




VIE
HOLISTIC HEALTH
BODYWORK & WELLNESS

**200hr VINYASA YOGA
TEACHER TRAINING**

**"LONG WEEKENDS"
PROGRESSIVE FORMAT**



ABOUT


VIE HOLISTIC YOGA TT is first and foremost designed to take you deeper into your Yoga practice. The long weekend progressive format is part in-person and part online. It is a great structure for anyone who will require more time and integration in order to absorb the knowledge and also to suit their life and schedule.

Our 200hr teacher training curriculum is the groundwork for your growth and evolution as a practitioner & teacher. Upon completion of this TT you will have gained a greater understanding of Yoga as a science and a practice. You will have knowledge & skills to teach your own yoga classes and will have taken a deeper dive into yourself and your own practice. The combination of asanas, philosophy and breathing practices merged with modern tools of study & movement make each day of the 200hr TT a personal transformation.

Our TT is designed to provide you with a sturdy foundation of Yoga and a holistic experience that will ultimately enrich your whole life. We believe Yoga practice is physical, spiritual and metaphysical. Rooted in tradition and innovation and Recognized by the Yoga Alliance, our training is designed to give you tangible tools to practice & teach Yoga in various settings.

Coco's unique teaching, facilitation and practice style, is intelligently crafted & progressive so that you may integrate the rich curriculum in a practical & tangible way. It is designed to support and encourage developing your style and your unique voice so that it may come through in your teaching and practice. It also aims to support your ability to combine Yoga Philosophy and Vinyasa Practice authentically. Our TT is an invitation open to anyone who wishes to become a yoga teacher and anyone who wants to take their practice to another level.

For YOU to Move with ease. Lead with Light. Live with Grace. Thrive always.



ABOUT

Our 200 Hour Yoga Alliance Certified Course Curriculum will teach and offer you tools for practice and teaching of yoga. This program is open to students interested in developing a deeper understanding of yoga, their practice, and knowledge of their Self.

Our training prepares you to teach a well-rounded and safe vinyasa yoga class rooted in practice, study and personal experience.

You will learn:

How to create an all-levels alignment-based class

Asana Teaching Techniques

Teaching Methodology

The dynamics of sequencing: Vinyasa & Hatha Yoga

How to weave passion and purpose into your teaching

Subtle nuances of sequencing movements, music, talking points and poses

Foundational anatomy of muscles and bones (and how alignment flows out of it)

Subtle body anatomy (chakras, koshas, bandhas)

The Roots and Evolution of Yoga: the path of modern day yoga from East to West

How to take your practice off the mat and into your life with

The Patanjali Eight-Limbed Path

To practice teach, develop a sequence, and cultivate your unique voice



WELCOME

WHO IS THIS FOR?

This journey towards becoming a certified yoga teacher—and/or deepen your understanding of yoga—through philosophy, history, self-discovery and practice. This Vinyasa Yoga program is designed to support the growth of the student and aspiring teacher & to provide the knowledge for the practice of yoga in a manner that can enrich your life as well as others.

Since this course offers a strong foundation of yoga, it's a valuable course for students and teachers alike. Students will be encouraged and empowered to develop and be immersed in the study of yoga so that upon completion of this course, students will have not only the tools to teach safely and effectively with insight into the practices of yoga but also have a deeper understanding of how yoga can empower & nourish their lives.



SAMPLE SCHEDULE

VIE HOLISTIC YOGA TT is first and foremost designed to take you deeper into your Yoga practice. Our 200hr teacher training curriculum is the groundwork for your growth and evolution as a practitioner & teacher.

The Anatomy & the History of Yoga will be completed by students as an online format.

The in-person class time will be used for the rest of the curriculum tenets such as yoga asana practice, practice teaching, sequencing, philosophy and more.

