

Beyoga

# PROGRESSIVE ROCKET VINYASA



15–20 AUGUST 2026 IN PERSON  
**50HRS INTENSIVE TRAINING**

Led by Jamie Blowers, with Jack Reed assisting,  
in Alicante, Spain





# WHAT IS THE ROCKET YOGA PRACTICE?

The Rocket is a philosophy of growth, change and raising our energies to strengthen our body and mind. Rocket practice has a faster tempo. It involves continuous movement and is considered a cardiovascular workout. Strength builds from resisting gravity in arm balances.

Full of Inversions and back bends the Rocket takes your practice to a new level of awareness and asana prowess, learn to fully embody your practice potential.

The Rocket is appropriate for Ashtanga practice in the West because it dissolves the hierarchy.

“Practicing to feel happier, more at peace, more alive, you have fun...that’s The Rocket.”

# WHAT MAKES THE ROCKET UNIQUE?

Full of arm balances, handstands, backbends and twists, this uplifting sequence is globally recognised as a feel-good practice that opens the body and clears the mind.

Rocket breaks through common areas of tension and stagnation, keeping energy levels high and encouraging connection to inner strength. Playful and dynamic, it offers the perfect counterbalance to more traditional Vinyasa and Ashtanga flows.

Accessible to all levels, the Rocket includes modifications for beginners and challenging variations for advanced practitioners — making powerful, dynamic asana available to everyone without requiring extreme flexibility or strength.



## ABOUT JAMIE

Jamie Blowers is a seasoned Yoga Teacher and YTT trainer with a BA in Dance Studies and an MA in Choreography. His journey began at It's Yoga International in the U.S., where **he studied under the late Larry Schultz, creator of the Rocket system.** After completing his 200-hour YTT in 2007, Jamie trained directly with Larry, becoming a first-generation teacher of the Rocket method, personally trained by Larry Schultz at his home in Sonoma, California.

Jamie's former studios in London and Leeds were among the first in the UK to adopt the Rocket practice following his studies in San Francisco over 14 years ago. In 2010, Larry Schultz personally selected Jamie to lead teacher trainings, and since then Jamie has played a key role in training many of the Rocket teachers now teaching across the UK.

In 2014, Jamie launched his own Vinyasa Yoga Teacher Training program, which has since been successfully delivered across the UK. His classes are dynamic and technically detailed, designed to help students fully embody their practice while developing strength, flexibility, and mindfulness.





He combines contemporary Western perspectives with proven techniques to deepen both personal practice and teaching proficiency.

Drawing from a lifetime career in movement, Jamie brings a wealth of knowledge to his teaching. Whether you are a dedicated practitioner looking to progress and invest more deeply in your practice, or a yoga teacher seeking to refine alignment in arm balances and move beyond a plateau, this workshop offers valuable tools for all levels. A full arm balance practice is not required — the learning process is part of the experience.

In Jamie's words:



*“Following in the footsteps of my teacher Larry Schultz, I aim to provide a vision of teacher training informed by extensive teaching experience and community engagement, encouraging each student to develop their individuality and practical skills.”*



