anatomy	15-hour
Yoga Philosophy	30-hour
Integrative Practice & Teaching	10-hour
Assignment	10-hour





## OPTIONAL MODULES

The 150-hour optional modules can be selected from a wide range of YACEP course. Here is an example of the modules we may be offering:

- Wheel Yoga
- Aerial Yoga
- Prenatal and Post Natal Yoga
- Kids Yoga
- Yin Yoga
- Holistic Sequencing
- Sound Healing

These modules can be stand-alone Yoga Alliance qualifications, if you choose not to go for the full 300 hours and register as a 500RYT teacher.

# WHAT DOES THE MANDATORY CORE HOURS COVER?

## **SUPER SEQUENCING & THE ENERGETIC BODY**

Learn what it takes to intelligently sequence a karmic flow that benefits both the physical and energetic body. You'll explore the science behind creative sequencing through the artful lens of energetics to take your students deeper in their practice.

## **YOGA PHILOSOPHY**

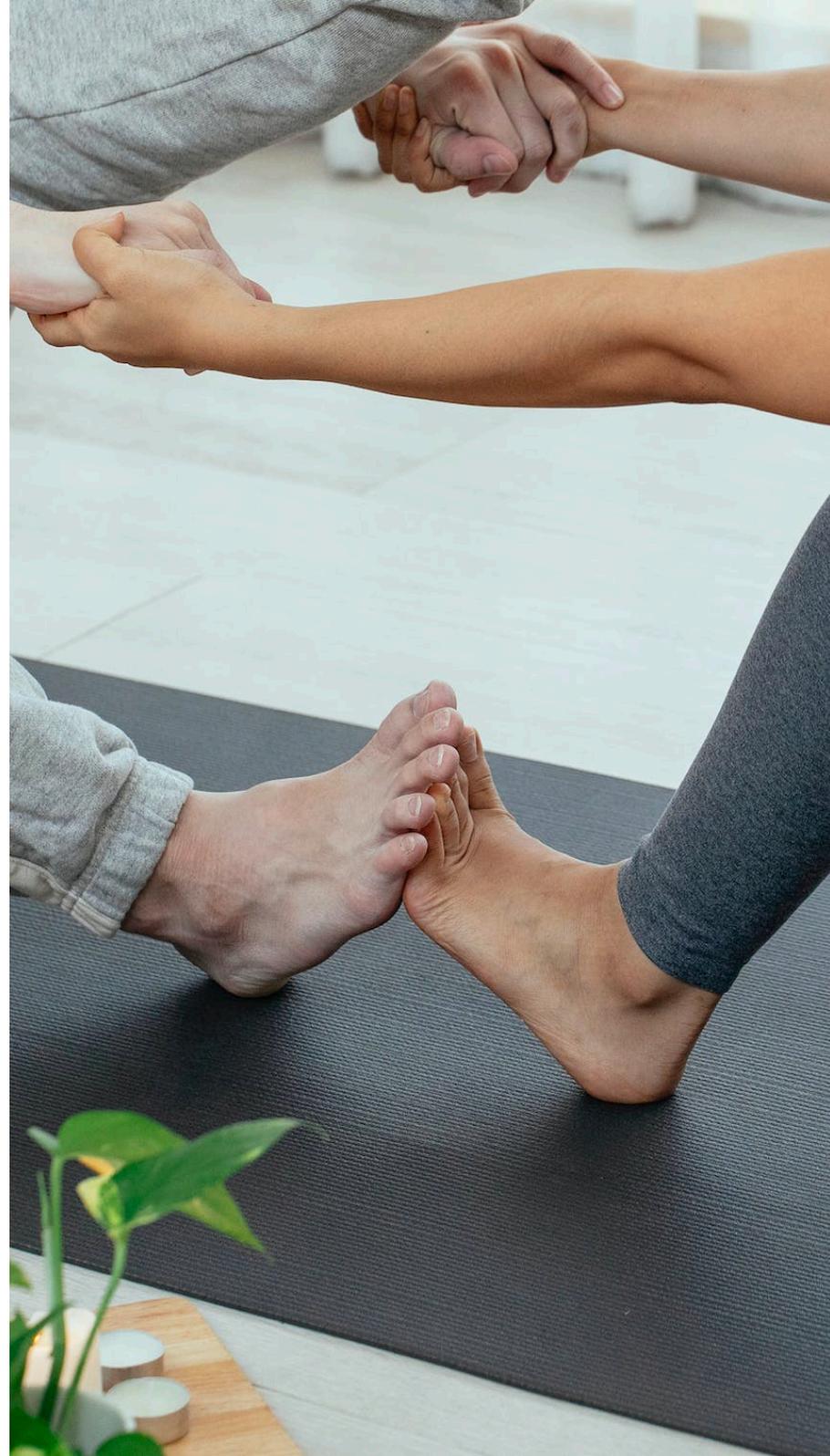
Go below the surface of yogic philosophy to explore its evolution in the modern world. Learn to practice yoga off the mat for a life of health and happiness and how to share this with others through creative storytelling and class themes.

