



Redpoint Yoga

200 Hour Yoga Teacher Training

Summer Immersion

Jun 7th - 19th

Jul 5th - 17th

Fall Training

10 weekends:

Aug 14th - Oct 31st



www.RedpointYoga.com/Immersion

www.RedpointYoga.com/Saigon

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About Redpoint Yoga

Our focus has always been centered on the most important aspect of a yoga training: **you**. We design our entire training with your needs at the center.

What do yogis look for in a training?

- A unique experience
- Connect with fellow yogis
- Have fun and develop key skills
- Well-organized, easy to follow curriculum
- Define and work on your unique goals

For the last four years, it's been a privilege for us to teach yogis and share in their journey. We're proud to offer the highest international standards in yoga teacher training. More importantly, we're excited to help more individuals reach their potential as yogis and teachers.



Summer Immersion

Our summer immersion is held at Yatha Yatha Yoga Studio in Binh Thanh District, Ho Chi Minh City



05 May 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 Orientation & Q&A Session, 1-3pm
31	1	2	3	4	5	6

06 June 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7 ✓ Day 1	8 ✓ Day 2	9 ✓ Day 3	10 ✓ Day 4	11 ✓ Day 5	12 ✓ Day 6	13 ✗ Day off
14 ✓ Day 7	15 ✓ Day 8	16 ✓ Day 9	17 ✓ Day 10	18 ✓ Day 11	19 ✓ Day 12	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

- ☼ **Program:** 200 Hour Yoga Teacher Training (Yoga Alliance accredited 200 RYS)
- ☼ **Location:** Yatha Yatha Yoga — Ho Chi Minh City, Vietnam
- ☼ **Dates:**
June 7th — 19th, 2021
July 5th — 17th, 2021

07 July 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
5 ✓ Day 13	6 ✓ Day 14	7 ✓ Day 15	8 ✓ Day 16	9 ✓ Day 17	10 ✓ Day 18	11 ✗ Day off
12 ✓ Day 19	13 ✓ Day 20	14 ✓ Day 21	15 ✓ Day 22	16 ✓ Day 23	17 ✓ Day 24	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Fall Training

Our fall training is held at Yoga Sculpt n Shape with our Wednesday evening workshops at Yatha Yatha Yoga Studio



08 August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1 Orientation & Q&A Session, 1-3pm
2	3	4	5	6	7	8
9	10	11	12	13	14 Week 1	15 Week 1
16	17	18 Evening Workshop	19	20	21 Week 2	22 Week 2
23	24	25 Evening Workshop	26	27	28 Week 3	29 Week 3
30	31	1	2	3	4	5

09 September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7	8 Evening Workshop	9	10	11 Week 4	12 Week 4
13	14	15 Evening Workshop	16	17	18 Week 5	19 Week 5
20	21	22 Evening Workshop	23	24	25 Week 6	26 Week 6
27	28	29 Evening Workshop	30	1	2 Week 7	3 Week 7
4	5	6	7	8	9	10

10 October 2021

ay	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2 Week 7	3 Week 7
4	5	6	7	8	9	10
11	12	13 Evening Workshop	14	15	16 Week 8	17 Week 8
18	19	20 Evening Workshop	21	22	23 Week 9	24 Week 9
25	26	27 Evening Workshop	28	29	30 Week 10	31 Week 10
1	2	3	4	5	6	7

❁ **Program:** 200 Hour Yoga Teacher Training (Yoga Alliance accredited 200 RYS)

❁ **Location:** Yoga Sculpt n Shape & Yatha Yatha Yoga — Ho Chi Minh City, Vietnam

❁ **Dates:** 10 weekends — August 14th - October 31st, 2021

Ready to begin your yoga teaching journey?

Join Redpoint Yoga, where we'll:

- **Develop a solid yoga practice**
- **Apply ancient yoga wisdom**
- **Teach inspired lessons**

We keep instruction simple, focusing on these key goals. We review content through real-life situations and games. We offer 1:1 support before, during and after the training to help you deepen your practice and develop your unique teaching voice.



A group of women are practicing yoga in a studio. They are sitting on mats in a row, facing forward, in a meditative pose. The woman in the foreground is wearing a grey leggings and a patterned sports bra. The background shows other participants and a large mirror reflecting the room.

A Note on Covid-19

Is this training safe during the pandemic?

