



## **200 Hour Yoga Teacher Training**

Our 200 Hour Yoga Teacher Training Program is designed for those who want to deepen their yoga knowledge and practice, strengthen and deepen their spiritual connection, and equip teachers interested in teaching Inspirational or Christ-Centered yoga classes.

Training consists of five modules in total, each focusing on different elements of yoga teacher development. Each module includes practical instruction, personal study and practice, and mandatory homework. Successful completion of all five module leads to two certificates, including a Level 1 Certificate (L1CYT) as well as a 200 Hour Certificate in Inspirational (CYT) or Christ-Centered yoga (CCYT). In addition, your certificate enables you to register as an RYT-200 with the Yoga Alliance.

Our program is an international program, available to anyone, anywhere in the world. All of the modules are offered in an online format, including the two Yoga Camps. We provide mentoring throughout and limit attendance in order to build a safe and supportive community and ensure that you get the most out of your training experience.

### **Training Modules Include (See course descriptions and dates provided below.):**

- 1) Level 1 Yoga Certification & Yoga Camp - October 2022
- 2) Foundations of Yoga - January 2023
- 3) Teacher Ethics & Leadership - February 2023
- 4) Level 1-2 Yoga Camp - March 2023
- 5) Class Design & The Business of Yoga - April 2023

Successful completion of all five courses above will earn you a 200 Hour certificate in Inspirational and/or Christ-Centered Yoga and will enable you to register with the Yoga Alliance as an RYT-200.

**Investment:** \$1999 US (formerly \$2300) for full 200 Hour YTT, or \$1399 if you completed the Level 1 Workshop & Certification. Payment arrangements are available as coordinated with trainer. Discounts are offered for existing teachers. Any of the modules may be repeated for 50% off.

**Bonus offer!** Register for the full 200 Hour IYTT program and receive a BONUS TRAINING in Meditation Techniques (worth \$75) AND choose a FREE Online Self-Paced training in the specialty area of your choice (up to \$180 in value) upon completion of 200 Hour YTT training. You can choose from the following:

- Yoga for Athletes
- Yoga for Mental Health
- Yoga Nidra
- Yoga for Special Populations (includes training in Chair, Restorative, and Wall Yoga)

**The net result? Three certifications for the price of one, at your pace, and as your finances allow.**

**Applications for the next 200 Hour Yoga Teacher Training are now being accepted for our Fall 2022/Winter 2023 session that begins October 20. A fully transferrable \$200 deposit is required with your application and will be applied to the cost of tuition. Space is extremely limited, so apply early to save your spot!**

## **200 Hour Yoga Teacher Training Modules & Schedule**

### **Level 1 Yoga Workshop & Certification: October 2022**

This four-day yoga camp provides a safe and interactive learning environment to grow in your understanding of yoga fundamentals. It also provides an opportunity to dive deeper into your yoga practice and will prepare you to teach Gentle and Level 1 yoga classes in a gym, fitness center, community center, church, or school environment. Successful completion will earn you a Level 1 Yoga Certification (L1CYT) and will enable you to teach Gentle and Level 1 yoga classes and get fitness insurance. This is also the first module for the 200 Hour Yoga Teacher Training.

#### **Training Includes:**

- Yoga history, philosophy, and theory
- Yoga terminology
- Gentle & Level 1 posture construction and instruction
- Applied basic yoga anatomy
- Gentle & Level 1 posture touch/assists
- Basic class design and messaging
- Marketing and promotion

You can participate in this training either in person or online via Zoom. The final training schedule will be provided by your trainer in advance of the yoga camp.

- **Online or In-Person in Chandler, AZ - October 20-23 (see schedule for details)**
- **Online Functional Anatomy training - Online Self-Paced**

**Required Reading:** Anatomy of Yoga, Dr. Abigail Ellsworth. Additional training materials will be provided in an electronic format.

**Homework:** Trainees will begin articulating Gentle and Level 1 postures (“teach backs”) to their peers in a 1:1 interactive learning format. Trainee must demonstrate knowledge of the poses as well as be able to articulate them clearly and effectively. In addition, trainees will be required to attend four weekly yoga classes and complete Class Feedback Forms for each. Trainee must also successfully present a 60 minute practice teach within one month of completion to their mentor in person or in an online format. Level 1 Yoga Certificate (L1CYT) provided upon completion.

### **Foundations of Yoga: January 2023**

This course provides detailed instruction in yoga history, philosophy, theory, and spiritual study, including yoga theory, including the origins of yoga, yoga philosophy, the eight limbs of yoga, Chakra theory, and the Koshas, pranayama (breathing techniques), meditation, and prayer. In addition, you will learn how to study Sacred text and how to incorporate it into your class messaging for Inspirational or Christ-centered yoga classes.

