



## Fall 2011 Main Module 50 hour Teacher Training

### Dates:

*Saturdays & Sunday from 1:15pm - 7:30pm each day*

- Sept 10-11
- Sept 17
- Sept 24
- Oct 15-16
- Oct 22-23

**\* Please note both the Basic & Advanced Modules are required to receive a 220 hour Certification.**

### Prices:

#### **50 hour Main Module ~ Earlybird Price**

The Earlybird price for the Main Module is \$1,300

A \$500 non-refundable deposit is required by Aug 13th to hold your space in the program and the balance of \$800 is due on the first day of the program.

#### **50 hour Main Module ~ Regular Price**

The regular price for the Main Module is \$1,500 which is due by 1<sup>st</sup> day of the Teacher Training program. A \$500 non-refundable deposit holds your space in program.

Each weekend is a concentrated course that allows you to go deep into the practice of yoga, enhancing your knowledge and honing your practice in a wide range of topics – from alignment and anatomy to philosophy and meditation. The basic principles of teaching yoga will allow you to start developing and practicing your yoga teaching skills. Most health clubs and some yoga studios will accept this basic training. Additionally, you will be required to do a minimum of 2 hours homework a week, start a home practice and observe 4 hours of classes.

\*If you signed up for the 50 hour main module you can continue into the Advanced Module for \$1,400 which is due the first day of training.

# Complete 220 Hour Certification Program

## Prices:

### **220 Hour ~ Earlybird Price**

The Earlybird price for the total 220 Hour Teacher Certification Program is \$2,500 (The 220 hour program has 2 parts, the 50 hour Main Module explained above & an additional "advanced" program of 170 hours (over approx. 9 months) which includes workshops, self study & assisting an experienced teacher)

A \$500 non-refundable deposit is required by Aug 13th, 2011.

The next payment of \$1,000 is due by Sept 17th, 2011.

The balance of \$1,000 due by Oct 23rd, 2011.

### **220 Hour ~ Regular Price**

The regular price for the total 220 Hour Teacher Certification Program is \$3,000 due by the 1<sup>st</sup> day of Teacher Training.

A \$500 non-refundable deposit holds place in program.

\*If you signed up for the 50 hour main module only you can continue into the Advanced Module for \$1,400 which is due the first day of training.

Monthly Payment option/installments are available, please speak with Laurie.

# Teacher Training Schedule 2011

## Main Module 50 hours

With Teachers ~ Linda Wissmath & Blaire Chodor

TOPICS	CREDIT HOURS
Structure of Program	1
Asana Practice	2
Overview of Pedagogy of Yoga	1
Overview Ayurveda	1
3 Gunas	1
Asana Practice	2
Intro Sequencing	2
Intro Yoga & Anatomy	1
Intro Bhagavad Gita	1
Asana Practice	2
Precautions/Modifications	1
The Ethics of Touch	1
Sutras: Yamas/Niyamas	2
Asana Practice	2
Yoga & Anatomy: Common conditions	3
Yoga & Anatomy: How to Strengthen	1
Asana Practice	2
Sequencing	1
What You Bring to Teach	1
Know Your Students Repore/Trust	1
Yoga & Anatomy: How to Open	1
Asana Practice	2
6 Basic Kriyas	2
Teaching Level 1	2
Asana Practice	2
Diet, Tapas, Lifestyle	2
Teaching Intermediate	2
Asana Practice	2

Types of Teachers/Students (gunas revisited)	2
The Teachers Path	2

<b>Total Credit Hours</b>	<b>50</b>
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**9/10/2011 to 10/23/2011**

*Independent Study*

Practicum Observe 3 levels of classes	4
Estimated required homework	11

<b>Total Independent Study</b>	<b>15</b>
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## **Advanced Module 170 hours**

Dates & times to be announced