## **ESSENTIAL YOGA ANATOMY**

Explore in detail the anatomy and physiology of our incredible bodies applied to practising and teaching yoga. You'll be deepen your understanding of the human body and learn about the functional movements of yoga asana.

## **ADVANCED ASANA: ASSISTING, THEMING & CUEING**

Develop your understanding of classical alignment and the art of subtle assists in daily advanced asana practice. You'll also explore how to skilfully use language through cueing and theming to enhance your student's experience in the classroom.



# 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.



# FAQS

## **WHAT ARE THE TRAINING REQUIREMENTS?**

Our 300 Hour Yoga Teacher Training is open to those who have completed a 200 Hour Yoga Teacher Training qualification.

## **WHAT QUALIFICATIONS WILL I GAIN?**

Accredited by Yoga Alliance, our 300 Hour certification is recognised internationally. It qualifies you as a 500 Hour Yoga Teacher which enables you to register as an Experience RYT with Yoga Alliance (E-RYT)

## **WHEN ARE THE COURSES HELD?**

Check out our website [flyingfairyairal.com/teacher-training](http://flyingfairyairal.com/teacher-training) for our next training dates.

## **HOW MUCH DO THE COURSES COST?**

The regular price of the 150-hour core mandatory course costs HK\$ 21800 (Please refer to the website for discount details). The 150-hour module fees will vary depending on the YACEP courses. Please visit [flyingfairyairal.com/teacher-training](http://flyingfairyairal.com/teacher-training) or contact us at [info@flyingfairyairal.com](mailto:info@flyingfairyairal.com) for more information.

## **WHAT DOES THE COURSE FEE INCLUDE?**

The course fee covers the 150 mandatory core hours and the training manual. If you're not already a member, you'll also get discounted access to Flying Fairy yoga classes (at any studio) for the duration of the training.

## **HOW DOES THE OPTIONAL MODULES WORKS?**

You can take our YACEP courses according to your preference half a year before or two years after the 150-hour mandatory course started. You will be able to graduate as long as you accumulate 300 or more study hours within the specified period.

## **WHAT IF I FAILED TO COMPLETE THE OPTIONAL MODULE?**

Suppose you cannot complete the 150-hour optional module within the specified time due to personal reasons. In that case, you will need to re-enrol in the next 300-hour training. \*If you cannot continue the training due to illness or accident, you can provide us with doctor's certificates, and we will handle it at our discretion.

# WHAT COMES NEXT?

When you sign up for a 300-Hour Teacher Training, you're not only joining a training but a community of like-minded students and teacher.

We are so passionate about supporting our graduates. Many of our past students are now teaching all over in Hong Kong and oversea. Our gold-standard program and expert team of facilitators has put Flying Fairy in the map as the place where teachers come to advance their personal practice and grow their skills as an educator. Completing your 300-Hour qualification at Flying Fairy is guaranteed to be one of your best investments.

We'd love to hear from you!

You can either email us at [info@flyingfairyairal.com](mailto:info@flyingfairyairal.com) or visit our website at <https://www.flyingfairyairal.com> for more information about the teacher training programs.

