

ZOE
ANIMAL YOGA®

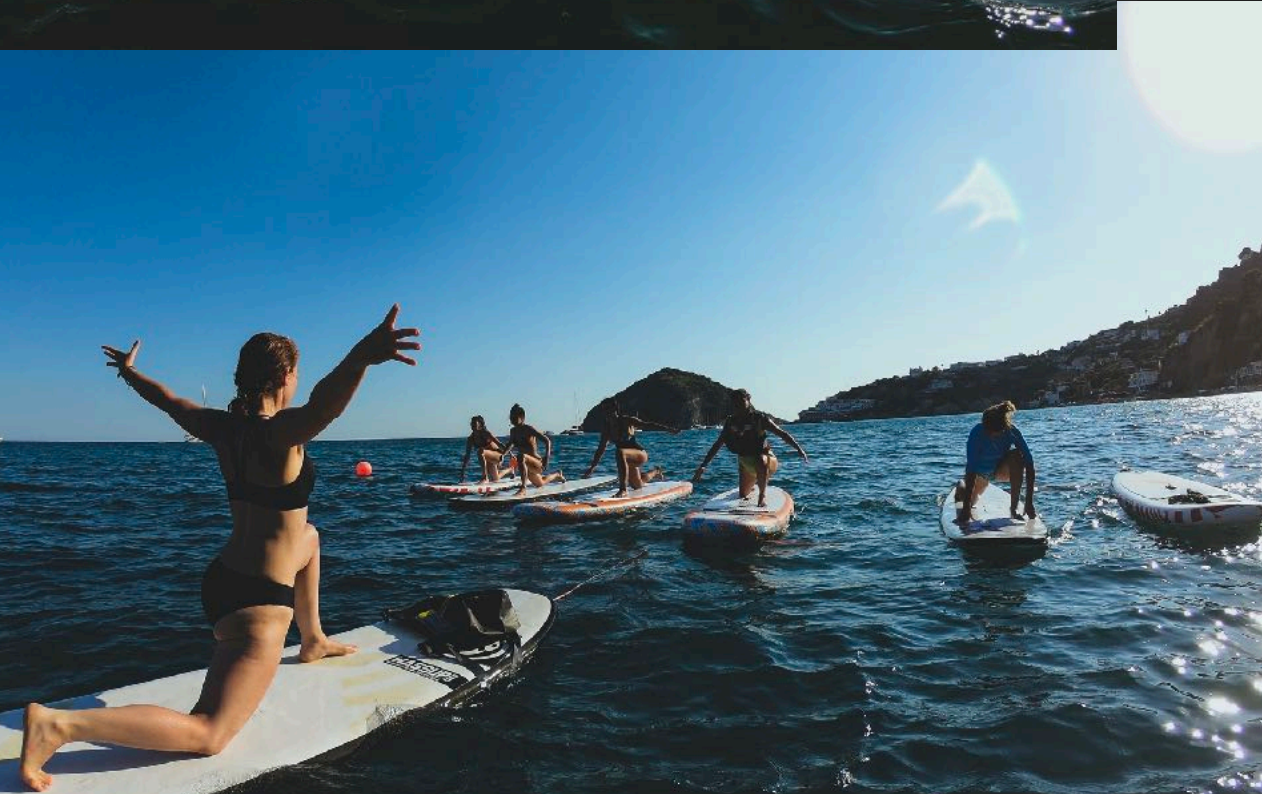


ZOÉ ANIMAL YOGA®

ZOE a.s.d.

INTERNATIONAL YOGA SCHOOL







YEARS OF **STUDY**
RESEARCH,
PRACTICE



INTERNATIONAL
TEACHER TRAINING
DONE



EXPERIENTIAL
DIDACTICS IN CLOSE
CONTACT WITH
NATURE



**SPECIALISTIC AND UNIVERSITY
EDUCATION**, FOCUS ON
SCIENTIFIC, PHILOSOPHICAL,
ANTHROPOLOGICAL AND
PSYCHOLOGICAL ASPECT OF YOGA



