



movement method

75 HR ADVANCED YTT SACRED VALLEY, PERU

October 22 - 31, 2024 with Kate Gillespie + Matt Phippen



MOVEMENT METHOD

75 HR YTT



WELCOME! We are thrilled that you are interested in joining us in Peru for our 75 Hour Advanced Yoga Teacher Training Immersion. Our aim for this training is to offer you an educational experience steeped in the science of movement, body mechanics, and breath. It is the culmination of the wide and varied teaching experience that we've been accumulating over the years. The topics are the ones we love the most, and what we do best. Our time together will be rich, informative, potent, and transformative. And most importantly, we're gonna have a blast in one of the most incredible places in the world.

Not a teacher, but want to come and soak it all up? Curious students are welcome too. We firmly believe the information we offer at this training will be novel to anyone who participates, and is not limited to those who teach.

Samadhi is a beautiful retreat centre designed with sacred geometry, surrounded by mountains and ancient culture. You'll enjoy stunning views of the Sacred Valley from the yoga studio, dining area, and every single room. For more information on Samadhi, please visit www.samadhisacredvalley.com.

We hope you can join us on this magical adventure!

Much Love,
Kate & Matt



SEQUENCING | MOBILITY | ADJUSTMENTS | BREATH

The 75 Hour Advanced Level Movement Method Teacher Training is a comprehensive and in-depth exploration of movement, sequencing, hands-on adjustments, breath and science. Movement Method classes are a marriage of function and flow, as they combine contemporary science-based mobility training and modern day Vinyasa.

We both firmly believe that there is no one way to move or to teach movement. We love a good stretch and all the feels from flowing Yoga postures, but we also understand the value and importance of precise and isolated joint work, and that end range strengthening is where its at if you're truly trying to optimize the way the body functions.

One of the main objectives of this course will be to learn how to intelligently and creatively incorporate mobility work into flow style Vinyasa sequencing. You'll leave with a strong comprehension of the mechanism and science behind mobility training, how and where to place this material into your Yoga sequences, and a new language to use when teaching this type of content. Other topics include hands-on adjustments, rib and pelvic floor mechanics, and a scientific investigation into the effects of breathing.

More than anything we want this training to help you build confidence in the words you use and the information you're sharing while you teach.

This training is for YOU if you are interested in:

- science based tools to improve movement potential (mobility)
- fine tuning how you sequence Yoga classes
- how to leverage the breath to manipulate the central nervous system
- refining your voice
- expanding your knowledge of the body and how it functions
- improving your hands-on adjustments
- increasing your capacity to articulate/explain complex anatomical and physiological concepts
- feedback, as you'll be teaching while we're there! (non-teachers can opt out)

Basically, if you've already graduated from a 200 - 500 hour YTT or more, if you want to brush up on your teaching skills, or if you've been loving the addition of functional movement in Vinyasa classes - this training is for you. This course qualifies for CE credits with Yoga Alliance.

ACCOMMODATIONS (USD)



BUNGALOWS

Each bungalow has 3 beds and is equipped with chromotherapy in showers, aromatic oils, native flowers, chakra-colored crafting stones brought from 7 sacred mountains, and crystals.

Triple Occupancy \$2590 PP Double Occupancy \$2790 PP Single Occupancy \$3590



SUITES

1 queen bed or two doubles, private bathroom, private living room, terrace or balcony.

Double Occupancy \$2990 PP Single Occupancy \$3890 PP



Coming solo and want to share a room? We can pair you up with a roomie or two.

[Learn more about Samadhi Sacred Valley on their website.](#)



RATES INCLUDE

- tuition for 75 hours of training, which qualifies as Continuing Education with Yoga Alliance
- access to online courses: Redefining Mobility, Redefining The Breath and Methodical Sequencing
- 9 nights accommodation at Samadhi
- 3 meals a day
- Transportation to and from the airport or Cusco to Samadhi
- All taxes

SCHEDULE

Check in is 11am on October 22. We'll have lunch as a group, and begin that afternoon. Most days will look like this:

