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BROGA® FITNESS BOOTCAMP AND TEACHER TRAINING CERTIFICATION COURSE



Saturday August 16
to Saturday August 23

150 HOUR BROGA® AND FITNESS YOGA CERTIFICATION

Challenge module:

Rigorous fitness and yoga training as it directly applies to sport and anatomy

Sweat module:

Expand your knowledge of the foundations and engage in the diversity of yoga practice

Stretch module:

Learn how to creatively program teaching, make adjustments and be technically proficient with different markets and client setbacks.



Wellington College
West Berkshire, UK

Founded by Queen Victoria in 1859 as a School for children of the military forces, Wellington College has, from the beginning, been at the forefront of sport. On 400 acres of beautiful grounds and listed buildings near Ascot are found some of the country's top sporting and athletic facilities. Wellington is also a founding member of Rugby Union.



Hidden within Wellington College lies the sanctuary of the Mandarin Center. Its floating rooms and zen courtyard are the centrepiece of all yoga practice and academia during your course.



Each day begins with a new sporting challenge hosted by experts and world class athletes. We then workshop, practice and actually feel the demands placed on these athletes and the benefits specific yoga moment has in aiding longevity and increasing performance.



SHAWN STAFFORD
LEGS BLAST

6x Back Squat	45s (ii)
and Walk Squat	45s (ii)
4x Lunges	45s (ii)
4x Split Squats	45s (ii)
2x Bridge + Curl	45s (ii)
and Walk Squat	45s (ii)
and Box Jumps	45s (ii)





Trainees are prepared to undergo a life-changing daily programme of intensive physical challenge, academic learning and testing:

MORNING PHYSICAL SPORT SESSIONS WITH LEADING SPORTS FIGURES AND OLYMPIC ATHLETES*

BROGA SYLLABUS WORKOUT TRAINING
FITNESS AND SPORT MOVEMENT ANATOMY AND PHYSIOLOGY
MOBILITY TRAINING FOR INJURY PREVENTION
YOGA HISTORY AND THEORY
YOGA ASANA TEACHING TECHNIQUES AND ADJUSTMENT WORKSHOPS
EVENING MOVEMENT AND THEORY TESTING

*Teacher workshop lineup TBA

BROGA BOOTCAMP TEACHER TRAINING INCLUDES:

RESIDENTIAL ON CAMPUS ACCOMMODATION.

THREE NUTRITIONALLY BALANCED MEALS AND TWO SNACKS DAILY

WORLD-CLASS PROFESSIONAL ATHLETIC FACILITIES

ALL COURSEWORK MATERIALS

BROGA® LICENCE AND CERTIFICATION





ONCE CERTIFIED FROM THE BROGA® BOOTCAMP, GRADUATES ARE QUALIFIED TO TEACH BROGA® AND OTHER STYLES OF FITNESS YOGA CLASSES.

On successful completion the three modules of Broga® Bootcamp teacher training, participants can benefit from exclusive membership into the Broga Me™ program of ongoing support, PR and marketing opportunities as a yoga teacher and fitness leader. Or just come and have the yoga and fitness week of your life!



WE ENCOURAGE PARTICIPANTS OF ALL TYPES BUT RECOMMEND A CERTIFICATION IN EITHER YOGA, PERSONAL TRAINING, OR GROUP FITNESS INSTRUCTION.

OTHERS WILL BE CONSIDERED ON A CASE BY CASE BASIS.

BEING AN ATHLETE IS NOT A REQUIREMENT, JUST THE MINDSET TO BE ONE!



Prooga

Challenge Sweat Stretch



The three modules of Broga® Bootcamp are priced at an all inclusive tuition of £1500.*

Teaching diploma and 12 month membership into the Broga Me™ support program is an additional £20.

TEACHER TRAINING CELEBRITY FACULTY



Matt Miller

American Football pre-season training

Sports Specific Anatomy

Matt has been involved in athletics his whole life. A Laguna Beach, California lifeguard and swimmer, Matt played American football in high school and at USC. After injuring his hip and being the youngest person to receive a titanium replacement, Matthew went on to become a three time superheavy weight NABBA bodybuilding champion and use his passion for rehabilitation in spite of physical setback to help others by working as a personal trainer. Matt has a degree from the National Association of Sports Medicine and holds an advanced nutrition certification from the University of California school system. He discovered yoga only two years ago as a passion for aiding other athletic activities and is a Fitness Yoga instructor.



Shaun Stafford

Strength and resistance training

Building a business out of fitness

International physique covermodel, presenter and WBFF European and World Fitness Champion, Shaun Stafford, is not only one of the most sought after strength and conditioning trainers in the UK but an accomplished businessman as well.

Shaun owns City Athletic Gym in the City of London where he has built an entire team that work with and attract a wide variety of clientele as well as professional sports teams.



Leon Taylor

Swim training

Mentoring clients to be better athletes and people

During a diving career spanning more than 20 years, Leon has won medals at all major championships and participated in three Olympic Games. He pushed the boundaries not only personally, recovering from numerous surgeries, but also those of the sport itself, by inventing "the world's most difficult dive" a backward 2.5 summersaults with 2.5 twists in the pike position. In 2004, Leon Taylor finally achieved his life-long ambition when, with diving partner Peter Waterfield, he won the first British Diving Olympic medal in 44 years by securing Silver at Athens.

