



mercedes **sieff**

Absolutely, Positively, Vinyasa Flow  
Yoga 200hr Teacher Training with  
Mercedes Sieff

Vinyasa Flow Yoga + Positive Psychology

November 2019 - May 2020

London, England

[www.mercedessieff.com](http://www.mercedessieff.com)



# Becoming a Vinyasa Flow Yoga Teacher

a note from course Director Mercedes Sieff...



*When I first started teaching, a long-time globally respected teacher told me that it takes at least a minimum of 12 years of teaching Vinyasa Flow Yoga full-time to be a good Teacher Trainer. This was the minimum amount of time she felt was needed to be able to authentically and effectively guide others how to teach its very particular layered methodology which makes it so unique. At the time, I wasn't exactly sure what she meant, as surely everyone evolves as a Teacher Trainer in their own time - some faster, some slower I thought? But as I enter my 13th year of teaching Vinyasa Flow Yoga, I now realise how true her words were. I now better comprehend why a great teacher trainer should have at least over a decade of full-time teaching experience in order to have a genuine understanding and ability to teach others how to teach.*





*As opposed to a set sequence that needs to be adhered to, or any particular rules or guidelines in general, Vinyasa Flow Yoga has none of these. The lack of boundaries is what makes it simultaneously both the easiest form of yoga and the hardest form of yoga to teach. This being because it relies entirely on the teacher's training, interpretation, teaching experience and knowledge of how to lead a technical, intelligent and multi-layered class. It is only from years of practical experience and regular teaching that one can really understand how to present both its complex and subtle facets in a manner that is accessible, easy to follow yet inspiring, and then in turn, teach others how to deliver a great Vinyasa Flow Yoga class at its finest.*

*I've taken the past few years away from offering a YTT as I went back to school to become a student again myself. During this time, I completed a Diploma in Coaching from Cambridge University, and a certification in Applied Positive Psychology. My aim with this training is to share what I've learned over more than a decade of teaching and merge it with my more recent studies of Positive Psychology, also known as the 'Science of Happiness'. My successes,*

*my mistakes, my learning curve and how I consistently use my top character strengths to create inspirational and unique Vinyasa Flow Yoga classes as a platform for my students to experience regular states of Flow. My studies and interest in Positive Psychology and its research on Flow and Strengths began to help me truly understand how to teach (and practice) from a place that's strong versus being in fear of getting things wrong. It not only gave me permission to find my own unique teaching voice and utilise my strengths more effectively but its scientific and unique approach helped me to recognise and encourage the strengths in others.*

*Back with a fresh set of new and unique approaches to sequencing, adjusting and teaching, I'm excited to be offering the UK's first Positive Psychology based Yoga Teacher Training. I hope to not only teach you how to teach others from a place of strengths, values and a growth mindset but how to better understand your own signature strengths, and use them to create a shift from functioning to flourishing.*



# Key Questions

Before embarking on a Yoga Teacher Training course here are a few questions you may want to ask yourself.

- 1) What is my intention for wanting to teach yoga?
- 2) Am I genuine in my motives for becoming a teacher?
- 3) Does my current yoga practice inspire me to want to inspire others?

These are just a few examples however the key point is this... your desire to teach yoga should be examined critically and honestly and you should be in a place where you are mentally, emotionally and physically prepared for the undertaking of a high quality, in depth yoga teacher training programme.

Yoga can be a powerful science, beautiful philosophy and inspiring art form if we allow it to be. As long as you feel passionate about yoga and know that you are ready and capable of sharing the teachings you have integrated, then it's time to embrace the journey of a Yoga Teacher Training course.





# About the course

Absolutely, Positively, Vinyasa Flow Yoga is a 200hr Yoga Alliance (US) registered Teacher Training. This unique teacher training programme is the first YTT to combine both Vinyasa Flow Yoga and Positive Psychology, and utilises a strengths based approach to both teaching and practising Vinyasa Flow Yoga. This includes learning how to enhance and use key character strengths such as resilience, courage, curiosity and perspective to inspire both the student's practice and the teacher's teachings. Working hard to identify the teacher's own inherent strengths and unique teaching voice, this training places a strong focus on intelligent and creative sequencing which takes into account the student and their needs, and not a teacher's pre-planned class or agenda.

This Yoga Teacher Training course is much more than an extended workshop. It is a high-density, in-depth study of Vinyasa Flow Yoga and how to teach it using various Positive Psychology tools and exercises.