7am - 9am Movement Method Class

9am - 10:30am Breakfast

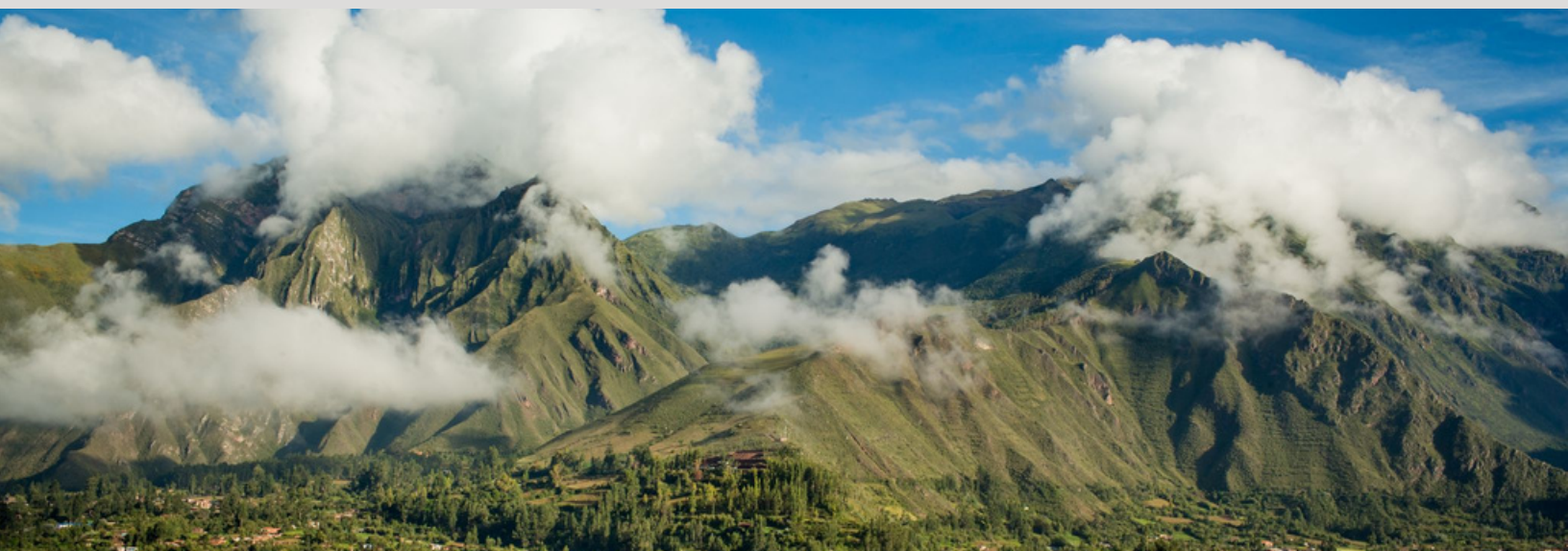
10:30 - 1pm Lab

1pm - 2:30 Lunch

2:30 - 5pm Lab

6:30 - 7:30pm Dinner

Schedule is subject to change. The last 2 days of the training will be altered to accommodate your teaching practicum. We'll also have a day off in the middle to explore! Check out is 11am on October 31.



PAYMENTS AND POLICIES



- A non-refundable \$500 USD deposit will hold your spot.
- 50% is due by April 15, 2024 and full payment is due by August 15, 2024. Payment plans available.
- If you cancel before September 15, 2024 you will receive the balance of your payment back minus the \$500 deposit.
- For cancellations after September 15, 2024 you will not receive a refund.
- Canadians, our preferred method of payment is email transfer to kkgillespie@gmail.com.
- Americans, our preferred method of payment is through Zelle to matt.phippen@gmail.com or Venmo @Matthew-Phippen
- International folks, or those wanting to use a credit card, we can also do PayPal with an added fee of 3%.

GETTING THERE

- The closest airport is in Cusco (CUZ).
- On the morning of Oct 22, we will arrange transportation from a meeting place in Cusco.
- On Oct 31, we'll check out at 11am and provide transportation back to Cusco.

We hope you can join us on this incredible adventure!
Please email kkgillespie@gmail.com with any questions.

SIGN UP