Redpoint Yoga's training complies with the best practices to prevent exposure and spread of coronavirus. We comply with all local and national guidelines, and continue to monitor the situation closely.

As of January 2021, we will proceed with this training as the case numbers in Vietnam are relatively low. In addition, public and international schools in Saigon are currently running. This gives us the confidence that a smaller yoga training will be a safer option.

This is a time of uncertainty and instability yet also a time for growth. We delayed our spring 2020 yoga training until the summer and found it to be a safe, rewarding group experience.



If this situation changes, we will postpone the training. Please note that Yoga Alliance is allowing 200 hour trainings online until December 31st due to Covid-19.

- ☸ If we are in the midst of the training and need to postpone it, we'll offer the option of a prorated refund.
- ☸ If we need to postpone the training, we will wait until it is safe again and resume the training in Saigon.
- ☸ If we are over 70% complete, we will also offer the option of completing the training online with 1:1 guidance from the instructors.
- ☸ If you are unable to finish the training, we also offer the option of joining a future Redpoint Yoga Teacher Training (future training locations and dates to be determined).

We understand the challenges with scheduling and planning ahead during this time. As a result, we strive to make this training a convenient option while dealing with these new changes.



Daily Schedule

🌀 Saturdays & Sundays

7:00 – 8:30am — Morning yoga practice

8:45am – 10:45am — Workshop A

10:45am – 12:30pm — Lunch

12:30 – 2:30pm — Workshop B

2:45 – 4:45pm — Student Teaching

🌀 Wednesdays (for Fall Training)

@ Yatha Yatha Yoga Studio — 6:00 - 9:00pm

Note:

For the Summer Immersion, we will train from 7:00am - 4:45pm Monday - Saturday with the schedule above.

For the Fall Training, we will also have a Wednesday workshop at Yatha Yatha.

*Please note that 20 hours of our training are allocated to independent yoga practice at local studios of your choice. Each yogi will practice 20 hours of yoga, and document this in their Practice Journal. We designate these hours to keep our training time and costs down. More importantly, we find this experience valuable for yogis to connect with their local studios and network for future jobs.



Venues

Yoga Sculpt n Shape is one of Saigon's premier yoga studios. "SnS" was founded in 2012 by Oanh Nguyen, a leader in the Saigon yoga community. She has been active in the creation and growth of yoga in Saigon since it began more than 20 years ago.

A space created for yogis by yogis, Oanh has been the owner, manager and head teacher since its beginning.



Venues

Yatha Yatha Yoga Studio is Tu Dang's boutique studio focusing on creative yoga, movement arts and cultural heritage events.

Here you'll find a wide range of classes from Inside Flow, Ashtanga, aerial yin and yoga nidra. Yatha Yatha is also a cultural events hub, establishing itself as a leader in mindfulness-based education and community projects.

Both Oanh & Tu are Redpoint training instructors. **Be sure to check out their studios and classes to learn more – first lesson free!**

[Fb.com/YathaYathaYoga](https://www.facebook.com/YathaYathaYoga)

Tuition Benefits

Best Value in Vietnam

- ☼ Internationally-recognized 200 Hour yoga teaching certification (upon successful completion)
- ☼ Course books – Asana Manual, Practice Journal, Course Companion, Designing Lessons Manual, notebooks & folders
- ☼ Fresh and healthy catered meals – breakfast and afternoon snacks
- ☼ Weekend retreat in Cat Tien: 3 night retreat with nature hikes and jungle tours in Cat Tien National Park. Hosted [@ La Vie Est Belle yoga](#), meditation and arts community
- ☼ 1:1 personalized support before, during and after the training to help you develop and achieve your unique training goals
- ☼ Professional photo shoot for your yoga portfolio
- ☼ Most comprehensive yoga library in Vietnam (70+ books in [Redpoint's Library](#) – essential yoga books in both English & Vietnamese)
- ☼ Bonus e-learning with extensive, well-organized online resources
- ☼ Private facebook group before, during and after the training with events and networking opportunities



Cat Tien Meditation Retreat

Enjoy a fun and relaxing getaway to the beautiful old-growth jungle of Cat Tien National Park. Our weekend includes yoga, meditation, group games, and hiking through Cat Tien to the gorgeous Crocodile Lake.