You may find yourself pushed to a place both physically and spiritually that you may not have experienced before. This is part of immersing yourself in Teacher Training. To be able to take what you have learned from your experience and share it with others is an integral part of the process. That being said this training could be one of the best gifts you have ever given yourself. Taking the time to learn about, celebrate and explore your deeper self through the discipline of Yoga and Positive Psychology. It's one thing to understand yoga on an intellectual or mechanical level but to really understand its deeper layers, one needs to experience it for themselves and be willing to dive to their depths both physically and spiritually.

In order to be a competent, professional Yoga Teacher thorough training is a necessity. This course is eclectic and non-dogmatic, fresh and contemporary, and the first to combine Vinyasa Flow Yoga and Positive Psychology. It is also based on Mercedes' multiple years of teaching experience as well as personal study with many recognized great teachers. This course is not about training disciples who question nothing but rather we hope to inspire you to become disciples of life who question everything! Learn for all of your life. Teach for all of your life. Whatever that may be that you decide to share.



Course Director  
Mercedes Sieff  
ERYT 500



Born in Ottawa, Canada, Mercedes Sieff (nee Ngoh) is one of the UK's leading Vinyasa Flow Yoga teachers. She has spent most of her life studying creative movement and its use as a form of self-expression and spiritual exploration. It was during her time living in California and working in the entertainment industry that she began to study yoga. As her studies and passion for yoga grew steadily more intense, Mercedes gradually moved into teaching. Having studied various forms of yoga the primary style she now teaches is Vinyasa Flow. Most of her studies took place in California where she has completed different certifications under many recognised teachers including the lovely Shiva Rea.

In 2010 she founded the award winning health retreat Yeotown ([www.yeotown.com](http://www.yeotown.com)) and more recently, Mercedes founded London's first 'Mindfulness Cafe', Yeotown Kitchen ([www.yeotownkitchen.com](http://www.yeotownkitchen.com)) on Chiltern street in Marylebone. She is a Legacy Ambassador for Lululemon Athletica Harrods and teaches weekly classes exclusively at triyoga, London's largest yoga studio. Mercedes has been featured on ITV1, BBC Radio and in publications such as Yoga Journal, Tatler, The Sunday Times, OM Magazine, Harpers Bazaar and Yoga Magazine. She has also contributed articles to MindBodyGreen, Om Magazine, Elephant Journal and Yoga Magazine and is a lifestyle blogger for Huffington Post UK. In 2014 Mercedes returned to school to complete a Diploma in Coaching from the University of Cambridge and a certification in Applied Positive Psychology.

*"A great yoga teacher isn't someone who just leads a challenging class. A great teacher creates a safe space that inspires their students to have the courage to explore somewhere inside of themselves that has never been touched upon before."*

Mercedes Ngoh Sieff  
OM Magazine



# Course Curriculum

*“Whatever place, whatever time, the ancestors have framed the Yoga practices to suit them all. Only the attitudes and circumstances of human beings change. Time and space does not change. The same sun shines as always!”*

Sri T. Krishnamacharya



This 200hr Vinyasa Flow Yoga Teacher Training programme is a 6 month programme beginning December 2019 and runs through to May 2020.

Topics Covered:

- 1. Asana Sessions:** Physical & Energetic Alignment, Props and Enhancements of Standing & Seated Postures, Twists, Backbends & Inversions
- 2. Anatomy and Physiology Sessions:** Exploration of the body’s key muscles, organs, bones, joints and how they operate, practical anatomy exercises
- 3. History of Vinyasa Flow Yoga & Philosophy:** Including the more controversial recent findings around the real roots of modern day yoga and its ties to gymnastics and calisthenics
- 4. The Science of Positive Psychology:** History of the ‘Science of Happiness, teaching using your top character strengths, moving into Flow States and the Growth Mindset



5. **Positive Methodology:** Creating Positive Psychology infused yoga classes and helping students build on their innate strengths and the power in focusing on what's strong versus what's wrong.
6. **Pranayama:** Breathing exercises and the science of the breath
7. **The Eight Limbs of Yoga**
8. **Basic Sanskrit:** Language of Yoga
9. **Classical Sun Salutations:** A & B Surya Namaskar
10. **Creative Sun Salutations:** Supporting anchor poses and class energy through creative salutations
11. **Physics of Yoga:** Bandhas (energy locks)
12. **Designing classes:** Kramas (variations/modifications), Peaks & Valleys sequencing method, choosing/grouping anchor poses, creative Sun Salutations and how to confidently create your own
13. **Mantras:** Common chants explored, leading a group in sound and song
14. **Inspired teaching & chanting:** Becoming comfortable using your voice, both speaking and singing, finding your own unique teaching voice and style
15. **Mechanical versus magical:** Teaching yoga from the heart vs the head, sharing what you already know
16. **Know your audience:** How to create sequences for all levels
17. **Your inner teacher:** importance of a personal practice in relationship to the practice you teach and finding your own unique teaching voice
18. **Sequencing:** Creative mini-sequences within the flow and choosing anchor poses within the same energetic family
19. **Music:** Power of music, discovering your inner yogic DJ, creating inspiring playlists
20. **Meditation techniques:** The purpose and importance of meditation as the foundation and goal of an effective yoga practice
21. **Energetic Anatomy:** Chakras and Mudras
22. **Yoga Today:** How to market yourself, the business of becoming a successful Vinyasa Flow Yoga Teacher, innovative ways to begin teaching yoga and Q&A with past students and how they made the transition to teaching yoga full-time



