



YOGA TEACHER TRAINING CERTIFICATION

200 Hour Level Course, 200 CYT Certified Yoga Teacher

Teach Yoga Therapy for Holistic Healing Learn Therapeutic Solutions for Ailments to Promote Harmony of the Body, Mind & Spirit

Our certification courses are recognized by the International Association of Yoga Therapists. We are a Member School of IAYT. Our 200-hour level certification is intended for aspiring teachers, current teachers and those wishing to deepen their personal practice and understanding of holistic healing through yoga.

Presented by a team of professionals from the U.S., India and Japan with more than 150 years of experience combined. The course work includes the history & philosophy of yoga, asanas, working with props, Pranayama, Meditation, Anatomy, Ayurveda, the Chakras, Prenatal Yoga, Yoga 4 Kids®, the business of yoga, ethics and more.

As a participant, you will explore the history of yoga and yoga's evolution into modern eclectic styles. The scriptures of classical yoga and meditation will be studied with guidance from our faculty. You will learn a precise technique and methodology for teaching yoga and meditation for healing, as well as the art of designing, assisting and teaching group classes and private sessions. Textbook, workbook and gourmet vegetarian cuisine, are included as part of your tuition. Completion of the course will include practical experience teaching classes. Gourmet vegetarian cuisine is also included as a part of your tuition. At the completion of the course, you will be a certified yoga instructor (CYT).

Course topics include:

Intensive study and practice of asanas (yoga postures)

Daily yoga practice

History and evolution of yoga

Teaching styles

Pranayama

Meditation

Sanskrit for yoga teachers

Anatomy & Physiology

Ayurveda

Yogic diet

Chakras

Chanting

Principles of demonstrating, observing, and adjusting

Assisting and modification of poses

The business of teaching yoga

Class planning and sequencing

Practice teaching

Yoga for Special Populations

Many other topics are included, as well

Throughout the course, you will learn:

1. Technique: 100 Contact Hours

Here you will learn the proper technique of asanas and the use of props, Pranayama Meditation, Mudras, Kriyas, Ayurveda, the Chakras and more. There will be guided practice of these methods, as well as training in how to teach these techniques.

2. Teaching Methodology: 30 Contact Hours

Here you will learn the methodology for teaching yoga, as well as the art of sequencing classes as organic solutions for student ailments. Also included are teaching styles, qualities of a teacher, the student learning process, communication skills, establishing priorities and teacher/student boundaries, as well as the business aspects of teaching yoga (5 hours minimum.)

Techniques, Training and Practice Topics	Teaching Methodology Topics
<p>You will learn the benefits of, and practice the five fundamental categories of asana: (standing poses, forward bends, backbends, twists and inversions) and will begin to develop a relationship to both the form and the function of these different categories.</p> <p>From practical experience you will understand how the poses in each category share a common foundation and you will learn how to expand upon this foundation,</p>	<p>Learn effective ways to demonstrate each asana for proper alignment and benefits.</p> <p>Identify your dominant style, and learn to teach students' with different learning styles.</p> <p>Through lecture and discussion we will explore proper verbal communication necessary to teach safely and effectively.</p>

designing and sequencing classes.	
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3. Anatomy and Physiology: 20 Contact Hours

Here you will learn both physical human anatomy (body systems and organs), as well as energy, anatomy and physiology, (Chakras.) This includes both the study of the subject as well as its application to a yoga practice (correct body movements, benefits and contraindications).

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 Contact Hours

Here you will study the ancient text of yoga and the history and evolution of the practice. You will gain an understanding of a yogic lifestyle, including diet, and explore ethical issues of the business of yoga.

5. Practicum: 20 Contact Hours

Here you will apply what you have learned through practice teaching. Each participant will lead live classes to actual yoga students in the studio.

Tuition and Fees:

Tuition for the course is \$3000.

Tuition includes most meals, books and other materials.

A minimum deposit of \$500 is required with registration.

Payment plans are available.



Admission Application

Please fill out all fields and submit this application form.

Please tell us a little bit about yourself

First Name: _____

Last Name: _____

Email: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please tell us about your yoga practice and interests

How long have you been practicing?

Less than one year

One to three years

More than three years

How many times per week do you practice, on average?

Do you have a regular home practice? Yes No

For which program are you applying?

___ 200-Hour Level (CYT 200)

___ 95-Hour Level - Yoga 4 Kids (CCYT)

___ 500-Hour Level (CYT 500)

___ 85-Hour Level - Prenatal Yoga (PYT)

___ 800-Hour Level (E-CYT 800)

___ Workshop

What motivates you to practice yoga? _____

What challenges you most in your practice? _____

Please describe your regular yoga practice. _____

What interests you in this particular yoga training? _____

What do you want to get out of this training program? _____

Please list any previous teacher training programs you have successfully completed, if any. (If none, please note, "None".)

Please describe your experience teaching yoga, or any other topic, if any. (If none, please note, "None".)

Please tell us about your medical history

Please describe any current or past injuries that may affect your practice. (If none, please note, "None".)
