

200-HR YTT PROGRAM OVERVIEW

SCHOOL OBJECTIVES

To provide students with an in-depth and comprehensive understanding of the basic theory and practices used to guide yoga in a safe and effective manner. This extends far beyond teaching a class, it also includes being able to hold the seat of the teacher, to communicate effectively, to be inquisitive, to practice witness consciousness techniques and to never stop learning. We know that teachers who do these things grow and evolve and provide a truly amazing experience, as opposed to "just a workout."

200 HOUR VINYASA YOGA TEACHER TRAINING

Embark on a voyage that will transform your body, mind, and heart through The Yoga Professional 200-hour Vinyasa Yoga Teacher Training.

ABOUT OUR TEACHER TRAINING PROGRAM

Our 200-hour Teacher Training Program has been designed for students who want to become certified yoga teachers, as well as those with a desire to dive deeper into the art and science of yoga, grow in their practice, deepen in self-understanding and gain a greater knowledge of body alignment, anatomy and yoga philosophy. Participants will learn and develop the key elements necessary to teach a fun, safe and effective yoga class as well as important skills that will positively serve all aspects of one's life.

Our Teacher Training Program offers an empowering approach to education, teaching and what it means to craft an experience that supports the students for success. As a participant in our program you will receive a well-rounded education that meets the curriculum standards criteria in 6 key categories as defined by Yoga Alliance, including:

TECHNIQUES, TRAININGS, PRACTICE

**75
hours**

Asana

Historical context

Poses specific to RYS's lineage

Complete Sequencing (asana, pranayama, meditation) to achieve particular effect safely

Shared anatomical and alignment principles and contraindications

Pranayama + Subtle Body

Historical Context

Effects of Pranayama on anatomy and subtle body

Complete Sequencing of pranayama safely, including alternatives and adaptations

Ujjayi, Nadi Shodina, Kapalabhati, among others

Meditation

Knowledge and exploration of the 8-Fold Path, specifically pratyahara, dharana, dhyana, and samadhi

Introduction to a variety of meditation techniques



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Introduction to chanting, mantras, and mudras

PROFESSIONAL ESSENTIALS

**65
hours**

Teaching Methodology

Practical and subtle aspects of teaching methodologies

Sequencing

Cueing + Linguaging

Conscious Communication

Environmental attunement + class management

Professional Development

Understanding the yoga landscape

Professional organizations

Scope of Practice + Code of Conduct

Continuing education

Professional standards

Liability insurance

Waivers, invoicing, etc.

Practicum

Knowledge, skills, experience

Leading peers in practice and class experience, the art of giving and receiving feedback,
and

assisting and observing others teach

Mentorship, feedback, integration

ANATOMY AND PHYSIOLOGY

**30
hours**

A comprehensive overview of the physical body, bones, muscles, bodily systems and organs, and the subtleties of the energetic body.

Anatomy

Major bones

Type of joints

Major muscles involved in asana

Physiology

Nervous system incl. 'fight, flight, freeze' stress response, vagal theory, overall mind-body connection



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Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice
Respiratory system incl. muscles that affect breathing, involuntary vs. voluntary breath, how air enters and leaves the body

Biomechanics

Types of joint movements

Joint stabilization

Safe movement as it pertains to balancing, stretching, awareness, trauma

Contraindications, misalignments, adaptations

YOGA HUMANITIES, PHILOSOPHY, ETHICS, LIVING YOGA

**30
hours**

History

Term 'yoga'

School's lineage, style, and methodology

Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern

An exploration of the history of yoga, pre-Vedic age to the classical era, and the evolution of the tantra and its applications to daily life.

Philosophy

Definition of yoga and key terms

Relationship between asana, pranayama, meditation per school's approach

Familiarity w/major yogic texts (I.e. Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga, Pradipika)

Self-reflection on how philosophy relates to the practice

Ethics

Awareness of yoga sutras or similar yogic ethical precepts

Relationship to Yoga Alliance Scope of Practice and Code of Conduct

Comprehension of and responsibility to increase equity in yoga

Accountability measures

Self-Reflection on how yoga ethics relate to practice and teaching

YTT BONUS: BUSINESS OF YOGA

**50
hours**

A leader at the intersection of yoga and entrepreneurship, Lissa Lenz has you covered! You get access to the latest and the greatest when it comes to setting yourself up for success and yogipreneur. Review industry trends and develop an understanding of how to stand out from the crowd, set up your business basics, get the low-down on scheduling classes, getting set up online, marketing, and managing private clients.

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TOTAL

**250
hours**

INSTRUCTOR ACCREDITATION

Successful graduates of our 200-hour Vinyasa Yoga Teacher Training Certification, are certified to teach hatha, vinyasa and hot yoga styles and have the opportunity to become registered Yoga teachers (RYT) through Yoga Alliance, the organization responsible for maintaining the integrity and consistency of yoga trainings throughout the world. Most studios in the United States require teachers to hold a minimum of 200-hour certificate in order to teach.

