

# 2022-2023 Transformative Yoga Teacher Training begins September 16th, 2022

## **PROGRAM DATES/ TIMES:**

VIRTUAL Instruction 10 Wednesday evenings 6-8pm

IN-STUDIO Instruction 8 Weekends and 1 additional Sunday

## **In-Studio Weekend Schedule:**

Fridays 5-9pm / Saturdays 8-6pm / Sundays 9-4pm

This program is an in-depth study of foundational yoga. Areas of focus include yoga asana, philosophy, anatomy, prenatal yoga, assisting, ayurveda, sanskrit, mantra, yoga nidra, and meditation.

## **Weekend 1**

### **Friday- Saturday September 16-17**

Introduction to Philosophy and Mantra

Pranayama Ujjayi / Three Part Breathing

Foundations of Asana/Sun Salutations

## **Weekend 2**

### **Friday- Sunday September 30- October 2**

History of Yoga/Classical and Tantra/Patanjali's Eight Limbs

Asana Exploration and Introduction to Sun Salutations A, B, C

Pranayama: Ujjayi Breath

Chant Mantra and Meditation

Yoga Anatomy

### **Weekend 3**

#### **Friday- Sunday October 14-16**

Yamas & Niyamas and Introduction to Yoga Sutras

Pranayama: Alternate Nostril Breathing

Asana Exploration, Sun Salutation, Intro to Sequencing

Japa Meditation and Mantra Practices

Yoga Anatomy

### **Weekend 4**

#### **Friday- Sunday November 11-13**

Understanding the Subtle Energetic Body: Bandhas & Koshas

Yoga Nidra

Pranayama: Sitali

Asana Exploration: Inversions & Sequencing

Assisting Techniques

Yoga Anatomy

### **Weekend 5**

#### **Friday- Sunday November 18-20**

Yoga Philosophy

Pranayama: Bhramari

Asana Exploration: Assisting & Sequencing

Yoga Anatomy

## **Sunday December 11**

Ashtanga Yoga

## **Weekend 6**

### **Friday- Sunday January 13-15**

Introduction to Ayurveda

Five Element Walking Meditation

Pranayama: Kapalabhati & Vayus

Asana Exploration: Assisting

Review & Practice Teach

Yoga Anatomy

## **Weekend 7**

### **Friday-Sunday January 27-29**

Practical Testing & Written Final Exam

Prenatal Yoga

Yoga Anatomy

## **Weekend 8**

### **February 3-4**

Teach Friends and Family

Graduation Ceremony

**INVESTMENT:**

\$2,695\* early registration before August 1, 2022

\$2,995 regular enrollment after August 1, 2022

\*To be eligible to receive early discount pricing you must meet the following criteria:

- Upon acceptance half tuition (\$1,147.50) due August 8, 2022
- Remaining balance (\$1,147.50) due September 1, 2022

\*Payment plans for special circumstances can be made available upon request.

**Tuition Includes:**

200 HR Yoga Alliance Certified Yoga Teacher Certification (pending all program requirements are met), Transformative Yoga Teacher Training Manual, guest teacher workshops,

Tuition does not include books. Book list provided upon acceptance.

Payment plans for special circumstances available upon request.

**REFUND POLICY**

Please note: The \$400 deposit is non-refundable and non-transferable. (If for any reason you are not accepted into the program your deposit will be refunded in full.)

If a student withdraws from the course: 31+ days prior to training, full refund minus deposit 15-30 days prior to training, 50% of training balance, minus \$400 deposit 14 days prior to training, no refund

Once training begins: no refund.

**There are two tracks available:**

***ADVANCED STUDIES PROGRAM***

Yoga students are invited to attend this training for the purpose of advanced study without fulfilling all requirements for 200HR certification recognized by Yoga Alliance.

***200HR YA CERTIFICATE PROGRAM***

This certification is available to yoga students who wish to teach yoga in public venues such as studios, corporate yoga, recovery programs, and gyms.

***200HR YA CERTIFICATION REQUIREMENTS***

Consistent classroom participation, successful completion of assigned reading, demonstration of understanding principles presented in the program, and fulfillment of practice teaching requirements factors your eligibility for certification through Yoga Alliance.

***CURRICULUM OUTLINE***

This Hatha Yoga 200 HR Teacher Training and Deeper Studies Program is designed for experienced students who would like to achieve a 200 HR Yoga Alliance Certification for the purpose of teaching yoga classes and also for the serious yoga practitioner desiring to deepen his/her understanding of the science of yoga.

This comprehensive curriculum will include the fundamentals of yoga philosophy, teaching methods, and developing skills for working with a diverse array of yoga practitioners in aspects of postural, breathing, mantra, and meditation practices.

*Asana Technique, Teaching Methods and Practical Yoga*

Anatomy: Participants will learn to teach the primary families of asanas: Sun Salutations, Standing Poses, Backbends, Forward Bends, Twists, Arm Balances, Inversions, Core Refinement, and Hip Openers. Explorations of postures and poses will be supported by functional anatomy, bio-mechanics, and the kinesiology of movement. In this section participants will also learn how to see yoga practitioners in order to guide them in a meaningful and safe way through an asana practice. Studies of alignment principles, modifications, physical adjustments/assists, and the use of yoga props are all included in this section.

*Practical Yoga History and Philosophy: This section includes the study of certain yoga philosophies and traditional texts. Studies include; Patanjali's Eight Limbs of Yoga, Yoga Sutras, Patanjali's philosophy of Spiritual Psychology, an overview of the Bahagavd Gita, history of yoga, and an introduction to the use of Sanskrit.*

Class Plan and Sequencing: This section of study will include art and science of sequencing postures for yoga classes. Class plan instruction will include grounding practices, intention setting, themes, and styles of asana practice.