# A Very Hands-On Practical Training



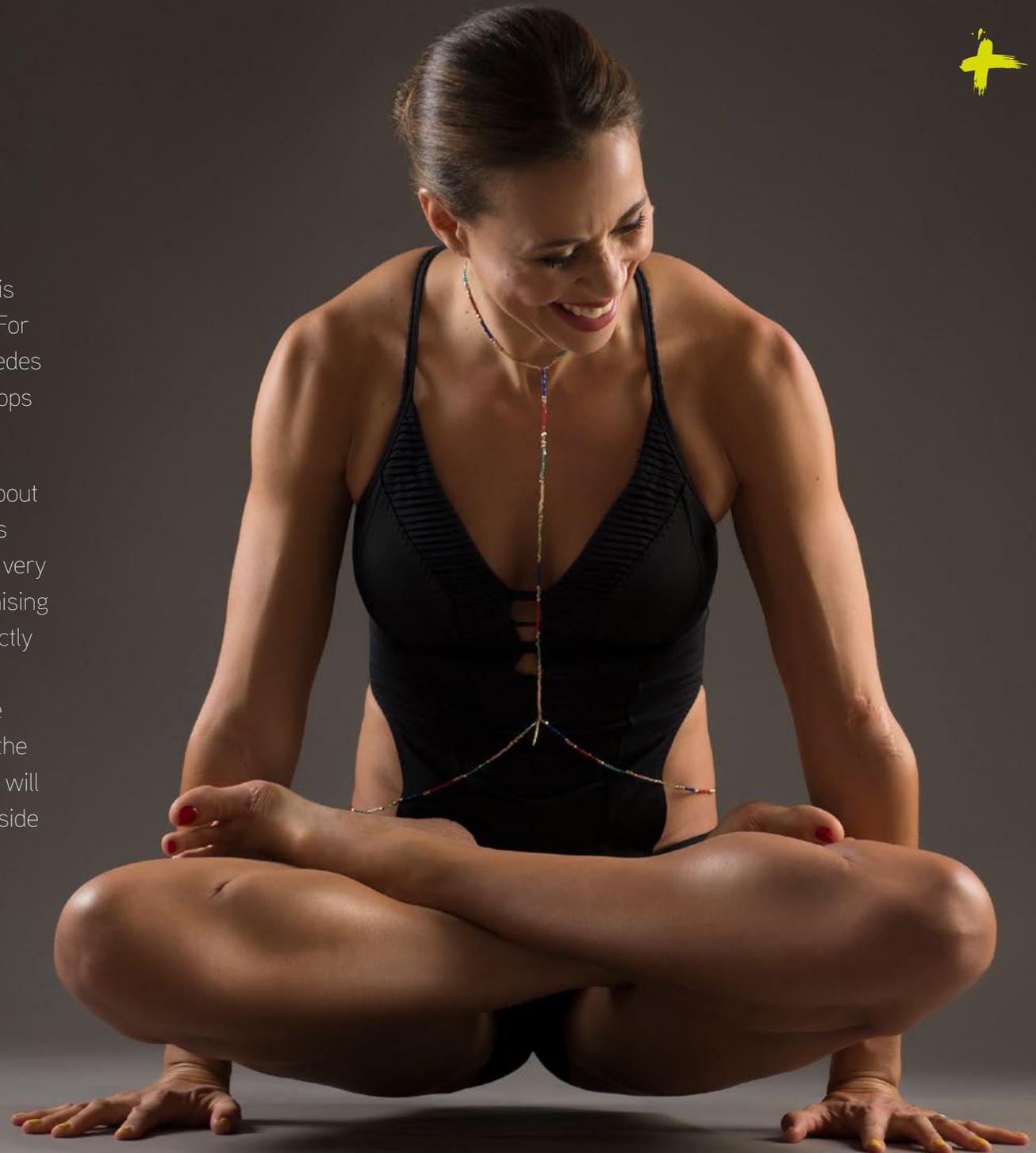
Anyone can learn to memorise one song on the piano (chopsticks anyone?!) or perhaps one song on the guitar however it doesn't mean you know how to play the piano or guitar, and it definitely doesn't qualify you as a musician! The same holds true when teaching yoga. Spending 7 months memorising one 'routine' all leading to the final day where you are tested on reciting it back to your fellow teacher trainees is much more a testament to your ability to memorise than actually teach. The fact is there is no one body type and both our physical and mental and emotional needs are changing all the time. Therefore it's impossible to have a 'one size fits all' yoga sequence. Yoga is meant to be prescriptive hence why a great teacher training should actually equip you to teach around the needs of the student and not force the students to fit the teachings of the teacher.