A group of eight women are posing on large, mossy tree roots in a lush forest. They are dressed in casual outdoor attire, including tank tops, t-shirts, leggings, and hats. The background is filled with dense green foliage and large tree trunks. The image is split into two panels by a vertical line.

La Vie est Belle

🏠 en.tuoidep.land/

📌 fb.com/tuoidep.land

Our retreat is held at **La Vie Est Belle** – a yoga, meditation and arts community on the Dong Nai river. Co-founded by Phuc Le Thanh & her husband Philippe Landry, La Vie Est Belle is a unique yoga getaway that blends mindful living within its natural surroundings. They designed and hand-built their two yoga studios – both situated peacefully next to the river.



Curriculum Overview

Redpoint Yoga's curriculum is divided into 3 modules:

1. Yoga practice
2. Philosophy
3. Teaching

Since these modules are complementary, we teach them together as an integrated whole. Still, each module is independently designed to help you better understand and apply these three separate domains in yoga.

All yogis will complete each module, and demonstrate understanding of key concepts. Any yogis looking to dig deeper into any of these three modules will find easy-to-follow extension activities. Instructors are happy to meet up 1:1 to connect yogis to content and build a network to enrich their journey.

Yoga Alliance requires a minimum number of hours in five categories:

- 🌀 Techniques (100 hours)
- 🌀 Teaching Methodology (25 hours)
- 🌀 Anatomy (20 hours)
- 🌀 Assessment (10 hours)
- 🌀 Philosophy (30 hours)





Based on Yoga Alliance's allocation of hours, our three modules are given the following emphasis:

Module 1 - Develop a solid yoga practice - 120 hours

Module 2 - Apply ancient yoga wisdom - 30 hours

Module 3 - Teach inspired lessons - 50 hours

Module 1

Develop a Solid Yoga Practice

“Yoga is 99% practice, 1% theory” — Pattabhi Jois

Training is all about the fundamentals. Best practices that answer the question: How do I get better, faster? We find the answer in two complementary domains: yoga’s leading gurus and 21st century science.

We provide a simple framework for starting your yoga practice. From here, we offer step-by-step, objective measures for developing a more advanced practice. In addition to poses, we look at essential breathing practices and meditation to create a complete yoga practice on your mat.

Every yogi graduates with a clear understanding of yoga’s key concepts: hatha, vinyasa, Ashtanga. We then help each yogi to carve out their own personalized yoga practice – to adapt and innovate these traditions to best fit their unique needs.



Highlighted Topics

- Intro to Ashtanga Yoga
- Alignment Made Simple
- Breathwork & Nervous System Training
- Avoiding & Healing Common Injuries
- Yoga Nutrition Essentials



Module 2

Apply Ancient Yoga Wisdom

**Philosophy answers this question:
“Why do you do yoga?”**

Yoga philosophy is almost 2,000 years old. Yet the practice of yoga is more popular today than ever. This has everything to do with yoga’s founding text, the Yoga Sutras. We’ll explore the origins and modern application of this classic philosophical work.

To better understand this ancient text, we’ll learn how modern psychology validates its wisdom. We’ll apply leading practices that tap into our intuition, and develop self-knowledge.

This foundational philosophy will help us better understand our own yoga journey. And help us to tell our story in a way that others can connect with. This is how we practice yoga off the mat.



Highlighted Topics

- **Intro to the Yoga Sutras**
- **The Science of Flow & the Philosophy of Union**
- **Dharma & Karma** – the *Bhagavad Gita* & *Game of Thrones*
- **Universal Mythology & Understanding Our Yoga Journey**

Module 3

Teach Inspired Lessons

Every yoga studio is looking for three key skills: safe, effective & inspired lessons.

- **Safe:** Our yogis graduate knowing universal best practices for safe instruction. This includes both avoiding common injuries as well as repetitive stress.
- **Effective:** Learn how to teach beginner to advanced yogis. From traditional Ashtanga to creative vinyasa yoga. We teach lessons that get the results your students want: strength, flexibility and balance.
- **Inspired:** We support you in designing themed lessons that reflect what you love about yoga. How to connect with your students, and deliver your best.
- **Bonus: Yoga Branding & Portfolio Building**

Yogis looking to build their brand will get help with any and all aspects of their portfolio: CV, promo videos, Instagram branding, fb business pages, teaching workshops and getting jobs.