Example of schedule for the 8 Long Weekend Format:

Thursday 5-9pm

Friday 5-9pm

Saturday 11am - 7pm

Sunday 11am -7pm

COCO FINALDI

Coco is a passionate & experienced Yoga Practitioner & Teacher for over 20 years. Originally from Montreal, Canada; Coco has traveled and had the opportunity to study, practice & live in different parts of the world. Namely California, Hawaii, Vancouver, Bali and Mexico. Coco loves her work and truly lives her craft. She has led numerous workshops, retreats and teacher trainings and has also run her own yoga studios. Additionally, she has been a part of many Yoga & Movement communities imparting her passion, knowledge and her findings.

Coco's classes and teaching style is rich and balanced with dynamic sequences & movement techniques, breath awareness and creativity. Her approach is designed to create sustainability, strength and flexibility in body and mind. She offers deep self exploration, inquiry and transformation.

In Coco's experience, Practice & study of Yoga is sacred and is composed of tradition and innovation. Practice what you preach. And Reap what you sew.

Coco is also a Holistic Bodywork & Massage Therapist and a Healing Arts Practitioner. Creative and multi-disciplinary, her studies & certifications include Massage Therapy, Health, Yoga & Wellness, Lifestyle Balance & Ayurvedic Nutrition.

A Practitioner, Mentor & Coach; her scope of practice is vast and her repertoire is dynamic, healing & restorative.

Coco firmly believes that your truest wealth is your health.

She also believes in consistency and that there are no short cuts.

We are here to witness and emulate the pace of nature as it reflects itself in us and in what we do.

Patience + Practice + Consistency + Persistence.

Coco is the creator of her own method: VIE HOLISTIC YOGA, BODYWORK, HEALTH & WELLNESS - the complete Portal to Thrival. She offers with Integrity, honesty, dedication, innovation and humor. Her hope is to support & accompany her students and clients to reach new levels of self discovery and to help them toward the achievement of their goals for greater overall health & healing, evolution and freedom in their mind and body.

Coco believes that movement is medicine + health is wealth + knowledge is power.

She creates and sets intention and an inviting space for everybody to experience the benefits of yoga and meditation. She offers structure and fluidity into practice and lectures to grow your Yoga, deepen your practice and widen your mind.

She has dedicated her life to Yoga practice, taught and studied and continues to do so.

She perceives the tapestry of Yoga as a touchstone and a solid foundation that she continues to enrich and evolve.

In light, love and health,

Coco





Once completed, VIE HOLISTIC YOGA TT will give you your certificate and you will be eligible to register with Yoga Alliance & teach at the 200 HR level.

Teachers are eligible to teach private clients, groups, corporate clients and to teach in studios, gyms, retreat and clinical settings.

This TT is:
Innovative
Traditional
Magical
Essential
Elemental
Alchemical
Anatomical
Philosophical
Healing
Powerful
Soothing
Transformative
Creative
Unique
Complete
Inspirational
Useful
Practical
Applicable

IT IS Doable
And much more beyond words
can describe.

LEARN

Student will:

Learn a teaching methodology that is accessible and applicable to self practice & teaching.

Gain a firm understanding of anatomy and its importance in practical application to poses,

Learn peak pose sequencing, which will solidify your understanding of asana and enable you to structure classes effectively

Practice and teach fundamental meditation and pranayama techniques.

Gain a clear understanding of yoga history and get approach that focuses on the application of key philosophical texts in a modern context.

Participate in practices, asana labs, practice teaching, and structured practicums that will deepen their personal practice and elevate their teaching.

Not only will this course provide you with a solid foundation for your yoga teaching, it will also support you in your leadership and skills as a teacher.

Example of schedule for the 8 Long Weekend Format:

Thursday 5-9pm

Friday 5-9pm

Saturday 11am - 7pm

Sunday 11am -7pm

*Schedule is subject to change



Ready to take the leap?

Ask us about
application & enrollment

In light,
Coco

VIE HOLISTIC YOGA
CABO YOGA AND FITNESS
vieholistichealthandwellness@gmail.com
caboyogafitness@gmail.com

