

2021 Transformative Yoga Teacher Training begins October 8th, 2021

This program is an in-depth study of foundational yoga that spans over six weekends. Areas of focus include yoga asana, philosophy, anatomy, prenatal yoga, assisting, ayurveda, sanskrit, mantra and meditation.

PROGRAM DATES/TIMES:

VIRTUAL Instruction Wednesday evenings 6:30-8pm

IN-STUDIO Instruction includes seven weekends and one additional Sunday

In-Studio Weekend Schedule:

Fridays 5-9pm

Saturdays 8-6pm

Sundays 9-4pm

Weekend One Friday- Sunday October 8-10

Introduction to Philosophy and Mantra

Pranayama Ujjai/Three Part Breathing

Foundations of Asana/Sun Salutations

Yoga Anatomy

Weekend Two Friday- Sunday October 15-17

History of Yoga/Classical and Tantra/Patanjali's Eight Limbs

Asana Exploration and Introduction to Sun Salutations A, B, C

Pranayama Techniques/Bandha

Chant and Mantra

Yoga Anatomy

Weekend Three Friday- Sunday October 22-24

Yamas & Niyamas and Introduction to Yoga Sutras

Koshas

Asana Exploration, Sun Salutation Testing, Intro to Sequencing

Japa Meditation and Mantra Practices

Yoga Anatomy

Weekend Four Friday- Sunday November 12-14

Ayurveda and Understanding the Subtle Body

Yoga Nidra

Kleshas

Asana Exploration, Intelligent Sequencing

Assisting Techniques

Yoga Anatomy

Sunday December 12, 9-4pm

Weekend Five Friday- Sunday January 28-30

Yoga Philosophy, Sequencing and Assisting

Review for Final Exam

Sunday Hike Five Element Walking Meditation

Yoga Anatomy

Weekend Six Friday- Sunday February 4-6

Review and Practical Testing

Weekend Seven Friday-Sunday February 11-13

Written Final Exam, Teach Friends and Family, Graduation Ceremony

LOCATION: Leap Yoga

INVESTMENT:

\$2,695* early registration before August 1

\$2,950 regular enrollment after August 1

*To be eligible to receive early discount pricing you must meet the following criteria:

- Upon acceptance half tuition (\$1,147.50) due August 8

- Remaining balance (\$1,147.50) due September 8

*Payment plans for special circumstances can be made available upon request.

Tuition Includes:

200 HR Yoga Alliance Certified Yoga Teacher Certification (pending all program requirements are met), Transformative Yoga Teacher Training Manual, guest teacher workshops,

REFUND POLICY

Please note: The \$400 deposit is non-refundable and non-transferable. (If for any reason you are not accepted into the program your deposit will be refunded in full.)

If a student withdraws from the course: 31+ days prior to training, full refund minus deposit 15-30 days prior to training, 50% of training balance, minus \$400 deposit 14 days prior to training, no refund

Once training begins: no refund.

There are two tracks available:***ADVANCED STUDIES PROGRAM***

Yoga students are invited to attend this training for the purpose of advanced study without fulfilling all requirements for 200HR certification recognized by Yoga Alliance.

200HR YA CERTIFICATE PROGRAM

This certification is available to yoga students who wish to teach yoga in public venues such as studios, corporate yoga, recovery programs, and gyms.

200HR YA CERTIFICATION REQUIREMENTS

Consistent classroom participation, successful completion of assigned reading, demonstration of understanding principles presented in the program, and fulfillment of practice teaching requirements factors your eligibility for certification through Yoga Alliance.

CURRICULUM OUTLINE

This Hatha Yoga 200 HR Teacher Training and Deeper Studies Program is designed for experienced students who would like to achieve a 200 HR Yoga Alliance Certification for the purpose of teaching yoga classes and also for the serious yoga practitioner desiring to deepen his/her understanding of the science of yoga.

This comprehensive curriculum will include the fundamentals of yoga philosophy, teaching methods, and developing skills for working with a

diverse array of yoga practitioners in aspects of postural, breathing, mantra, and meditation practices.

Asana Technique, Teaching Methods and Practical Yoga

Anatomy: Participants will learn to teach the primary families of asanas: Sun Salutations, Standing Poses, Backbends, Forward Bends, Twists, Arm Balances, Inversions, Core Refinement, and Hip Openers. Explorations of postures and poses will be supported by functional anatomy, bio-mechanics, and the kinesiology of movement. In this section participants will also learn how to see yoga practitioners in order to guide them in a meaningful and safe way through an asana practice. Studies of alignment principles, modifications, physical adjustments/assists, and the use of yoga props are all included in this section.

Practical Yoga History and Philosophy: This section includes the study of certain yoga philosophies and traditional texts. Studies include; Patanjali's Eight Limbs of Yoga, Yoga Sutras, Patanjali's philosophy of Spiritual Psychology, an overview of the Bahagavd Gita, history of yoga, and an introduction to the use of Sanskrit.

Class Plan and Sequencing: This section of study will include art and science of sequencing postures for yoga classes. Class plan instruction will include grounding practices, intention setting, themes, and styles of asana practice.