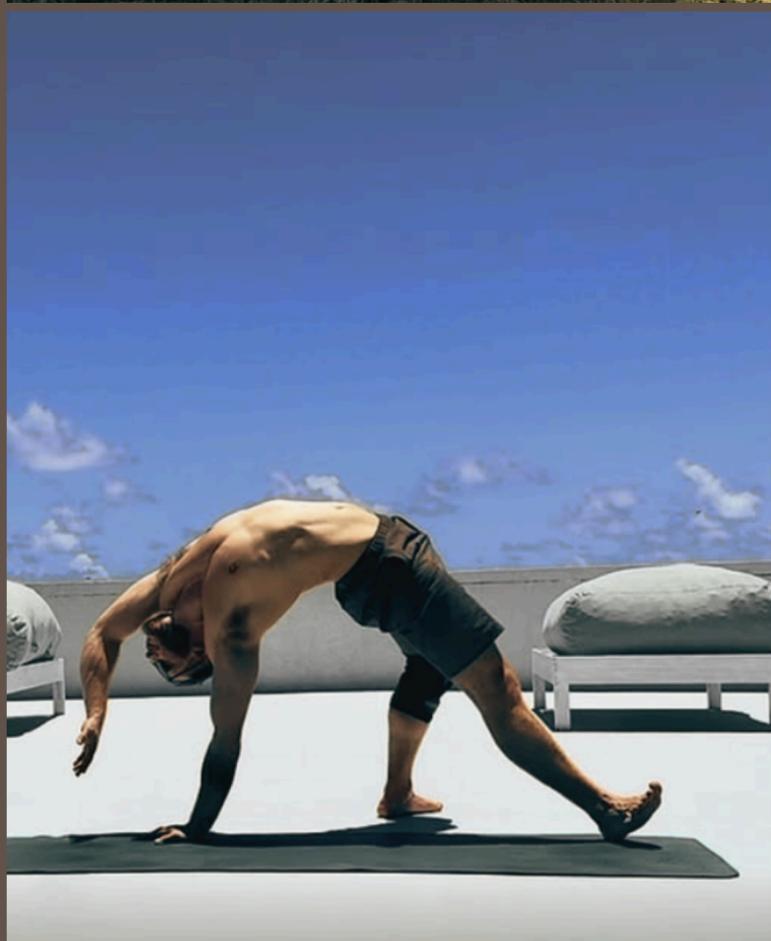
## ABOUT JACK

Jack has worked in the fitness industry for nearly 20 years, with the past eight teaching yoga. Movement and sport have been part of his life from a young age, naturally leading him into a long career as a personal trainer focused on functional strength, performance, and building resilient bodies.

After being introduced to yoga by Jamie and completing his teacher training in Modified Ashtanga in his late twenties, everything shifted. He fell in love with the strength, structure, and fluidity of the practice. It challenged the way he had trained both his body and mind and, within a short period, enabled him to achieve long-standing personal goals — including lifting into handstand.

Since then, Jack has founded his own studio in the UK and travelled internationally, teaching in beautiful spaces across the Caribbean, the USA, and Europe. With tens of thousands of coaching hours behind him, his teaching blends strength-based movement with mindful precision and intelligent progression.

His approach centres on alignment and development. Drawing on years of one-to-one coaching and experience working with bodies of all ages and abilities, Jack creates classes that are accessible, intelligent, and challenging in equal measure. He prides himself on seeing your potential before you can — and helping you believe in it too.





## COURSE OVERVIEW

Under the guidance of Jamie Blowers, this training offers a fully face-to-face experience. Trainees will benefit from direct, in-person instruction throughout, culminating in a 6-day immersive facilitation experience at Beyoga Studio, Alicante, Spain. Jamie's extensive teaching background ensures that each participant receives personalized guidance, hands-on support, and real-world teaching insights, fostering their growth and confidence as future instructors.

*This training is independently organized and inspired by the Rocket method developed by Larry Schultz. It is not affiliated with or endorsed by any official Rocket licensing organization.*

## ALICANTE EXPERIENCE

The face-to-face component will take place in Alicante, providing a beautiful setting for practical application and personal connection. Here, you will engage in intensive, hands-on learning that enhances your teaching skills and understanding of Vinyasa yoga.

## KEY LEARNING OUTCOMES

- Focused on teaching beginners and building strong foundations
- Develops a solid base in asana practice and breath connection
- Provides essential tools to support students as they progress
- Includes Jamie's personalised 1:1 guidance
- Deepens and refines your Rocket-inspired practice
- Explores the Rocket sequence and its modifications
- Covers anatomical alignment principles
- Expands your asana vocabulary
- Helps you confidently integrate Rocket into your classes or personal practice





## SUPPORTIVE ENVIRONMENT

The course promotes a nurturing atmosphere where Jamie offers continuous evaluation, personalized coaching, and encouragement, allowing each trainee to grow in confidence while enjoying the journey alongside peers.



## WHO WAS LARRY SCHULTZ?

Larry Schultz named it The Rocket as this practice "gets you there faster". Rocket Yoga, popularized by the yoga community in San Francisco, has taken a large UK following nationally and around the World internationally. Larry Shultz created The Rocket routine, a series of postures based on a modification of the traditional Ashtanga Vinyasa yoga Primary and Intermediate series, to renew energy and vitality in the body.

