



PROGRAM LOCATION, DATES & CONTACT

Colorado Springs, CO

September 29th - December 11, 2022

teachertraining@theyogaprofessional.com

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

Introduction to chanting, mantras, and mudras

PROFESSIONAL ESSENTIALS

65 hours

Teaching Methodology

Practical and subtle aspects of teaching methodologies

Sequencing

Cueing + Languageing

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

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

TYP 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.

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 - \$2500, by Sept 1st, 2022

Standard Tuition - \$2750, after Sept 1st, 2022

Payment Plan - \$2,750 / 5 Payments of \$550

Student, Senior, Active Duty Military - \$200 discount

**Tuition includes online yoga with The Yoga Professional.*

**In addition students are required to take 22 yoga classes and observe 6 throughout the program.*

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.
- Applicants may be denied if it is determined that his/her participation would in any way jeopardize a safe and cohesive learning environment.
- The Yoga Professional may request additional documentation and/or clinical evaluations to evaluate medical and/or mental-health preparedness.
- Practicing yoga for at least one year and have had a regular yoga practice for at least six months. It is vital that this practice involve ongoing yoga classes as opposed to studying only with books, videos, or in workshops.

***PLEASE NOTE* ALL TIMES ARE MOUNTAIN STANDARD TIME**

Week	Date	Day	Begin	End	Topic
Week 1	Sept 29th	Thursday	6:00 PM	8:00 PM	Welcome - The Journey Begins
	Sept 30th	Friday	2:00 PM	8:00 PM	History of Yoga & Philosophy
	Oct 1st	Saturday	10:30 PM	4:30 PM	Maps of Yoga
	Oct 2nd	Sunday	10:30 PM	4:30 PM	Pranayama & Posture Clinic
Week 2	Oct 7th	Friday	5:00 PM	8:00 PM	Philosophy & Living Yoga
	Oct 8th	Saturday	10:30 PM	4:30 PM	Teaching Methodology
	Oct 9th	Sunday	10:30 PM	4:30 PM	Posture Clinic
Week 3	Oct 14th	Friday	5:00 PM	8:00 PM	The Art of Assisting
	Oct 15th	Saturday	10:30 PM	4:30 PM	Posture Clinic
	Oct 16th	Sunday	10:30 PM	4:30 PM	Practice Teach 1
Week 4	Oct 28th	Friday	5:00 PM	8:00 PM	Anatomy Part 1
	Oct 29th	Saturday	10:30 PM	4:30 PM	Anatomy Part 2
	Oct 30th	Sunday	10:30 PM	4:30 PM	Teaching Skills in Action
Week 5	Nov 11th	Friday	5:00 PM	8:00 PM	Meditation Techniques
	Nov 12th	Saturday	10:30 PM	4:30 PM	Posture Clinic
	Nov 13th	Sunday	10:30 PM	4:30 PM	Practice Teach 2
Week 6	Nov 18th	Friday	5:00 PM	8:00 PM	Sequencing Methodology
	Nov 19th	Saturday	10:30 PM	4:30 PM	Posture Clinic
	Nov 20th	Sunday	10:30 PM	4:30 PM	Integration / Practice Teach Prep
Week 7	Dec 2nd	Friday	5:00 PM	8:00 PM	Intro to the Chakras
	Dec 3rd	Saturday	10:30 PM	4:30 PM	Posture Clinic
	Dec 4th	Sunday	10:30 PM	4:30 PM	Posture Clinic
Week 8	Dec 8th	Thursday	6:00 PM	8:00 PM	Teaching Skills and Prep
	Dec 9th	Friday	2:00 PM	8:00 PM	Practice Teach 3
	Dec 10th	Saturday	10:30 PM	4:30 PM	Ethics & the Business of Yoga
	Dec 11th	Sunday	10:30 PM	4:30 PM	Final Wrap Up & Celebration

**In addition students are required to take 22 yoga classes and assist 5 classes throughout the program.*

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 Stugaard-Jones
- Stargirl by Jerry Spinelli



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 and payment of \$75 for session 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.