Highlighted Topics

- Essential Yoga Adjustments
- Designing Effective Lessons
- Sequencing Creative Flows
- Descriptive & Imaginative Cuing
- Building Your Brand



Key Skills

Your Success Is Our Success

We measure success based on:

- 1 **How fun & engaging our workshops are for yogis**
- 2 **How well yogis can demonstrate what they've learned**

This student-centered emphasis requires a thoroughly-designed curriculum that focuses on the most essential yoga practice and teaching techniques.



Key Skills You'll Develop

Graduates of our training will be able to confidently:

- Practice yoga correctly according to its founding principles
- Analyze and adjust yoga poses to improve alignment and avoid injury
- Understand and apply technical anatomical terms from yoga books
- Describe the complete practice of yoga on and off the mat, from beginner to advanced level practices
- Explain yoga philosophy in simple, easy to understand language (Why was yoga created? What is the goal of yoga? How do we know if we're doing it correctly?)
- Teach the correct sequence and alignment for the Ashtanga Standing Series (energizing 30 minute sequence that creates the foundation of modern yoga)
- Teach 60 minute themed lessons with creative vinyasa flows
- Attract new clients, consult with them and teach a private lesson tailored to their needs



Meet Your Instructors

Andy Seymour — RYT 500, E-RYT 200, Master's in Education & 12 years international teaching experience

Andy's yoga journey began a decade ago. At that time, his goal was simple: heal an injury. Over time, he discovered that a stronger body was simply the foundation for developing strength, flexibility and balance in the mind.

When his casual yoga practice evolved into an inspired daily yoga and meditation ritual, things began to click. He discovered the remarkable parallels between ancient yoga wisdom and modern science – specifically Carl Jung's depth psychology. Andy's focus as a teacher trainer is to make ancient yoga philosophy accessible by interpreting and applying it to our everyday life experience.

Through Redpoint's trainings, Andy has established a reputation as a passionate and dedicated educator. As a yoga teacher, Ashtanga provides the foundation for his dynamic flows. He developed this style through two 200 hour trainings – first in Rishikesh, India (2015), followed by Lucas Rockwood's Yoga Teacher's College in Barcelona, Spain (2018).





Tu Dang — E-RYT 200, Yatha Yatha Yoga Studio owner,
Inside Flow instructor & Rainbow Kids Yoga educator

Tu first practiced yoga more than a decade ago, but only after she began to take vinyasa classes at Yoga Sculpt n Shape in 2015 did she connect with the practice. She is one of the first graduates of Andy's yoga teacher training in 2017. After graduation, she made a pivotal move – quit her corporate advertising job to pursue a career as a professional yoga teacher.

In 2018, Tu opened her own studio Yatha Yatha Yoga - a boutique yoga space surrounded by a green balcony garden in Binh Thanh district. **Here you can find a variety of unique classes and workshops on yoga, dance, creative movement, and performance arts.**

Specializing in movement arts in yoga, Tu is often known as a pioneering Inside Flow teacher in Vietnam and the founder of Inside Flow Yoga Vietnam community - where yogis can share and learn about this modern yoga style combining with music. Tu's teaching style is an effortless extension of her personality: creative, expressive and fun. **Her unique offerings such as mandala flow, and yoga journey, create a space for genuine connection between yogis – “union” in a true sense of the word.**

Oanh Nguyen — E-RYT 200, owner & lead instructor at Yoga Sculpt n Shape

Similar to yoga master BKS Iyengar, Oanh started yoga early out of necessity due to poor health. She had asthma, measles and her health conditions required a private doctor. Through good fortune, Oanh discovered yoga at a young age through her grandmother in France. She began practicing at 16. With a devoted yoga practice, Oanh slowly noticed results only yoga could offer.

Oanh has been active in the growth and development of the Saigon yoga community since it began over twenty years ago. Oanh has worked closely with many, and some of her closest students have gone on to teach yoga themselves, as well as open yoga studios around Vietnam.

In 2012, Oanh saw something was missing in the yoga community in Saigon. She wanted to create a space made by yogis, for yogis. Oanh opened Yoga Sculpt n Shape and has been the owner, manager and head teacher since the beginning. Sculpt n Shape is studio with an inspired view, dedicated teachers and a strong sense of community.





