

JOGA® JU

The Intro:

The difference between Yoga and Joga is that Joga was designed for athletes and athletic movements. The Joga program is intended to be implemented as a compliment to an athletes existing training and/or competition. The Joga system that will be taught in Joga Teacher Training Level 1 involves 4 segments that can be executed all at once and used as a functional workout or individual segments can be used for dynamic warm-ups and/or stretching and relaxation. The movements/postures are the same every time and are infiltrated with bench mark postures so practitioners can test their own results in terms of finding a balance of strength and flexibility. The focus of Joga is to educate participants about the mechanics of the body, how to move within the body's limitations, and overall awareness of body intelligence. Joga speaks to the Athletic Body and Athletic Mind and has been described as a "pre-rehabilitation and re-habilitation yoga system" and "a mechanical movement breakthrough".

The Training:

The 40 hour Level 1 Joga Teacher Training (JTT) program is designed the Founder of Joga, Jana Webb. Jana's training is rooted in a style of yoga that looks at individual anatomy and structure and based on those observations specific postures and breath patterns are prescribed: adhering to the needs and demands of the individual. The Level 1 certification program focuses on these basic principles. It teaches instructors the core sequencing and verbal Joga queues to get students and athletes into the postures successfully in class and achieving their goals in their sport. In addition, the JTT covers anatomy in relation to athletic bodies, biomechanics of movement in sport, and common injuries for athletes as well as mediation techniques for sport and competition.

The Creator:

Joga, 'Athletic Body Athletic Mind' reflects Jana's personality and competitive athletic background . While Jana continues to work with clients of all athletic backgrounds, Jana's niche is working with high performance and professional athletes and Joga has been included in the training of the athletes and teams from the CFL, NFL, NBA, NHL and the Canadian Olympic Team.

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INFORMATION FOR INSTRUCTORS

The Market:

Athletes and active individuals are always looking for ways to become more competitive in their sports and stay injury free - Joga is growing rapidly to respond to this exciting niche.

As a certified Joga teacher you will become a part of the Joga team of instructors that are working with professional and amateur athletes as well as active individuals across all sports and in diverse venues. Working with the Joga team will present new opportunities for teaching and specialization while also connecting you to the teams, athletes and individuals wanting to practice Joga.

The Ambassadors

Joga Ambassadors are not only sports enthusiasts but also have a passion for movement and a desire to understand the mechanics of the body, including how to use the body and mind more effectively. They are passionate about the JOGA philosophy and are excited to represent JOGA with the same integrity and enthusiasm that it was created. JOGA Ambassadors are motivated, inspirational and exude a sense of health and well-being.

JOGA is a special style of movements that calls on instructors and/or therapist/fitness experts that have an extreme understanding of anatomy and body movement.

Since Joga layers an understanding of the mechanics of athletic movement, it is essential that applicants are already skilled in their practice/sport and/or are experts in their field. This experience is necessary and will provide applicants the foundation to be able to focus on and understand the unique Joga ques and goals of the movement. The JTT allows teachers to specialize and expand their teaching skills. (Note: experience or other training in a related field of athletics can be approved).

The Joga Team

The Joga Ambassadors are yoga teachers, ex- athletes and/or therapist who want to learn a style of yoga that is built around athletics and the athletic mind. As part of the Joga team, instructors will be supported and connected to new opportunities as they enter a niche and growing market; working with professional and amateur athletes as well as active individuals across all sports.

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The Requirements:

Applicants will one of the following :

- Completion of a 200hr Yoga Certification
- Background in Kinesiology, Physiotherapy or Athletic Therapy • Experience as a Strength Coach or Personal Trainer
- Former Professional and Amateur Athletes
- All applicants should have a desire to work with driven athletes and active individuals by offering sport specific sequencing and programs tailored to meet a variety of training goals.

The Logistics:

Varies based on Location.

The Tuition:

40 hr Joga Level 1 Teacher Training Regular price: \$1197+hst Early bird price: \$997+hst

Post Joga Teacher Training: Trainers pay a one-time administration fee of \$48.00, plus a monthly membership fee of \$48.00 in exchange for continued support from the company. Including; Marketing materials, access to job opportunities, promotion and on-going education.

The Paperwork:

Fill out an online application or email info@jogaworld.com

WWW.JOGAWORLD.COM
INFO@JOGAWORLD.COM