To that end please be aware this course is a HIGHLY practical training where the group engages in practice teaching every session. It won't be unusual for a student to be asked to stand in front of the group and teach whatever given topic we may have covered on the day. This will involve numerous practical teaching exercises from the simple to the more challenging that will allow you to gracefully ease into teaching. While at first this may seem daunting, this method will allow you to feel safe to play around and explore your own unique teaching style and voice. Additionally it allows you the opportunity to learn how to lead a class from a place of strengths within a supportive group setting of like-minded individuals offering constructive



feedback and guidance for you to build upon. In short this makes for a very fun, personal and tailored experience. For those who wish there will be opportunity to assist Mercedes in her regular weekly classes at triyoga and any workshops or events she may hold during and after the course.

Mercedes Sieff the course Director is very passionate about training students to become great, highly skilled teachers and believes this only happens when the lead teacher is very hands on and present for the entire programme. Recognising students sign up to the course in large part to learn directly from her, Mercedes prides herself on teaching or being present for the majority of the programme. There will be special guest teachers who will guide small sections of the course in the area of their expertise, however Mercedes will be the lead teacher and guide most of the training alongside help from assistants and her former YTT graduates.





# Eligibility and Accreditation

## Eligibility

1. You have been practicing yoga for a minimum of two years
2. You are familiar with many of the basic key poses
3. You are interested in yoga and have a sincere desire to expand your knowledge and practice
4. You regularly attend classes or self practice on a regular basis
5. You are interested in teaching the methodology of Vinyasa Flow Yoga with a Positive Psychology influence.
6. You are in good general health\*

\*Please be aware this is a Vinyasa Flow Yoga training course and the daily practice during the course will be dynamic, fluid and challenging in nature. If you have never practiced with Mercedes it is suggested to attend one of her classes in London and experience her teaching style and philosophy before signing up to the course.

## Assessment and Certification

Please note there is no guarantee that your graduation is an automatic. You must complete all course assignments and your progress will be assessed throughout the programme. Your attendance of all contact hours over the designated weekends is compulsory in order to graduate. Please check the course dates before applying to the programme and make sure you can attend. If you enrol and find you are unable to attend a session, you must let the Course Director know as soon as possible. You will need to make up the hours at your own extra expense on top of the course fees. We understand things can happen in life and will work with you to look for a way to complete the course should the unexpected arise.



# Eligibility and Accreditation

## Accreditation

Upon successful completion of the full 200hr course participants will receive a certificate of completion. This is awarded based on a demonstrable comprehension of the principles and practice of Vinyasa Flow Yoga inspired by Positive Psychology, with an ability to clearly communicate this to others. It also includes non-contact hours course work that will consist of online anatomy lessons, reading project, assignments, class attendance and video assessment. The latter which must be submitted within one month of completion of contact hours.

This 200hr Vinyasa Flow Yoga Teacher Training programme is registered and approved by the Yoga Alliance USA. It is an internationally recognised course both in the UK and abroad. Once you receive your certificate you may simply send in a copy to Yoga Alliance US ([www.yogaalliance.org](http://www.yogaalliance.org)) along with their required YA fees and register to become an RYS200 Yoga Teacher.

\*Please note that this course is an Educational & Recreational Training in nature and not an Employment Service Provider or Vocational Training. This course does not guarantee nor purport to promise employment as a yoga teacher or any other kind of employment in related fields complimentary to yoga. Please inquire before applying should you have any further questions about this matter. Additionally, due to the nature of the programme, this course is unable to accommodate dogs, including medic alert dogs for manageable conditions (such as diabetes) at this time. Please get in touch for details should you wish further information on this matter.