Huong Thai — E-RYT 200, Maya Yoga studio owner & Ashtanga yoga expert

Huong's yoga journey began a decade ago. As soon as she tried yoga, she knew this would be the promising start of something new. Soon after, she joined a 200 hour yoga teacher training in Saigon, Tirisula Yoga. Her colleagues at Vietnam Airlines enjoyed her teaching so much, they suggested she open her own studio, which led to the creation of MayA yoga in 2011.

Huong's style is inspired by the original Ashtanga Primary Series, developed by modern yoga guru Pattabhi Jois. Her style continues to evolve through her dedicated self-practice. **She has been a successful mentor and inspiration to many yogis in the local Ashtanga community.** Huong considers teaching yoga here her favorite job, and is happy to share the gift of yoga with her students.

Testimonials

“

As a sporty and active person, I find this course extremely helpful for my personal practice – not only in yoga but also other gym workouts. One of the most interesting things here is that the course showed me both spiritual and scientific views on yoga.

After the course, Andy has been giving me good advice related to my yoga career. As I am a new yoga teacher, he supports me by sending me many job opportunities in Saigon where I live. Thanks to Andy, now I have achieved many goals in my yoga teacher career after just one year since I started.

— Sophie Van, YouTube content creator at [Yoga by Sophie](#)

“

Definitely one of the most trusted and well-designed curriculums. Talented and dedicated teachers, wonderful yoga mates, great vibe...you name it!! My appreciation especially to Andy Seymour for creating and hosting such an amazing course and giving me the chance to really step up on my yoga career. Last but not least to our lovely warm hearted wonder women: cô Oanh Nguyen, cô Thái Hương and cô Tú. Really can't thank you enough, not only to the teaching and guidance but also for the genuine sharing and friendship. Forever love!!!

— Nhien Mai





“

Highly recommended for those who want to pursue yoga teaching with fundamental and diversified knowledge. Professional and dedicated teachers, well-designed curriculum.

— **Giang Ngan**

“

Perfect class, perfect teachers!

— **Thuy Trang Pham**

“

The curriculum is well-designed for you to cover as many aspects of Yoga, yet you can still focus on essential points.

You can find both traditional and modern characteristics of Yoga here. Even you do not plan to be a yoga instructor - simply fall in love with yoga, 200h YTTC from Redpoint Yoga Saigon is also a good chance for you to have fun and make yoga friends. Trust me!

— **Nhi Luong Diem**



Tuition & Payment

Regular Price

\$1,950

Early Bird (by April 7th for Summer
Immersion & June 14th for Fall Training)

\$1,750

How to apply to our training?

Fill out an application here @ www.RedpointYoga.com/Apply/

After we review it, a \$500 deposit will hold your place.

We accept 3 methods of payment:

1. Bank transfer 2. Cash payment 3. Credit Card (2% service charge)

Bank details

Account name: Phòng tập Thể dục Thẩm mỹ - Yoga Vóc dáng Thể thao

Account no.: 007.100.0785523

Bank: Ngân hàng ngoại thương Việt Nam Vietcombank HCMC



FAQ

Q) Is this training certified through Yoga Alliance?

Yes. All students who complete our 200 hour training graduate with a certificate that is Yoga Alliance affiliated (RYT 200). This certificate is recognized internationally – and gives you the opportunity to teach yoga anywhere in the world.

Q) I'm new to yoga, is that ok?

We typically require students have at least 6 months of experience. However, it is possible for someone who is new to yoga to be successful. As long as they are in shape and able to make the full commitment, we welcome any motivated students.

Q) What style of yoga do you teach?

We spend the first half of our training learning the poses in the traditional Ashtanga Standing Series. After this, we learn how to develop innovative vinyasa flows. Both styles are a good fit for the majority of yoga studios and gyms.

For more FAQs, check out:

www.RedpointYoga.com/Saigon




Connect With Us

Let's meet up!

 fb.com/RedpointYoga

 info@RedpointYoga.com

 Nguyễn @ 0933-547-334 (VN)

 Andy @ 076-435-4435 (EN)

Outside Saigon?

Message us and we'll schedule a zoom meeting

In Saigon?

- We can schedule a 1:1 coffee meet up to answer any and all of your questions
- Join one of Oanh's classes @ Yoga Sculpt n Shape (First lesson free – [Schedule](#))
- Join one of Tu's classes @ Yatha Yatha Yoga Studio (First lesson free – [Schedule](#))





*Thank
you!*