

# 2018年3月2日 ~ 3月26日Forrest Yoga 基础师资培训

(内容最终解释权以英文为准)

导师：Forrest Yoga 监护人SinHee McCabe & Jambo Truong

培训地点：

Pertiwi Resort and Spa

Jl. Monkey Forest, Kabupaten Gianyar

巴厘岛，印度尼西亚

25天的课程涵盖：

- Every morning is a full immersion into Ceremony where Jambo & Sinhee will teach the traditional ceremonies of Forrest Yoga with their own added spiritual practises.  
学员每天早上将亲身体验到 SinHee McCabe 和Jambo Truong 传授的朝拜仪式。这些仪式精心融合了SinHee McCabe 和Jambo Truong 自身多年的灵修经验以及ForrestYoga传统朝拜仪式的精华
- Forrest Yoga intensives that offer a wide variety of ways to practise Forrest Yoga sequences  
Forrest Yoga课程强化练习。学员将领略到Forrest Yoga 体位法丰富多样的编排方法
- In depth experience of working with intent on and off the mat  
深入领悟如何在瑜伽练习之中以及之外，有意识的运用“意图”(Intent)
- Hands on assists for Therapeutic & Advanced Poses  
具有疗愈功效体式以及高难度体式的Hands-on 辅助技巧
- Teaching Practise, including holding space and Public Speaking skills  
将所学的ForrestYoga教授技巧付诸实践，模拟教学。包括熟习怎样为自己保留安全空间以及公众演讲技巧
- Guidelines for working with pregnancy, 1-2-1's and sensitive issues including Addiction, Trauma & Chronic Pain  
导师会指导学员如何应对孕妇，1:1私教课，以及一些极其敏感的情况，如不良嗜好，创伤和慢性病痛
- Full Immersion of Forrest Yoga ceremonies that will support your path as a teacher and leader  
深入领悟ForrestYoga的朝拜仪式，使之能有效的辅助学员走上成长为老师以至领导者的历程

- Functional Anatomy for Forrest Yoga Program  
专门对应Forrest Yoga 课程教学的人体功能解剖学
- Option for accommodation and meals to be included. Training is provided in a GORGEOUS Balinese resort.  
此次培训所在的华丽的Pertiwi Resort and Spa 渡假村也提供食宿全包的组合

**PRICING FOR TUITION ONLY / 费用：只涵课程学费**

Full Price Early Bird / 早报名优惠: USD 3,850 (if paid by 31 January 2018 ) (2018年1月31日前全款付清)

Full Price / 全价: USD 4,200

Deposit / 按金: USD 2,000

Final Payment / 余款: USD 2,400

For this event, we are offering residential packages as below. Note that the prices below only reflect room charges and food packages separate from the training itself:

此次培训也提供住宿组合，下述费用只包括学费以外的食宿费用

**ROOM : SUPER DELUXE (TWIN ROOM OR DOUBLE ROOM)**

房型：超豪华（双床或大床房）

Single Occupant: Package A USD 2,282 （一人住A组合）

Single Occupant Package B USD 2,950 （一人住B组合）

Double Occupant Package A USD 1,563 （双人住A组合）

Double Occupant Package B USD 1,711 （双人住B组合）

Triple Occupant Package A USD 1,524 （三人住A组合）

Triple Occupant Package B USD 1,360 （三人住B组合）

**ROOM : DELUXE SUITE (TWIN ROOM OR DOUBLE ROOM)**

房型：豪华套房（双床或大床房）

Single Occupant: Package A USD 2,682 （一人住A组合）

Single Occupant Package B USD 2,642 （一人住B组合）

Double Occupant: Package A USD 1,788 （双人住A组合）

Double Occupant: Package B USD 1,748 （双人住B组合）

Triple Occupant: Package A USD 1,657 （三人住A组合）

Triple Occupant: Package B USD 1,617 （三人住B组合）

**ROOM : ONE BEDROOM PRIVATE POOL VILLA**

房型：单房泳池别墅

Single Occupant: Package A USD 3,282 (一人住A组合)

Single Occupant: Package B USD 3,242 (一人住B组合)

Double Occupant: Package A USD 2,088 (双人住A组合)

Double Occupant: Package B USD 2,048 (双人住B组合)

Triple Occupant: Package A USD 1,857 (三人住A组合)

Triple Occupant: Package B USD 1,817 (三人住B组合)

**ROOM : TWO BEDROOM PRIVATE POOL VILLA (WITH PRIVATE POOL)**

房型：双房泳池别墅（私用泳池）

4 person Occupant: Package A USD 1,815 (四人住A组合)

4 person Occupant: Package B USD 1,779 (四人住B组合)

**Included in for all residents** / 住客可享用:

- Welcome drink and scented chilled towel upon arrival.  
迎宾饮品及香薰冷毛巾
- Tropical fruits upon arrival.  
到店可享用应季水果
- Complimentary daily breakfast  
每日免费早餐
- Complimentary daily afternoon tea  
每日免费下午茶
- Complimentary tea & coffee making facility  
茶及咖啡设备
- Daily turn down service  
每日开床服务
- Complimentary use of fitness center  
免费健身中心设施
- Complimentary internet access within the Resort area  
渡假村范围内的免费无线上网
- Complimentary shuttle drop and pickup service to Ubud Center as per hotel schedule  
每日定时往返渡假村和Ubud市中心的免费穿梭巴士

**Package A Inclusions** / A组合包括:

- 25 x buffet lunch / 25天自助午餐
- 26 x buffet dinner / 26天自助晚餐
- 2 x 1 hour Relaxation Massage / 2次1小时放松按摩
- Return airport transfer / 双程机场接送
- Yoga venue / 瑜伽场地

- Yoga props – mat, blocks, strap, towel and mineral water / 瑜伽用具 - 瑜伽席，瑜伽砖，瑜伽绳，大毛巾，矿泉水

**Package B Inclusions / B组合包括：**

- 24 x buffet lunch / 24天自助午餐
- 20 x buffet dinner (package B only) / 20天自助晚餐（只限B组合）
- 2 x 1 hours Relaxation Massage / 2次1小时放松按摩
- Yoga venue / 瑜伽场地
- Yoga props – mat, blanket, blocks, trips, towel and mineral water / 瑜伽用具 - 瑜伽席，瑜伽砖，瑜伽绳，大毛巾，矿泉水

**Accommodation dates: 1 March 2018 - 26 March 2018**

住宿日期3月1日 ~ 3月26日

If you are organising your own accommodations but would like to have your food prepared, please email:

如自行安排住宿但需要准备餐饮，请发电子邮件到：

info@aimyoga.co

nick@aimyoga.co

chester@aimyoga.co

For more detailed information on the training: <https://www.forrestyoga.com/training/foundation/>

如需详情请浏览：<https://www.forrestyoga.com/training/foundation/>

Languages covered: English, Korean, Cantonese, Mandarin & Vietnamese

语言：英文，韩文，白话，普通话及越南语