Seeing, Relating, Demonstrating, Cuing: We learn to observe, appreciate, and understand what is happening with different students to develop the skills to work with all bodies and abilities. How to effectively demonstrate yoga poses while giving clear concise instructions using the qualities of voice, tone, and audibility.

Practice Teaching: Participants will be working together in group settings to practice teach. Students will learn to develop confidence and skills to lead larger classes. Each practice teaching session includes feedback and discussion of teaching techniques and methods.

Teaching Pranayama: This section includes instruction of basic breathing techniques; three-part breathing and ujayi breath along with intermediate breathing techniques such as alternate nostril, sitali, kapalabhati, bhramari.

Meditation Practice: We will explore several meditation techniques including japa meditation, guided meditation, silent meditation, and walking meditation.

Subtle Energetic Body and Ayurveda: The subtle energetic body is the template to the physical body and in this section we will cover nadis, koshas, bandhas, chakras, and the vayus. Included in this section is an introduction to Ayurveda, the five elements, doshas, gunas, and dinacharaya.

Pre-Natal Yoga: In this section participants will learn how to adapt the practice for each trimester of pregnancy, indications and contra-indications for various conditions, effective use of props, emotional and psychological aspects of pre-natal, preparation, delivery and post-partum reintegration through yoga.

Lifestyle, Ethics, and Selfless Service: In this section we will be exploring the bigger picture of how we live our lives off the mat. We will explore nutrition, personal yoga and meditation practice, relations with family, friends, co-workers and community. We will study the yogic perspective of living life with dignity, integrity, and respect for all beings.

PERSONAL INFORMATION

(Please complete and return with deposit to apply)

Name _____

Address _____

City _____ **State** _____

Zip Code _____

Email (please print clearly) _____

Current Occupation _____

How long? _____

Mobile Phone (____) _____ - _____

EMERGENCY CONTACT INFORMATION

Name _____

Relationship

Mobile Phone (____) _____ - _____

Email _____

EXPERIENCE & PREVIOUS TRAINING

How long have you practiced yoga? _____

What Style(s) _____ Are you currently teaching yoga? YES / NO

If yes, for how long? _____

What style(s) do you teach?

How did you hear about this Teacher Training Program?

Please list all of the previous yoga education, trainings, workshops or intensives you have completed.

Do you have any medical conditions that might affect your full participation in this training?

Yes / No If yes, please explain briefly.

Do you have any injuries or other physical impairments that might restrict full participation?

Yes / No If yes, please explain briefly:

Do you have any allergies? Yes / No If yes, please explain briefly.

Do you currently take any prescription medications you would like us to know about?

Yes / No If yes, please list and explain briefly.

What are your expectations for this training? What do you hope to gain, learn or work on?

List anything else you want your teachers to know in order to insure the best possible experience.

TUITION POLICY

A non-refundable and non-transferable deposit of \$400 is due with your application. This deposit is then subtracted from tuition and student pays remaining balance.

You will be notified 7 days from date of your application if you have been accepted into the training. If for any reason you are not accepted into the program your deposit will be refunded in full.

Deposit can be made by cash, Venmo, or personal check payable to: Stacy Whittingham

PAYMENT

Please select Option A or B:

_____ Option A: Early-Bird Enrollment (Before August 1, 2021) \$2695.00*

**To be eligible to receive early-bird discount pricing you must meet the following criteria:*

- *Application and deposit of \$400 received by August 1, 2021*

- *Upon acceptance half tuition (\$1,147.50) due August 8, 2021*

- *Remaining balance (\$1,147.50) due September 8, 2021*

_____ Option B: Regular Enrollment (Begins August 2, 2021) \$2950.00

**Payment plans for special circumstances can be made available upon request.*

**Please note, above tuition does not include books*

CERTIFICATION REQUIREMENTS

If you have a conflict and must miss any portion of teacher training you are responsible for the information that you miss. Any missed group instruction must be made up in private session with faculty or by other special arrangement at a rate of \$75/hr unless other arrangements are made. Consistent classroom participation and successful completion of assigned reading. Demonstration of understanding, incorporation & competence in principles presented in the program. Demonstration of ability to present principles to students of varying levels and abilities.

REFUND POLICY

Please note: The \$400 deposit is non-refundable and non-transferable. (If for any reason you are not accepted into the program your deposit will be refunded in full.)

If a student withdraws from the course:

31+ days prior to training, full refund minus deposit

15-30 days prior to training, 50% of training balance, minus \$400 deposit

14 days prior to training or once training has started, no refund.

I have read and accept the certification requirements and refund policy.

Signature: _____

Date _____

ATTENDANCE POLICY

By signing up for this program, there is an expected commitment for you to attend and participate 100% in the training. Be sure you check the dates carefully before signing up and rearrange your schedule to fit the hours given. This is a 200-hour Yoga Alliance approved teacher training and your attendance and participation factors your eligibility for certification through Yoga Alliance. In order to qualify for the above certification you must attend the training in its entirety.

I have read and accept the attendance policy.

Signature: _____

_____ Date: _____

To Register for Fall/Winter 2021-2022 Transformative Teacher Training please deliver or mail completed application along with \$400 deposit (checks made payable to Stacy Whittingham) to:

Leap Yoga Attn: Stacy Whittingham
1725 Iron Point Road, Folsom, CA 95630