

2018年3月2日 ~ 3月26日Forrest Yoga 基礎師資培訓

(內容最終解釋權以英文為準)

導師：Forrest Yoga 監護人SinHee McCabe & Jambo Truong

培訓地點：

Pertiwi Resort and Spa

Jl. Monkey Forest, Kabupaten Gianyar

巴厘島，印度尼西亞

25 Days / 25天的課程涵蓋

- 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.
學員每天早上將親身體驗到SinHee McCabe和Jambo Truong 傳授的朝拜儀式。這些儀式精心的融合了SinHee McCabe和Jambo Truong自身多年的靈修經驗及ForrestYoga傳統朝拜儀式的精華
- Forrest Yoga intensives that offer a wide variety of ways to practise Forrest Yoga sequences
ForrestYoga課程強化練習。學員將領略到ForrestYoga體位法豐富多樣的編排方法
- In depth experience of working with intent on and off the mat
深入領悟如何在瑜珈練習之中及之外，有意識的運用“意圖”(Intent)
- Hands on assists for Therapeutic & Advanced Poses
具有療癒功效體式以及高難度體式的Hands-on輔助技巧
- Teaching Practise, including holding space and Public Speaking skills
將所學的ForrestYoga教授技巧付諸實踐，模擬教學。包括熟習怎樣為自己保留安全空間以及公眾演講技巧
- Guidelines for working with pregnancy, 1-2-1's and sensitive issues including Addiction, Trauma & Chronic Pain
導師會指導學員如何應對孕婦，1:1私教課，以及一些極其敏感的情況，例如不良嗜好，創傷和慢性病痛
- Full Immersion of Forrest Yoga ceremonies that will support your path as a teacher and leader
深入領會ForrestYoga的朝拜儀式，使之能有效的輔助學員走上成長為老師以至領導者的歷程
- Functional Anatomy for Forrest Yoga Program
專門應對Forrest Yoga課程教學的人體功能解剖學
- Option for accommodation and meals to be included. Training is provided in a GORGEOUS Balinese resort.

此次培訓所在的華麗的Pertwi Resort&Spa 渡假村 也提供食宿全包的組合

PRICING FOR TUITION ONLY /費用：只涵課程學費

Full Price Early Bird / 早報名優惠: USD 3,850 (if paid by 31 January 2018) (2018年1月31日前全款付清)

Full Price / 全價 : USD 4,200

Deposit / 按金 : USD 2,000

Final Payment / 餘款: 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:

此次培訓也提供住宿組合，下述費用只包括學費以外的食宿費用

ROOM : SUPER DELUXE (TWIN ROOM OR DOUBLE ROOM)

房型：超豪華（雙床或大床房）

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

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

Double Occupant Package A USD 1,563 （雙人住**A**組合）

Double Occupant Package B USD 1,711 （雙人住**B**組合）

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

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

ROOM : DELUXE SUITE (TWIN ROOM OR DOUBLE ROOM)

房型：豪華套房（雙床或大床房）

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

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

Double Occupant: Package A USD 1,788 （雙人住**A**組合）

Double Occupant: Package B USD 1,748 （雙人住**B**組合）

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

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

ROOM : ONE BEDROOM PRIVATE POOL VILLA

房型：單房泳池別墅

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

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

Double Occupant: Package A USD 2,088 （雙人住**A**組合）

Double Occupant: Package B USD 2,048 （雙人住**B**組合）

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

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

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

房型：雙房泳池別墅 (私用泳池)

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

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

Included in for all residents / 住客可享用：

- Welcome drink and scented chilled towel upon arrival.
迎賓飲品及香薰冷毛巾
- Tropical fruits upon arrival.
入住可享用應季水果
- Complimentary daily breakfast
每日免費早餐
- Complimentary daily afternoon tea
每日免費下午茶
- Complimentary tea & coffee making facility
茶及咖啡設備
- Daily turn down service
每日開床服務
- Complimentary use of fitness center
免費健身中心設施
- Complimentary internet access within the Resort area
渡假村範圍內的免費無線上網
- Complimentary shuttle drop and pickup service to Ubud Center as per hotel schedule
每日定時往返渡假村和Ubud市中心的免費穿梭巴士

Package A Inclusions / **A**組合包括：

- 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小時放鬆按摩
- Return airport transfer / 雙程機場接送
- Yoga venue / 瑜珈場地
- Yoga props – mat, blocks, strap, towel and mineral water / 瑜珈用具 - 瑜珈席, 瑜珈磚, 瑜珈繩, 大毛巾, 礦泉水
-

Package B Inclusions / **B**組合包括：

- 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組合)
- 2 x 1 hours Relaxation Massage / 2次1小時放鬆按摩
- Yoga venue / 瑜珈場地

- Yoga props – mat, blanket, blocks, trips, towel and mineral water / 瑜珈用具 - 瑜珈席，瑜珈磚，瑜珈繩，大毛巾，礦泉水

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準備餐飲，請發送電子郵件到：

info@aimyoga.co

nick@aimyoga.co

chester@aimyoga.co

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

如需詳情請瀏覽：<https://www.forrestyoga.com/training/foundation/>

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

語言：英文，韓文，白話，普通話及越南語