

yogaspiriti® 200 Hour Teacher Certification Program Overview

The 200 hour teacher training certification is a comprehensive yoga immersion that leads to professional and personal development as a yoga teacher and student. We provide a learning environment with an atmosphere of safety and compassion. A sacred space is cultivated as student teachers dig deep into themselves and intertwine their study of yogic philosophy and spiritual principles creating a foundation for student teachers to gain the self awareness and find their voice as a teacher.

Focus:

- Not only to prepare students to teach yoga but also to deepen the personal practice and philosophical knowledge of any yoga practitioner.
- To provide **yogaspiriti®** principles, philosophy, and teaching methodology
- To provide a strong foundation of the 8 Limbs of Yoga to deepen personal practice.
- To present skills needed in order to provide safe and intelligent instruction
- To aid in the development of the instructors gifts, skills, styles, and abilities that he/she will bring to the classroom

Format:

Format 1 – one day per week for 46 weeks plus 5 weekends

Format 2 – one weekend per month for 13 months

Cost:

Tuition: \$3456 plus \$245 books & materials fee

includes: all contact and non-contact hours, Deepening Your Asana™ Course, Sacred Life™ Course, Practical Applications™, all books & materials needed to complete required homework assignments

\$500 deposit* secures place in training. **yogaspiriti®** offers a monthly payment program for remaining tuition balance.

*Deposit is non-refundable. May be transferred to other **yogaspiriti®** programs at the discretion of the Director.

Application Process:

1. Please submit the online 200 Hour application or print and mail to P.O. Box 2337 South Hamilton, MA 01982 or fax to (978) 468-4799.
2. Once application is received, school administrator will set up a brief informational phone session between you and the director, Kim Valeri to answer any questions you might have regarding the training.
3. After phone session, a \$500 deposit will secure your place.
4. Once deposit is received, a welcome letter is sent to you followed by a first day packet letting you know what you will need for your first day.

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Course Curriculum:

- History of Yoga
- Styles & Traditions Today
- Margas & 8 Limbed Path of Patanjali
- Philosophy of Yoga-Classical, Samkhya, Tantra, Shirat Shabda, Kundalini Shakti
- Yoga Sutras
- Introduction to Bhagavad Gita
- Introduction to Ayurveda
- Consciousness & Realization
- Deities
- yogaspirit® Asana Syllabus
- yogaspirit® Biomechanics & Alignment Principles
- yogaspirit® Principles of Teaching
- The Art of Observation
- Assisting & Adjustments
- Verbal & Hands On Adjusting
- Finding Your Voice as a Teacher
- Teaching Methodology
- Observation & Correction
- Practice Teaching & Feedback
- Inner Practices-Pranayama, Meditation, Mantra, Pratyahara
- Professional Guidelines & Ethics of Practice
- Professional Skills & Marketing in Yoga
- Bija Mantras
- Multidimensional Anatomy-Nadis, Shunya, Koshas, Chakras
- Bandhas and Kriyas
- Contraindications & Ailments
- Inversions Intensive
- Backbend Intensive
- Sequencing & Formatting
- Yoga for Women-Menstruation through Natal Year
- Restorative Yoga
- **yogaspirit®'s DanceYoga™**
- Children's Yoga
- Partner Yoga
- 30 Day Home Practice Sadhana
- Dynacharya Practice
- Anatomy & Physiology

Certification Requirements:

Attendance – 100% attendance is required and expected of all students. Make-up opportunities are provided through attendance at another teacher training location or through private sessions with the Director or approved trainer (at additional cost to the student). Certificate will be withheld until all contact hours are made up. A student must have class make-up hours at ten (10) hours or less in order to graduate with the class.

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Tuition Paid in Full – Tuition must be paid in full in order to receive certificate.

Assignments – All supplemental homework assignments, tests, & quizzes must be completed in order to receive certificate. Due dates are given for each assignment throughout training.

Community Class – During the second half of your training, you will teach a free one hour class to your community with an approved **yogaspiriti®** trainer supervisor.

Practice Teaching – At the end of the training, you will practice teach assigned poses to the rest of your class.

Final Practicum – on the last day of class you will be given a final practicum test of an assigned pose.

Certificate of Completion – will be awarded when all of the above requirements are completed at the discretion of the Director by the end of your training. You will have met all standards of the Yoga Alliance and be given the opportunity to register with the Yoga Alliance as an RYT.

Delayed Completion – If you do not meet the above requirements by the end of the training, you will have 2 years from your graduation date to make all necessary arrangements in order to receive a certificate.