



Level 1 Certification

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.

Investment: \$600 US. Payment arrangements are available as coordinated with trainer. Discounts offered for existing teachers. You may repeat this module for 50% off.

Got Questions?

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

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