



# RYT 200 YOGA TEACHER TRAINING

**WINTER 2024**

**Tap into your personal power. Deepen your knowledge.**

Learn to craft powerful sequences, lead a room and guide students on their physical & emotional journey into yoga. Whether your goal is to step right into teaching or you simply want to deepen your personal knowledge of yoga, this training is meant to be both an **exploration** and **education**.

Through the framework of power vinyasa yoga, we'll explore how to teach yoga to others but you will also dive deeper into a knowledge of yourself. Although our focus will be vinyasa style yoga, trainees will be exposed to different formats and modalities, as well as study body energetics, the nervous system, anatomy for the yoga practice and more!

***What we explore:***

History/Philosophy of Yoga  
Breath, Meditation, Body Energetics  
The Asanas of the Yoga Practice  
Creating Sequences & Classes  
Alignment, Anatomy & Assisting  
+ more

## **TRUST the process.**

Create community. Connect with like-minded individuals.

Open new doors for yourself and others. Training to be a teacher means becoming a change agent and a guide. No matter where your yoga practice takes you, no matter what you choose to do after training, you will develop skills to be a better, more connected individual.

We hope you will join us!

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## **Evening/Weekend Program March - July 2024**

*This majority of this program is through in-person learning, although there are some online learning components and development meetings that will happen virtually.*

**Teaching Practicum September – October 2024**

# ***BUT WHAT WILL I ACTUALLY LEARN?***

## **INQUIRE**

The teacher training journey is not only an inquiry into the yoga practice but an inquiry into self. From a heightened awareness of the workings of your body to a greater connection to your purpose, the goal of this immersion is to spark change, growth and inspiration.

## **IMPACT**

From the history and philosophy of yoga to preparing you to be a strong teacher guiding a room, our goal is to help you step into your **power**.

Learn how to manage energy, craft powerful sequences and impact fully share the joy of yoga with those around you. Whether you plan to teach or simply want to train for a deeper knowledge of the practice, this training will help you gain clarity of purpose and the tools to share the practice with others.

Learn to connect what you *see* with how you *teach*. Learn from the issues in your body, and those of your fellow trainees. Explore how these translate into what your students encounter and solve from there.

## **INVEST**

Training is an investment not only of money but of time.  
Not sure how to afford the program? Please reach out as we have payment plan options.

### **Tuition: \$3050**

*\$2850 (early bird) before February 1<sup>st</sup> | \$3250 payment plan or after February 17.*

Non-Refundable Deposit: \$500 (applied to tuition)

*A consistent 1+ year practice is a requirement of teacher training.*

Training manual + anatomy guide included in tuition. Additional recommended texts are not included, although many libraries carry these titles or can be purchased with a discount.  
\$50 replacement printing fee if manual is lost or damaged.



# YOGA TEACHER TRAINING

## Winter 2024 Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone & Email: \_\_\_\_\_

Experience with yoga: \_\_\_\_\_

Amount of time you have been practicing yoga: \_\_\_\_\_

Along with your application, please submit a brief essay discussing:

Why are you interested in this teacher training? What do you hope to gain?

What do you feel is your most positive trait and why?

What do you feel is one thing holding you back – in your life, on the mat, anything.

What do you hope to do or accomplish with your certification?

*Please note: the basis of the yoga practice is ethical behavior. Participation in this training is not a guarantee of certification. Application is not a guarantee of acceptance. Once the program has begun, there are no refunds.*

## Training Schedule

The majority of our in-studio training will take place March-June 2024.

During July and August, we will have a select few virtual sessions and trainees will have the opportunity to work in small groups as well as complete any e-learning modules for graduation.

September and October will be focused on practicum sessions to complete the transition from trainee to teacher. Days/time to be agreed upon by the trainee group.

- Kick off immersion: March 8<sup>th</sup> 2-6pm
- Mondays 6:45-9:45pm
- Monthly Saturday Immersion 11a-4pm
- Monthly Friday evening session 6-8pm

\*scroll down for complete calendar\*

### Additional training requirements:

- Required + Recommended Readings will be assigned
- Online anatomy course + Online History/Philosophy Course
- Personal practice in public classes at the studio: 30 hours (to be completed within a year)
- Participation in 4 studio run teacher development workshops (to be completed within a year – trainees will be offered a 50% discount on these sessions)
- Homework, essays + quizzes can be expected

Upon acceptance to the program, recommended reading list will be shared as well as access to two e-learning courses.