*Seeing, Relating, Demonstrating, Cuing: We learn to observe, appreciate, and understand what is happening with different students to develop the skills to work with all bodies and abilities. How to effectively demonstrate yoga poses while giving clear concise instructions using the qualities of voice, tone, and audibility.*

Practice Teaching: Participants will be working together in group settings to practice teach. Students will learn to develop confidence and skills to

lead larger classes. Each practice teaching session includes feedback and discussion of teaching techniques and methods.

**Teaching Pranayama:** This section includes instruction of basic breathing techniques; three-part breathing and ujayi breath along with intermediate breathing techniques such as alternate nostril, sitali, kapalabhati, bhramari.

**Meditation Practice:** We will explore several meditation techniques including japa meditation, guided meditation, silent meditation, and walking meditation.

*Subtle Energetic Body and Ayurveda:* The subtle energetic body is the template to the physical body and in this section we will cover nadis, koshas, bandhas, chakras, and the vayus. Included in this section is an introduction to Ayurveda, the five elements, doshas, gunas, and dinacharya.

**Pre-Natal Yoga:** In this section participants will learn how to adapt the practice for each trimester of pregnancy, indications and contra-indications for various conditions, effective use of props, emotional and psychological aspects of pre-natal, preparation, delivery and post-partum reintegration through yoga.

*Lifestyle, Ethics, and Selfless Service:* In this section we will be exploring the bigger picture of how we live our lives off the mat. We will explore nutrition, personal yoga and meditation practice, relations with family, friends, co-workers and community. We will study the yogic perspective of living life with dignity, integrity, and respect for all beings.

## PERSONAL INFORMATION

(Please complete and return with deposit to apply)

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email (please print clearly) \_\_\_\_\_ Current  
Occupation \_\_\_\_\_ How long? \_\_\_\_\_  
Mobile Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

Name \_\_\_\_\_  
Relationship \_\_\_\_\_  
Mobile Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Email \_\_\_\_\_

## EXPERIENCE & PREVIOUS TRAINING

How long have you practiced yoga? \_\_\_\_\_

What Style(s) \_\_\_\_\_ Are you currently  
teaching yoga? YES / NO

If yes, for how long? \_\_\_\_\_

What style(s) do you teach?  
\_\_\_\_\_

How did you hear about this Teacher Training Program?  
\_\_\_\_\_  
\_\_\_\_\_

Please list all of the previous yoga education, trainings, workshops or intensives you have completed.

Do you have any medical conditions that might affect your full participation in this training?

Yes / No If yes, please explain briefly.



**Do you have any injuries or other physical impairments that might restrict full participation?**

**Yes / No If yes, please explain briefly:**

**Do you have any allergies? Yes / No If yes, please explain briefly.**

**Do you currently take any prescription medications you would like us to know about?**

**Yes / No If yes, please list and explain briefly.**

**What are your expectations for this training? What do you hope to gain, learn or work on?**

**List anything else you want your teachers to know in order to insure the best possible experience.**

## **TUITION POLICY**

A non-refundable and non-transferable deposit of \$400 is due with your application. This deposit is then subtracted from tuition and student pays remaining balance.

You will be notified 7 days from date of your application if you have been accepted into the training. If for any reason you are not accepted into the program your deposit will be refunded in full.

Deposit can be made by cash, Venmo, or personal check payable to: Stacy Whittingham or Gena Foreman

## **PAYMENT**

Please select Option A or B:

\_\_\_\_\_ Option A: Early-Bird Enrollment (Before August 1, 2022)  
\$2695.00\*

*\*To be eligible to receive early-bird discount pricing you must meet the following criteria:*

- Application and deposit of \$400 received by August 1, 2022*
  
- Upon acceptance half tuition (\$1,147.50) due August 8, 2022*
  
- Remaining balance (\$1,147.50) due September 1, 2022*

\_\_\_\_\_ Option B: Regular Enrollment (Begins August 2, 2022)  
\$2995.00

*\*Payment plans for special circumstances can be made available upon request.*

*\*Please note, above tuition does not include books*  
**CERTIFICATION REQUIREMENTS**

If you have a conflict and must miss any portion of teacher training you are responsible for the information that you miss. Any missed group instruction must be made up in private session with faculty or by other special arrangement at a rate of \$75/hr unless other arrangements are made. Consistent classroom participation and successful completion of assigned reading. Demonstration of understanding, incorporation & competence in principles presented in the program. Demonstration of ability to present principles to students of varying levels and abilities.

## **REFUND POLICY**

Please note: The \$400 deposit is non-refundable and non-transferable. (If for any reason you are not accepted into the program your deposit will be refunded in full.)

If a student withdraws from the course:

31+ days prior to training, full refund minus deposit

15-30 days prior to training, 50% of training balance, minus \$400 deposit

14 days prior to training or once training has started, no refund.

**I have read and accept the certification requirements and refund policy.**

**Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

## **ATTENDANCE POLICY**

By signing up for this program, there is an expected commitment for you to attend and participate 100% in the training. Be sure you check the dates carefully before signing up and rearrange your schedule to fit the hours given. This is a 200-hour Yoga Alliance approved teacher training and your attendance and participation factors your eligibility for certification through Yoga Alliance. In order to qualify for the above certification you must attend the training in its entirety.

I have read and accept the attendance policy.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_