Look no farther than your television to find Leon. He has worked as a judge on Splash! and is an integral part of the BBC Sports Olympic coverage. Leon has also been mentor to diving sensation Tom Daley. This role led him to write his first book, "MENTOR - The most important role you were never trained for". Leon is a certified yoga instructor and is a much sought after motivational speaker, a Brand Ambassador for BMW, BT and Lloyds TSB.



Phillipa Peak

Senior Yoga Consultant

You may recognise Phillipa from regular roles on Emmerdale, Casualty and Eastenders but behind the scenes she is a yoga and Pilates powerhouse. Phillipa is one of the most sought after teachers in London and can also be found hosting retreats and trainings for those seeking her powerful and dynamic style of teaching. Her no-nonsense approach to working with the body and pushing students to new levels of success is a Broga match in heaven.

But don't be scared, Phillipa is fun and sweet and bootcamp sergeant in equal measure.

Aside from being a standout yoga teacher herself, Phillipa brings with her an amazing acting background to elevate students into realising their own full potential and voice as inspirational leaders in fitness.

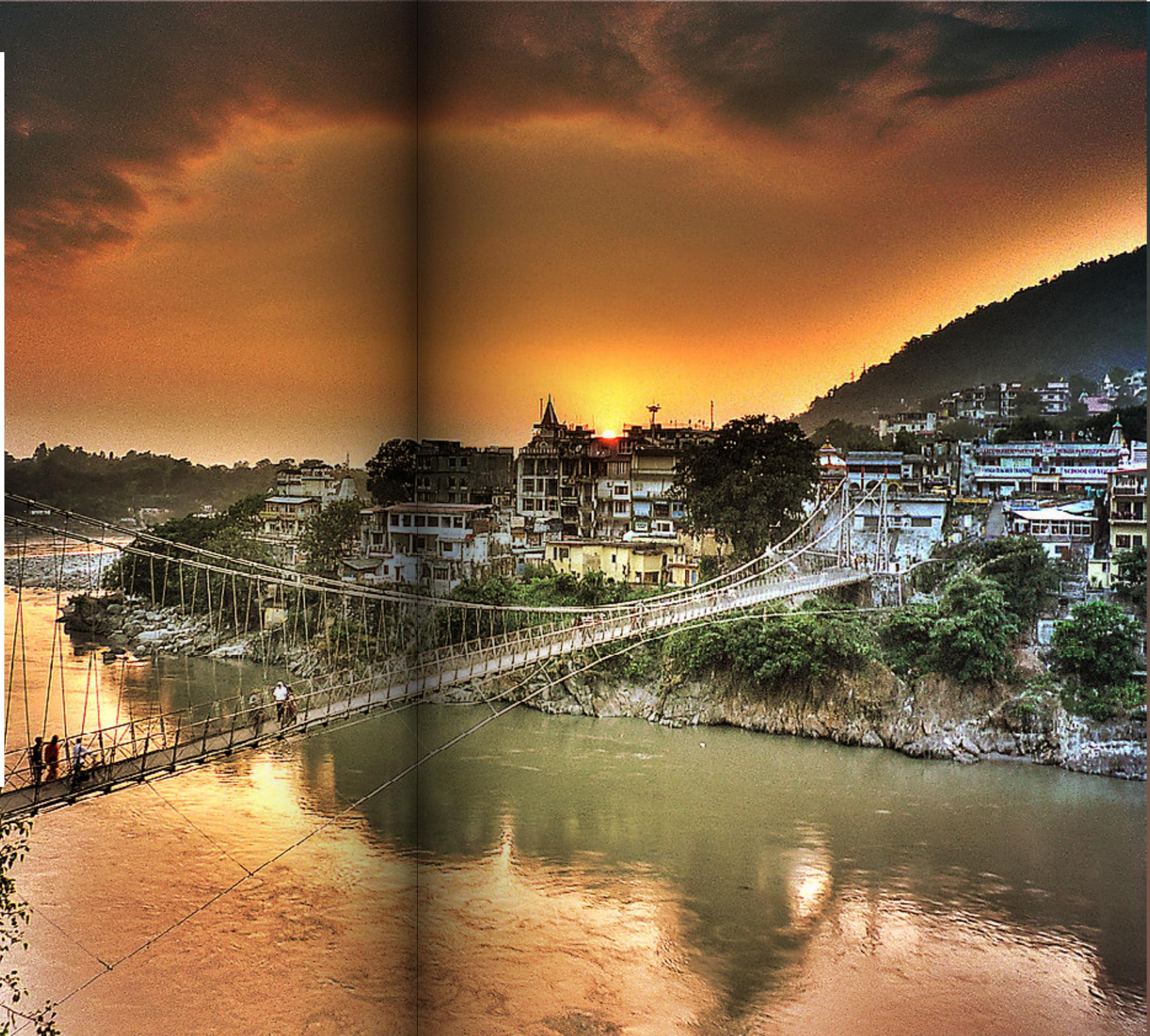
Broga® has teamed up with Vinyasa Yoga School in Rishikesh, India as our Yoga Alliance partner for those graduates who wish to expand their education further.

Rishikesh is considered the global epicentre of yoga. All the best schools, teachers, festivals and environment (it is one of the most holy places in India) are here. And situated at the foot of the Himalayas, near the start of the Ganges river, it certainly is one of the most beautiful. The educators at Vinyasa Yoga School are Olympians of the yoga world.

All Broga® graduates are afforded a special rate for their 200 hour RYT training in this amazing institution.



YogaAlliance



EMAIL US TO REGISTER:
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Kick
some
asana!™

www.broga.uk.com