



## Teacher Training Application Certification

Thank you for your interest in CFF Teacher Training Program.

### School Information

CORE FUNCTIONAL FITNESS™

c/o Copper Tree Yoga Studio & Wellness Center

1364 E. Sumner Street

Hartford, WI 53027

Website – [www.hopezvara.com](http://www.hopezvara.com) / [www.coppertreewellnessstudio.com](http://www.coppertreewellnessstudio.com)

Telephone – 262-670-6688

### Teacher Training Mission Statement:

CFF aspires to offering authentic superior quality teacher trainings for Functional Core work to the public (you the student & trainee) both national and international; making “core” work and anything you do with the body “functional” and useable for everyone.

### Philosophy

It's not about mastering the movements anymore but adapting those movements to the student and allowing the practice(s) to benefit their life in a functional way. Showing teachers how to apply these concepts to their own lives and as a result teach them to thirsting students alike; giving students an empowerment of knowledge, understanding, focus, skill and life experience with movement and their bodies, no matter what you teach.

### History

Core Functional Fitness by Hope Zvara(TM) is a functional method of movement that addresses postures, movements and body alignment from the ground up, both on and off the mat. The focus is not on "do this movement" or "perform this way", but on how the body communicates with itself for a functional, applicable movement specified to one's needs. Basically, function in your life!

CFF takes into consideration that "commonsense" recommendations do not equal less pain and many are not backed with any supportive research that would yield a positive outcome (McGill). Taking for example someone telling you to "take a Pilates or yoga class", this does not insure that you will feel better; you might actually feel worse if the teacher is not competent. CFF is currently challenging today's wave of thought on fitness, yoga, Pilates and their trainings. So I ask you, is what you are doing, does it have any merit as to how it will actually positively influence the body, both short and long term?

Hope has been influenced by functional experts like Gary Gray, Leslee Bender, and Stewart McGill, all of whom believe in functional application in exercise based programs, believe that the core is the support beam and what I like to call, *the motherboard of all movements* and being a yoga teacher for nearly half of my life, blending the two skills together was natural and just made sense.

### Program Description

Are you ready to discover what your “core” really means? If we can understand where our core is, what our core entails and how to effectively use it in combination with gravity and a functional approach; our chances of decreasing injuries, increasing whole-body function and see what it truly means that everything is an extension of our core. Here we will reevaluate neutral, the spine, three areas stability can be lost, layers of the core, fascia release, strength and strengthen

combination. Along with basic core functional movements that reinforce this method of practice. Core Functional Fitness by Hope Zvara™ thrives on the notion that you need to think and feel in combination in order to truly be functional and effective in the body-so let's start there!

**The Core Functional Fitness®** poses, processes, and techniques are a valuable addition and approach to your teaching and personal practice. As a Core Functional Fitness teacher, you will learn to go beyond the formulaic instruction and truly understand and develop the skills and know-how of how to teach and create functional, core based movements to not only help you step out of your teaching box, but your students and clients as well. Core Functional Fitness® helps it's practitioners' and teachers create, define and lead students as well as themselves towards a true path of self healing, understanding why we do what we do and how to stimulate true healing, health and harmony in the body to lead us all to the path of pain-free, strong and core empowered.

**Core Functional Fitness Level 1 Foundations Training** will empower and prepare you to teach your regular classes, workshops and clients incorporating CFF's principles, poses, and techniques into your already existing regimen.

In Level 1 you will learn from Core Functional Fitness® master manual of postures and dynamic movements, and how they can be applied to your unique setting. This level 1 training, establishes the fundamental basics of core anatomy, physiology, energetic anatomy, therapeutic functionality and most importantly the skills to help you develop into a top notch teacher. These skills, poses and the unique approach Core Functional Fitness® takes, will allow you the knowledge and knowhow to feel equipped to give students and clients more of what they need and the understanding of how to do it.

In your follow up training students will be able to take this knowledge a step further and refine the application of each movement and pose. More detailed classroom theory and application will be applied as well as a greater in-depth look on the anatomy of each movement and why it works. At this point students will be able to utilize the brand and trademark of Core Functional Fitness® in their classes and studios.

Contact Hours: 21.25

Non-Contact/Homework: 10

### **Catalog Changes**

The CFF Teacher Training School reserves the right to make changes or revisions to this catalog. Every effort will be made to ensure the accuracy of information contained in this document.

However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

### **Admissions and Entrance Requirements**

It is requested that applicants be 16 year of age. To be considered for the program applicants are asked to have a fitness background of yoga, Pilates, physical therapy, personal training, and/or other fitness related applications.