Space in training is limited to ensure personalized attention and support to each trainee.

◀ February

# March 2024

April ▶

| Sun | Mon                        | Tue | Wed | Thu | Fri                              | Sat                            |
|-----|----------------------------|-----|-----|-----|----------------------------------|--------------------------------|
|     |                            |     |     |     | 1                                | 2                              |
| 3   | 4                          | 5   | 6   | 7   | 8<br>Kick-off Immersion<br>2-6pm | 9                              |
| 10  | 11                         | 12  | 13  | 14  | 15                               | 16                             |
| 17  | 18<br>Training 6:45-9:45pm | 19  | 20  | 21  | 22                               | 23                             |
| 24  | 25<br>Training 6:45-9:45pm | 26  | 27  | 28  | 29                               | 30<br>Weekend Immersion 11-4pm |
| 31  |                            |     |     |     |                                  |                                |

◀ March

# April 2024

May ▶

| Sun  | Mon                               | Tue       | Wed       | Thu       | Fri                                | Sat                                   |
|--|-----------------------------------|-----------|-----------|-----------|------------------------------------|---------------------------------------|
|  | <b>1</b><br>Training 6:45-9:45pm  | <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>                           | <b>6</b>                              |
| <b>7</b>   | <b>8</b><br>Training 6:45-9:45pm  | <b>9</b>  | <b>10</b> | <b>11</b> | <b>12</b><br>Friday immersion 6-8p | <b>13</b>                             |
| <b>14</b>  | <b>15</b><br>Training 6:45-9:45pm | <b>16</b> | <b>17</b> | <b>18</b> | <b>19</b>                          | <b>20</b>                             |
| <b>21</b>  | <b>22</b><br>Training 6:45-9:45pm | <b>23</b> | <b>24</b> | <b>25</b> | <b>26</b>                          | <b>27</b><br>Weekend Immersion 11-4pm |
| <b>28</b><br>Teacher Tune Up workshop (optional) | <b>29</b><br>Training 6:45-9:45pm | <b>30</b> |           |           |                                    |                                       |

◀ April

# May 2024

June ▶

| Sun | Mon                        | Tue | Wed | Thu | Fri  | Sat                                       |
|-----|----------------------------|-----|-----|-----|--|---|
|     |                            |     | 1   | 2   | 3  | 4   |
| 5   | 6<br>Training 6:45-9:45pm  | 7   | 8   | 9   | 10<br>Friday immersion 6-8pm                 | 11<br>Teacher Tune Up Workshop (optional) |
| 12  | 13<br>Training 6:45-9:45pm | 14  | 15  | 16  | 17   | 18<br>Weekend Immersion 11-4p             |
| 19  | 20<br>Training 6:45-9:45pm | 21  | 22  | 23  | 24   | 25  |
| 26  | 27                         | 28  | 29  | 30  | 31<br>*TBD – possible Friday immersion 6-8pm |   |

| June 2024                                    |                            |     |     |     |                             |                              |
|--|----------------------------|-----|-----|-----|-----------------------------|------------------------------|
| ◀ May  |                            |     |     |     |                             | July ▶                       |
| Sun  | Mon                        | Tue | Wed | Thu | Fri                         | Sat                          |
|  |                            |     |     |     |                             | 1                            |
| 2  | 3<br>Training 6:45-9:45pm  | 4   | 5   | 6   | 7                           | 8                            |
| 9  | 10<br>Training 6:45-9:45pm | 11  | 12  | 13  | 14<br>Friday Immersion 6-8p | 15<br>Weekend Immersion 11-4 |
| 16   | 17<br>Training 6:45-9:45pm | 18  | 19  | 20  | 21                          | 22                           |
| 23<br>Teacher Tune Up<br>Workshop (optional) | 24<br>Training 6:45-9:45pm | 25  | 26  | 27  | 28                          | 29                           |
| 30   |                            |     |     |     |                             |                              |