#### **Training Includes:**

- Session 1: Yoga History, Philosophy & Theory
- Session 2: Studying Sacred Text
- Session 3: Class Messaging

- Session 4: Breath Work, Meditation & Prayer

Instruction will take place online via Zoom on Wednesday evenings from 5:00-8:00 pm AZ time (Arizona does not observe Daylight Savings, so check the time in your area). All training sessions are recorded and the link to the recording is provided within 24 hours of the session.)

- **Online Wednesdays January 11, 18, 25, Feb. 1 from 5-8 pm**

**Required Reading:** **The Heart of Yoga: Developing a Personal Practice**, Edition by T. K. V. Desikachar (including The Yoga Sutras of Patanjali). Choice of sacred text (A list of approved Sacred Texts will be provided. Biblical study is required for Christ-Centered trainees. Additional training materials will be provided in an electronic format.

**Homework:** Trainees will be required to study the sacred text of their choice and turn in Journaling Notes each week, for a total of four. In addition, trainees will be required to participate in four weekly yoga classes and complete Class Feedback Forms for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

## **Teacher Ethics & Leadership: February 2023**

Ethics are vitally important to the teacher-student relationship, as well as all of the relationships in our lives. Our students have entrusted us with their physical, intellectual, emotional, and spiritual well-being. This is something we cannot take lightly and requires us to closely examine our ethics as well as clearly define our roles and responsibilities as teachers. This course concentrates on developing the teacher mindset, including instruction in ethics, roles and responsibilities, inner integrity, servant leadership, and self care.

- Session 1: Teacher Ethics, Roles & Responsibilities
- Session 2: The Four Pillars of Integrity
- Session 3: Servant Leadership
- Session 3: Self Care

Instruction will take place online via Zoom on Wednesday evenings from 5:00-8:00 pm AZ time (Arizona does not observe Daylight Savings, so check the time in your area). All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

- **Online Wednesdays February 8, 15, 22, March 1 from 5-8 pm**

**Required Reading:** **The Yamas & Niyamas: Exploring Yoga's Ethical Practice** by Deborah Adele. Additional training materials will be provided in an electronic format.

**Homework:** Trainees will be required to study the sacred text of their choice and turn in Journaling Notes each week, for a total of four. In addition, trainees will be required to participate in four weekly yoga classes and complete Class Feedback Forms for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

## Level 1-2 Yoga Camp: March 2023

This four-day yoga camp immersion provides a safe and interactive learning environment to grow in your understanding of Level 1-2 (Intermediate) Yoga and Vinyasa Flow Yoga to deepen and advance your yoga practice and take your teaching to the next level.

### Training Includes:

- Applied Anatomy
- Level 1-2 postures construction and instruction
- Level 1-2 postures construction touch/assists
- Vinyasa Flow
- Teacher Practicum

You can participate in this training either in person or online via Zoom. The final training schedule will be provided by your trainer in advance of the yoga camp.

- **Online or In-Person in Chandler, AZ - March 23-26 (Schedule TBA)**

**Required Reading:** Anatomy of Yoga, Dr. Abigail Ellsworth. Additional training materials will be provided in an electronic format.

**Homework:** Trainees will begin articulating Level 1-2 postures and flow sequences (“teach backs”) to their peers in a 1:1 interactive learning format. Trainee must demonstrate knowledge of the poses as well as be able to articulate them clearly and effectively. In addition, trainees will be required to attend four weekly yoga classes and complete Class Feedback Forms for each. Trainee must also successfully present a 60 minute practice teach to their training group.

## Class Design & The Business of Yoga: April 2023

This course is prepares you to design and deliver amazing classes that keep your students coming back. You will receive detailed instruction in class design and sequencing for Gentle, Level 1, Level 1-2, Level 2, and Vinyasa Flow classes as well as how to deliver classes in an online format. In addition, you will learn the business side of yoga including how to market and promote your classes, including marketing, promotion, and legal considerations. You will also receive practical experience in developing a workshop series or a business plan that will be ready to deliver upon completion of the course.

### Training Includes:

- Session 1: Class design and sequencing for Gentle & Level 1
- Sessions 2: Class design and sequencing for Level 1-2, Vinyasa, and Level 2
- Session 3: Playlist development and online teaching considerations
- Session 4: Business tools and marketing

Instruction will take place online via Zoom on Wednesday evenings from 5:00-8:00 pm AZ time (Arizona does not observe Daylight Savings, so check the time in your area). All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

- **Online Wednesdays April 5, 12, 19, 26 from 5-8 pm**

**Required Reading:** The Language of Yin by Gabrielle Harris. Additional training materials will be provided in an electronic format.

**Suggested Reading: Yoga Sequencing: Designing Transformative Yoga Classes** by Mark Stephens.

**Homework:** Trainees will be required to participate in weekly yoga classes and complete Class Feedback Forms for each. Trainee will also compete and turn in a final project consisting of: 1) a business plan or 2) a workshop series for a special population or specific condition, including class outlines for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

## **Got Questions?**

If we can answer any questions or be of additional assistance, do not hesitate to contact me at:

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