ELIGIBILITY AND ACCREDITATION



# Dates & Fees

## Costs

### **£3400 Early Bird Price**

(Paid in full by July 30th, 2019)

### **£3700 After August 1st, 2019**

### **£3950 Payment plan option of 4 instalments**

A £650 non-refundable deposit upon registration and remaining 3 installments of £1100 every two months paid by end of course in May 2020.

Should you need to arrange an alternative payment plan other than the one as outlined, please feel free to get in touch to discuss. We are happy to try to work with you on making the course fee manageable.

Cost includes all tuition and materials for programme (excluding books for reading assignment), one year free membership to Yeotown Life ([www.yeotown.com/yeotownlife](http://www.yeotown.com/yeotownlife)) and Mercedes online classes.

Deposit: a £650 non-refundable deposit is required to reserve your space on the course.

Location: All sessions will take place in Chelsea, London SW3

## **2019 COURSE DATES**

(subject to change)

November 30th – December 1st

December 7th - 8th

January 11th - 12th

January 18th - 19th

February 8th - 9th

March 7th - 8th

April 18th - 19th

April 25th - 26th

May 11th - 12th

Please note - attendance of all weekend sessions are mandatory in order to graduate from the programme.

Should you have to miss a session, a make-up day may be required at an extra expense in order to cover any material missed.



# Cancellation, Deposit & Refund Policy

Upon receipt of confirmation that you have been accepted onto the programme, your non-refundable deposit of £650 is required to reserve your space. Unless you have chosen the payment plan option, your remaining balance is due 45 days to the start of the programme, or your place may be given to another person.

In the event of cancellation:

If you withdraw 60 days or more before the programme your remaining balance will be refunded (less your £650 deposit)

If you withdraw within 59 days or less before the programme no refund will be given however any balance paid may be transferred to a third party should you be unable to attend, subject to their suitability for the programme. We must be notified immediately and they must fill out the required application form and will be subject to an interview.

The 3rd party must be acceptable for the programme as determined by Mercedes Sieff. It will be your responsibility to find a 3rd party to take your place however if there is a waiting list, we would be happy to offer your space to the first available candidate on the list in order to help you recoup any fees paid.

PLEASE NOTE: No refunds, credits or transfers can be given for no-shows, early departure from programme, unused days, travel delays, or Mother Nature. Spaces on the programme are limited. Applications will be considered based on the information provided on the application and the post application interview. Decisions to accept a candidate are made in the sole and absolute discretion of course Director, Mercedes Sieff ERYT-500 without recourse or liability.



# Where are they now?

Many past graduates of the previous 200hr Vinyasa Flow Yoga Teacher Training with Mercedes Sieff have gone on to be successful teachers in their own right teaching group classes at leading yoga studios, workshops and retreats around the world. A few examples of past attendees and their thoughts on the training...



*Just wanted to drop you a line to say I did my first cover this week at Triyoga. I was pretty nervous beforehand. But your having been so focussed on our finding our own authentic voice and style helped so much. I really heard your voice in my head and I just thought, as long as I'm myself and I mean it, it'll be fine, and it was! Thank you so much Mercedes!*

Emily, Vinyasa Flow Yoga instructor London, United Kingdom  
[www.emilyvalente.com](http://www.emilyvalente.com)

WHERE ARE THEY NOW?

*This was not my first teacher training but this teacher training was an incredible experience set in the most beautiful of surroundings. Mercedes really teaches from the heart how to build beautiful, creative Vinyasas that you can share joyfully with others.*

Margot Herringer, Vinyasa Flow Yoga Instructor , Cape Town, South Africa  
[www.lumalayoga.com](http://www.lumalayoga.com)





*Amazing, amazing, amazing! There's really nothing more I can say. Mercedes really takes you on a journey which allows you to dive deep into the teachings and methodology of Vinyasa Flow Yoga."*

Rali Gineva, Vinyasa Flow Yoga Instructor London, United Kingdom  
[www.yogawithrali.com](http://www.yogawithrali.com)

WHERE ARE THEY NOW?

*If I hadn't embarked on my yoga journey with Mercedes at Yeotown, this wonderful opportunity (hosting my first yoga retreat in Italy and opening my own studio) may not be happening. I want to share my genuine gratitude to you, for helping me feel capable and confident to share and take the amazing yoga teachings forward, with awareness and love.*

Gillian McDonald, Vinyasa Flow Yoga teacher and Yoga Studio Owner, Bangor, Ireland  
[www.vflowyoga.com](http://www.vflowyoga.com)