Larry said, "The Rocket is designed to wake up the nervous system and feed it the precious vital energy it craves while promoting a spirit of change and freedom in the practice."

Larry designed an asana sequence that would invigorate and strengthen students with advanced postures while remaining accessible to beginners by offering modifications and methods to build the postures from the ground up. The Rocket routines are revisions of the traditional Ashtanga series that remove the hierarchy of postures and gives the student the inspiration into their own creative process, while still honouring the core values of the Ashtanga Practice.



# WHAT A ROCKET TRAINING DAY LOOKS LIKE

## Morning Session

- 7:00 AM - 8:00 AM: Rocket Yoga Practice
- Engage in a dynamic Rocket Yoga session focusing on breath and movement.
- 8:00 AM - 9:00 AM: Breakfast
- 9:00 AM - 10:30 AM: Theory Class: History and Philosophy of Yoga
- Explore the roots of yoga, including its evolution and key philosophies.

## Mid-Morning Session

- 10:30 AM - 12:00 PM: Asana Breakdown
- Detailed examination of Rocket poses, focusing on alignment and modifications.
- 1:00 PM: Lunch

## Afternoon Session

- 2:00 PM - 3:30 PM: Teaching Methodology
- Learn effective teaching techniques, including cueing and sequencing.
- 3:30 PM - 4:30 PM: Partner Work
- Practice teaching in pairs to build confidence and receive feedback.
- 3:30 PM - 4:00 PM: Snack Break
- Light snacks and refreshments to recharge.

## Late Afternoon Session

- 4:00 PM - 5:30 PM: Rocket Yoga Flow with Music
- Another practice session, focusing on integrating learned techniques.
- 5:30 PM - 6:30 PM: Group Discussion
- Reflect on the day's lessons, share experiences, and bond as a community.

## Evening Session

- 6:30 PM - 7:30 PM: Dinner
- A communal meal encouraging camaraderie among participants.



## **COURSE DATES: 15–20 AUGUST (6 DAYS)**

- 6-Day Intensive Training
- This immersive 6-day, 50-hour training blends dynamic practice, in-depth theory, and hands-on teaching experience.
- Includes:
  - Daily morning Rocket practice
  - Afternoon Rocket flow integration
  - Theory classes (history, philosophy & methodology)
  - Asana breakdown & alignment labs
  - Teaching methodology & sequencing
  - Partner teaching practice & feedback
  - Group discussions & integration sessions
- A complete experience designed to deepen your practice, refine your teaching skills, and embody the Rocket system with confidence.

## **RECOMMENDED ACCOMMODATION**

For those travelling from outside Alicante, we recommend staying within walking distance of the studio to make the most of the training schedule and early morning practices.

The Teacher Training will take place at Beyoga, located in the city centre of Alicante, surrounded by a wide range of hotels, boutique stays and apartment options.

We have selected a few accommodation options that we recommend for their proximity, comfort and easy access to the studio. You can find them here:

<https://manlia.es/>

<https://www.reinavictoriaalicante.com/>

If you need further recommendations or assistance, feel free to contact us — we'll be happy to help.



**PRICING OVERVIEW**  
**PROGRESSIVE ROCKET VINYASA**  
**50HRS INTENSIVE TRAINING**  
**FULL PRICE 650€**  
**EARLY BIRD 550€ \*UNTIL APRIL 30TH**

Includes:

- All practical classes
- All theory sessions
- Teaching methodology and practice
- Asana breakdown and alignment work
- Group discussions and integration sessions

*\*Please note: Accommodation in Alicante, travel to Alicante or to the studio, as well as meals, lunches and dinners are not included in the training price.*

To secure your place, a bank transfer is required  
to the following account:

ES68 3029 7249 9827 2001 4484

BIC CCRIES2A029

The total amount is required to confirm the reservation.

Please note that all payments are non-refundable, and bookings are non-transferable, meaning the reservation cannot be used by another person under any circumstances.