OFFICIAL AFFILIATE WITH
YOGIC STUDIES LINKED TO
HARVARD UNIVERSITY, SOAS
UNIVERSITY OF LONDON,
HATHA YOGA PROJECT



**STUDENTS TRAINED
FROM ALL OVER THE WORLD**

USA ITALY

ICELAND SPAIN

PUERTO RICO FRANCE

ARGENTINA SWITZERLAND

CANADA AUSTRIA

BRAZIL ENGLAND

BANGLADESH IRELAND

SINGAPORE DENMARK

MALAYSIA POLAND

SOUTH KOREA BULGARIA

AUSTRALIA CYPRUS

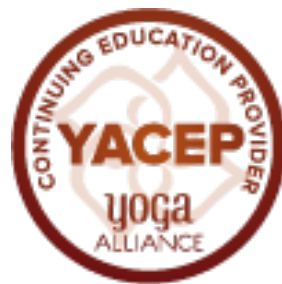
CHILE NORWAY



SUP YOGA

TEACHER TRAINING

20H





DIDACTIC ACTIVITIES

paddling
sup yoga
theory&practice
body training
excursions

SCHEDULE*

*may be subject changes according to educational needs and activities

5 DAYS

Day 1	Day 2	Day 3	Day 4	Day 5
16.00 - 18.30	10.00 - 12.30	10.00 - 12.30	10.00 - 12.30	10.00 - 12.30
	16.00 - 18.30	16.00 - 18.30	16.00 - 18.30	

YOGA ALLIANCE CERTIFICATION

ENRICO DE LUCA AND ZOE ASD ARE OFFICIALLY REGISTERED AND AUTHORIZED BY
YOGA ALLIANCE© AS:

E-RYT 500 (EXPERIENCED REGISTERED YOGA TEACHER)

RYS 200 (REGISTERED YOGA SCHOOL)

AND AS **YACEP®** (CONTINUING EDUCATION PROVIDER)

AFFILIATE WITH **YOGIC STUDIES**

BY PASSING THE PRACTICE EXAM THIS COURSE GIVES ACCESS TO THE
QUALIFICATION:

SUP YOGA 20H OF CONTINUOUS EDUCATION PROGRAM YACEP®

COST

650€

TRAINING

CERTIFICATION

STAND UP PADDLE BOARD

STANDARD USE:

during the training activities

750€

TRAINING

CERTIFICATION

STAND UP PADDLE BOARD

EXTRA USE:

without limits*

*with this option sup board is available all day until sunset.
Please be aware that you have the responsibility for any damage

WHAT IS INCLUDED

- PADDLING EXCURSION TO SORGETO THERMAL SPRING
- DAILY PADDLING **EXCURSIONS** IN THE BAY OF SANT'ANGELO
- **YOGA ALLIANCE 20H CERTIFIED** IN SUP YOGA WITH YACEP® PROGRAM
- DAILY **SUP YOGA CLASSES**
- **5 DAYS** OF TRAINING
- **DIGITAL MANUAL OF THE TRAINING**

WHAT IS NOT INCLUDED

- ACCOMODATION*
- LUNCH AND DINNERS
- FLIGHTS
- AIRPORT TRANSFER
- TRAVEL INSURANCE

* SUGGESTED OPTIONS IN SANT'ANGELO

B&B: CASA VERDE, CASA ADOLFO

HOTEL: LA ROMANTICA SPA

ASK ME FOR ANY SUGGESTIONS, HELP ABOUT ACCOMODATION

ADMISSION REQUIREMENTS

GOOD EXPERIENCE IN THE BASIC PRACTICE OF YOGA
(OTHERWISE ANY EXPERIENCES WILL BE EVALUATED
IN DANCE, IN PILATES, IN MARTIAL ARTS
OR IN OTHER SPECIFIC BODY DISCIPLINES)
MENTAL OPENNESS
RESPECT FOR NATURE
LOVE FOR THE SEA AND SPENDING TIME IN IT
PASSION FOR THE BODY TRUTHFUL MOTIVATION
WILLINGNESS TO KNOW AND TRANSFORM LIMITS
WILLINGNESS TO EXPERIMENT

A PRELIMINARY INTERVIEW IS NECESSARY

ACCOMPANIED BY THE APPLICATION FORM





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