



Critical Alignment Therapy & Yoga

Teacher Trainings & Retreats 2019-2020

(Updated Nov 2, 2019)

This document provides an overview of Critical Alignment Yoga & Therapy teacher trainings, as well as retreats.

Please note, that there is a difference in structure for the teacher trainings in Russia/Europe and Malaysia.

In Russia, the teacher trainings (CAT & CAY) leads to a full CAY&T license, that will allow you to open your own CA Studio, backed by Gert an Leeuwen. This license is build up in 3 CAT-modules to reach a CA Therapy-certificate and 2 CAY-modules to reach the CA Yoga-certificate. In addition, you need to attend a retreat (either in Russia or France).

If you want to achieve the full license, you will be asked to keep yourself up to date with the continuous developments of the CA method. Therefore, you need to follow Gert his teachings for 5 more years via his yearly retreats. This license-road has been developed for yoga-teachers who are dedicated to experience and understand CA in a profound way. It will support yoga teachers to grow in their own practice and teaching, professionalizing their CA-offerings as they go!

In Malaysia, the teacher trainings focus on the CA Therapy Certificate, and only consists of one 8-day Module. This program will help you to develop a great understanding of the CA Method, and provides a profound basis to apply CA in your yoga classes. It is recommended to add at least 1 retreat a year to this basis, to understand and apply the deeper layers of the CA-Method. As of today, the only option for this deepening practice is in Russia and France.

I added a links and contact persons at the end of this documents, to provide you more information on the specific trainings and workshops. Please refer to them personally!

Note: I try to keep this document updated, but changes may apply!

Happy practice!

Zita



TEACHER TRAININGS

CA THERAPY Teacher Training 2019-2020 (Russia)

PLEASE NOTE: You need to participate in 3 CAT modules & 1 retreat (in Valday, Russia or Narthiac, France) to receive your CAT certificate which qualifies for the full CA-license.

CAT MODULE 1: 18-25 November 2019

Critical alignment THERAPY - MAIN 8-DAYS COURSE

Teacher: Gert van Leeuwen

Location: Yoga Centre Prana (Vojkovskaya) in Moscow, Russia

For whom: For yoga teachers and those who want to deepen their practice

CAT MODULE 2: 10-12 December 2019

Critical alignment THERAPY - 3-DAYS COURSE (on assessments)

Teacher: Gert van Leeuwen

Location: Yoga Centre Prana (Vojkovskaya) in Moscow, Russia

For whom: For yoga teachers

CAT MODULE 3: 10-13 February 2020

Critical alignment THERAPY - 4-DAYS COURSE (on building classes and creating teaching structures)

Teacher: Jacoline Norden Yoga

Location: Yoga Centre Prana (Vojkovskaya) in Moscow, Russia

For whom: For yoga teachers

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CA THERAPY Teacher Training 2020-2021 (Russia)

PLEASE NOTE: You need to participate in 3 CAT modules & 1 retreat (in Valday, Russia or Narthiac, France) to receive your CAT certificate which qualifies for the full CA-license.

CAT MODULE 1: 16-23 November 2020

Critical alignment THERAPY - MAIN 8-DAYS COURSE

Teacher: Gert van Leeuwen
Location: Yoga Centre Prana (Vojkovskaya) in Moscow, Russia
For whom: For yoga teachers and those who want to deepen their practice

CAT MODULE 2: 8-10 December 2020

Critical alignment THERAPY - 3-DAYS COURSE (on assessments)

Teacher: Gert van Leeuwen
Location: Yoga Centre Prana (Vojkovskaya) in Moscow, Russia
For whom: For yoga teachers

CAT MODULE 3: dates yet to be determined in February 2021

Critical alignment THERAPY - 4-DAYS COURSE (on building classes and creating teaching structures)

Teacher: Jacoline Norden Yoga
Location: Yoga Centre Prana (Vojkovskaya) in Moscow, Russia
For whom: For yoga teachers

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CA THERAPY Teacher Training 2020 (Malaysia)

PLEASE NOTE: This workshop leads to a CA Therapy Certificate. If you want to reach a full CA-license, you will have to continue your education via the workshops provided in Russia.

CAT MODULE 1: 14 - 21 March 2020

Critical alignment THERAPY - MAIN 8-DAYS COURSE

Teacher: Gert van Leeuwen
Location: Loving Soul Holistic Healthcare Center (Ipoh, Perak, Malaysia)
For whom: For yoga teachers and those who want to deepen their practice

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CA THERAPY Teacher Training 2020 (Canada)

PLEASE NOTE: This workshop leads to a CA Therapy Certificate. If you want to reach a full CA-license, you will have to continue your education via the workshops provided in Russia.

CAT MODULE 1: t.b.d.

Critical alignment THERAPY - MAIN 8-DAYS COURSE

Teacher: Gert van Leeuwen
Location: Yoga Dot Calm (Calgary, Canada)
For whom: For yoga teachers and those who want to deepen their practice

CA YOGA Teacher Training 2019-2020 (Russia)

PLEASE NOTE: You need to participate in 2 CAY modules & 1 retreat (in Valday, Russia or Narthiac, France) to receive your CAT certificate

CAY MODULE 1: 11-18 May 2020

Critical alignment YOGA - MAIN 8-DAY COURSE

Teacher: Gert van Leeuwen
Location: Yoga centre Prana (Vojkovskaya) in Moscow, Russia
For whom: For yoga teachers and those who want to deepen their practice

CAY MODULE 2: 14-17 September 2020

Critical alignment YOGA - 4-DAY COURSE (on building classes and creating teaching structures)

Teacher: Jacoline Norden
Location: Yoga centre Prana (Vojkovskaya) in Moscow, Russia
For whom: For yoga teachers

RETREATS

24 February - 1 March 2020 (in Russia)

CAY Retreat (with translation into Russian)

Teacher: Gert van Leeuwen

Location: Valday Eco club hotel (Valday, Russia)

For whom: For everyone

2-8 June 2020 (in Russia)

CAY Retreat (with translation into Russian)

Teacher: Gert van Leeuwen

Location: Valday Eco club hotel (Valday, Russia)

For whom: For everyone

12-18 July 2020 (in France)

CAY Retreat (in English, WITH translation into Russian)

Teacher: Gert van Leeuwen

Location: Nartiac, France

For whom: for everyone

19-25 July 2020 (in France)

CAY Retreat (in English, NO translation into Russian)

Teacher: Gert van Leeuwen

Location: Nartiac, France

For whom: for everyone

CONTACT AND REGISTRATION

To receive more information or sign up:

Russia and France

Alya Latrygina via Whatsapp +79165862318

Malaysia

Leong via Whatsapp +6016547 0069