TRAINING PROGRAM ACCREDITATION

The Yoga Professional 200-hr Teacher Training is a registered Yoga Alliance accredited school and operates as an affiliate school of The Yoga Professional®. Lead instructors have been trained by Katie Brauer, industry leader and creator of The Yoga Professional®. Our training program curriculum is provided by The Yoga Professional®, and not only meets the predetermined criteria set forth by Yoga Alliance but also holds a 5-star rating. Participants in our program can rest assured that the training they receive is of the highest quality, and the result of participation will equip them to lead a safe, effective yoga class with confidence and great skill.

TUITION

Early Bird Tuition - \$2,675, by June 30, 2024

Standard Tuition - \$3,200, after June 30, 2024

Payment Plan - \$3,200 by May 15, 2024 (\$640/mo for 5 months)

Student, Senior, Active Duty Military - \$200 discount (only applies to standard/full tuition)

REQUIREMENTS FOR ACCEPTANCE

- You must be at least 18 years of age.
- You must demonstrate English-language competency.
- You must demonstrate medical and mental-health readiness.
- If it is determined that his/her participation would in any way jeopardize a safe and cohesive learning environment, we may request additional documentation and/or clinical evaluations to evaluate medical and/or mental-health preparedness.
- A current consistent yoga practice is desired.



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PLEASE NOTE SCHEDULE SUBJECT TO CHANGE

Week 1	August 19th	9am-3pm	Journey Begins
	August 20th	9am-3pm	History & Philosophy
	August 21st	9am-3pm	Pranayama
	August 22nd	9am-3pm	Maps of Yoga
Week 2	August 26th	9am-3pm	Philosophy & Living Yoga
	August 27th	9am-3pm	Teaching Methodology
	August 28th	9am-3pm	Posture Clinic
	August 29th	9am-3pm	Art of Assisting
Break	September 2nd - 5th		Labor Day
Saturday	September 7th	9am-3pm	Anatomy
Sunday	September 8th	9am-3pm	Anatomy
Week 3	September 9th	9am-3pm	Practice Teach One
	September 10th	9am-3pm	Teaching Skills in Action
	September 11th	9am-3pm	Meditation
Week 4	September 16th	9am-3pm	Posture Clinic
	September 17th	9am-3pm	Practice Teach Two
Week 5	September 23rd	9am-3pm	Integration
	September 24th	9am-3pm	Sequencing Methodology
	September 25th	9am-3pm	Posture Clinic
	September 26th	9am-3pm	Chakras
Week 6	September 30th	9am-3pm	Practice Teach Three
	October 1st	9am-3pm	Integration
	October 2nd	9am-3pm	Ethics & Business
	October 3rd	9am-3pm	Graduation

*In addition students are required to take 27 yoga classes



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REQUIRED READING

- The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
- Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguettey
- The Anatomy of Exercise and Movement by Jo Ann Staugaard-Jones
- Stargirl by Jerry Spinelli

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YOGA TEACHER TRAINING F.A.Q.'S

What Type of Yoga Can I Teach after Completing the Teacher Training?

Graduates from our 200-hour yoga certification program are able to teach Hatha, Vinyasa and Hot yoga classes for students of all levels. Because of our empowered teaching methodology, intelligent sequencing and focus on body mechanics, our yoga teacher training develops teachers who have the technical skill and capacity to safely and effectively teach and inspire their students. As a Yoga Alliance Accredited School, you can rest assured that the training and certification you receive through The Yoga Professional is respected and recognized by the yoga community.

What if I Miss a Session? Am I Able to Make it Up at a Later Date?

Our teacher training program is highly interactive, and many modules depend on the consistent and collective energy of the group. For this reason we do not recommend missing any sessions. That said, life happens. Students who miss a session can make it up by completing additional homework assignments related to the missed class topics. Each day is considered a session, and the maximum amount of missed time allowed is 3 sessions. Attendance and participation in the practice teaching days (of which there are 3 throughout the program), is required for certification. In the event a student misses a practice teaching day, a make-up session must be scheduled. After 3 missed sessions a payment of \$175 is required.

Do I Have to Be An Advanced Yoga Student to Take the Training?

No, not at all! Our training is about diving deeper into the study and practice of yoga. Anyone interested in learning more about yoga will get a lot of value from this experience.

What are the Benefits of Teacher Training Beyond Certification?

There are numerous benefits beyond the obvious for participants of our Yoga Teacher Training Program. These include the opportunity to connect deeply with yourself and others through the training process, challenge yourself in new ways, expand awareness, acquire new skills, learn about your body, mind and heart and ways to attune and create greater harmony on all levels of your life.

What if I Am Not Sure I Want to Teach Yoga?

About 30% of students who sign up for our teacher training program have no intention of teaching. Many students enroll in teacher training to further develop their own personal practice of yoga and learn more about themselves and this ancient tradition.