Massage therapists, body workers are welcome to the training. Applicants should be able to physically perform the techniques they will teach. Most program correspondence will occur electronically, so applicants must sign the Agreement & Liability Release form, the Teacher Code of Ethics form and the Catalog Release form.

### **How to Apply**

Please fill out the application below and submit your payment.

### **Non-Discrimination Policy**

The CFF Teacher Training School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

### **Housing**

CFF & Copper Tree Wellness Studio do not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request. Several accommodations are within a 5 minute walking distance of studio. Transportation to and from destination can be arranged at the cost of the traveler.

### **Employment Assistance Services**

CFF Teacher Trainings do not offer employment assistance services. Seeking employment will be discussed as a part of the program. For additional information students are encouraged to visit Pilates Method Alliance website for more employment information.

### **Student Conduct**

Integrity and ethics are standards in the CFF Teacher Training and are enforced as guidelines for a successful training and as successful CFF Teacher. Students are expected to follow all school rules and policies as outlined in the catalog. Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School's/Directors discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination from the program.

### **Attendance**

To gain maximum benefit from the program attendance at all sessions is required. Missing any portion of the training may result in Certificate of Completion being withheld. It is the Student's benefit that all missed material is made up prior to the next scheduled meeting. Make up instruction resulting from absences will be charged \$85 per hour.

### **Tardiness**

Please be on time and arrive at least 15 minutes early to be prepared for the start of class. Once a scheduled session commences and the Student is not present that is considered tardy.

If a Student is more than ten minutes late for a session one hour will be deducted from their total contact hours. This hour must be made up as described in "Attendance" and will be charged at \$85 per hour.

### **Accreditation**

Yoga alliance approved for continuing education credits in the value of 21.25 hours.

### **How to Pay**

Pay online

-OR-

Contact CFF office through Copper Tree Yoga Studio & Wellness Center at [info@hopezvara.com](mailto:info@hopezvara.com) or 262-670-6688 if you have any further questions about registration or would like to pay by check or cash.

### **Required Readings/Viewings:**

These books and DVD's will be referenced throughout the training. The books will be used daily and for homework and at home readings. These DVD's offer you more practice and understanding of Hope's approach to this method of teaching. All these materials are lifelong tools for your personal practice and teaching. Please purchase prior to training and must be present the first day to make sure everyone has the appropriate materials.

1. DVD's available for purchase directly from Hope in class or through [www.HopeCoreFitness.com](http://www.HopeCoreFitness.com) and soon [www.amazon.com](http://www.amazon.com)
  - a. Hatha Yoga All Levels with Hope Zvara
  - b. Core Functional Fitness by Hope Zvara Pilate Style
  - c. Core Functional Fitness Core Functional Foundation

## **Recommended Readings/Viewings:**

1. You Tube Clips on Hope Zvara's Page:
  - a. Core Functional Fitness® How to Brace the Core
  - b. Core Functional Fitness® Rehab Ab Series not just for Postnatal Women Yoga
  - c. Plank What Muscles You Really Should Be Using 3 Variations Yoga
  - d. Core Functional Squat with Hope Zvara Yoga
  - e. Core Functional Fitness® the new Warrior I Yoga
  - f. Core Functional Fitness Effectively working the Pelvic Floor Yoga
  - g. Core Functional Fitness® Understanding the Pelvic Floor and Bridge Yoga
  
2. **Hope Zvara's Blogs at <http://www.hopecorefitness.com> and [www.mindbodygreen.com](http://www.mindbodygreen.com) (highlighted readings)**
  - a. Attention Yogis: What is the Psoas and Why We Should Care!
  - b. Getting to the Core of Things
  - c. 6 Tips for Better Back Care
  - d. The Voice of the Inner Teacher
  - e. Pushing Yourself as a Yoga Teacher
  - f. Yin Yoga 101
  - g. Did I just Pee My Pants? The Truth About the Pelvic Floor
  - h. 10 Tips for a Functional Body
  - i. 5 Tips to help make you a Top Notch Teacher
  - j. 10 Red Flags for Yoga and Pilates Teachers
  
3. To View what students have to say about Hope visit [www.CopperTreeWellnessStudio.com](http://www.CopperTreeWellnessStudio.com) and view their welcome video.



Hope Zvara-is a Yoga Teacher, Trainer, and Functional Fitness Expert. Creator of Core Functional Fitness® and director of HOPE Yoga Teacher Trainings, Hope specializes in yoga, core work and functional movements; she helps Yoga students, Yoga teachers, and a variety of fitness professionals experience a true mind-body connection through Yoga & Core Functional Fitness® Techniques and Principles. You can reach Hope directly at [info@hopezvara](mailto:info@hopezvara).