



## **300-Hour Foundational Yoga Teacher Training**

### About the 300-hour Program

The Foundational Yoga Teacher Training values all yogic traditions and teachings. This program is a 300-hour interdisciplinary yoga course encompassing many aspects of the yoga practice. Every individual in the training will be accepted for where they are in their practice at the present moment. It's not necessary to achieve every yoga posture in order to be a good teacher; the only requirement is a sincere desire for yoga, which is eternal happiness. Through direct experiential learning of yoga you will begin to deepen your personal practice as your teaching abilities evolve with enthusiasm. Graduates from this program will have the ability to design yoga sequences fit for healthy adults as well as an introduction to kids, teens and senior citizen routines. The goal of this training is to encourage practitioners to unfold the mind-body-spirit connection that is vital to the practice of yoga and to pass on these experiences to others. We encourage students to achieve "living yoga" through our many educational and hands-on techniques. This training qualifies you for registration with the Yoga Alliance as a RYT or Registered Yoga Teacher at the 200-hour level.

In addition, we have found that many attend teacher training for a myriad of reasons other than becoming a yoga teacher. A spiritual training such as this may acutely deepen or awaken one's own spiritual practice, enhance a chosen career path or inspire to intuitively discover one's passion and purpose in life. The community and bonding of the group can be described as uniquely delicious and infinitely orgasmic. Simply put, "it is a once in a life time experience". Please inquire how this might be for you and talk to others who have gone before you.

### This Unique Program Includes:

- Multiple Styles of Hatha Yoga
- Vinyasa – soft & dynamic
- Taoist Yoga
- Teaching Methodology
- Hands-On Class Instruction
- Meditation & Pranayama
- Anatomy & Physiology
- Yin & Yang Concepts
- Yoga Philosophy & Raja Yoga
- Yogic Lifestyle & Ethics
- Yogic-Vegan Food Preparation
- Yoga Teacher Training Manual
- 300-hour Yoga Certificate
- Registered Yoga Teacher, RYT through Yoga Alliance
- . . . And More

## Yoga Styles Defined

### **Yoga Basics/Gentle Yoga**

Learn the foundational yoga postures typically practiced in a yoga-asana sequence. A wonderful class for those new to yoga, just learning the basics of alignment, breath and intention. Class includes an introduction to sun salutations, standing postures, backbends, forward bends, twists, inversions, restorative poses, breathing, relaxation and more.

### **Vinyasa (soft & dynamic)**

A vinyasa practice links breath with movement and intention. There are two ways you will learn how to approach a vinyasa practice: soft and dynamic. In both practices you will flow through a balanced stream of postures including sun salutations, standing postures, backbends, forward bends, twists, inversions, relaxation and more. These are active practices that encourage focused intention, meditation, relaxation and spiritual growth through asana.

### **Taoist Yoga**

Based on the Chinese system of yoga, this style is used to enhance the flow of energy or chi through the body combining two approaches of teaching into one practice: one approach is yin – passive and restorative holds and the other approach is yang – active stretching and strengthening using fluid circular movements. Each sequence is created to be very balancing in terms of creating posture sequences that work both yin (joints and connective tissue) and yang (muscle tissue) parts of the body.

## Cost of Program

The program fee is \$2,950. An \$800 non-refundable deposit must be paid to reserve your spot in the training 1 month prior to the start of the course. The remaining balance of \$2,150 is due two weeks prior to the start of the course. If you should decide to discontinue the training, your course fees will not be refunded. The training costs include, yet are not limited to; application and testing fees, contact hours associated with the training, a binder used for journaling and homework, food preparation and cooking classes, a teacher training manual, group photos and a 300-hour Yoga Certificate recognized by the Yoga Alliance (200-hour RYT).

Payment plans available by request only.

## Required Materials

*Anatomy of Hatha Yoga*, H. David Coulter

*Guide to Practicing, Teaching and Living Yoga*, Anna Ferguson and Lennessa Trent (included in training costs)

*Integrative Yoga Therapy Yoga Teacher's Toolbox: Yoga Posture Cards for Integrating Mind, Body & Spirit*, Joseph and Lilian Le Page

*Jivamukti Yoga: Practice for Liberating Body & Soul*, Sharon Gannon & David Life

*Light on Yoga*, B.K.S. Iyengar

*MetaBusiness: Creating a New Global Culture*, Greg Nielsen

*Scientific Keys Volume I: The Key Muscles of Hatha Yoga*, Ray Long MD FRCSC

*World Peace Diet: Eating for Spiritual Health & Social Harmony*, Will Tuttle

*Yin Yoga: Outline of a Quiet Practice*, Paul Grilley

*Yoga Sutras of Patanjali*, Sri Swami Satchidananda or any Yoga Sutra Translation

*Yoga: The Spirit & Practice of Moving into Stillness*, Erich Schiffman

*Yoga & Vegetarianism: The Diet of Enlightenment*, Sharon Gannon

## Course Objectives

1. To provide each student with an in-depth experience of yoga, deepening the personal consciousness and inner self-awareness yoga practice fosters. This will expand and develop one's personal practice from which the knowledge comes to teach others.
2. To learn asanas (postures), pranayamas (breathing techniques), kriyas (cleansing techniques) and other yogic practices through direct experiential learning.
3. To learn the methodology and basic skills to effectively teach a yoga class
4. To emphasize safe, effective and inspiring teaching methods which prepare you to be a proficient yoga teacher.
5. To offer excellent training in teaching skills, organizational skills, communication skills, planning, presentation, evaluation and structure of a yoga class.
6. To offer knowledge in how to live the yogic lifestyle, enhancing spiritual health and centeredness through yoga.
7. To learn modifications and adjustments in the postures to adapt a style of practice personalized for different body types.
8. To provide a comprehensive training in many aspects of yoga; this will allow graduates to offer a specialized, professional and responsible service to their students.
9. To enable students to formulate their own personal teaching style through various techniques, such as tone of voice, music, breathing, meditation, relaxation, yoga sequencing and so on.
10. To show how our lifestyle affects the planet and how we can preserve the environment and nature for future generations through the ancient wisdom of yoga.
11. To give a solid foundation in the philosophies of yoga and their application to daily life in the Western world.
12. To motivate and encourage students to undergo a transformation in their appreciation and perception of themselves, others and life.
13. To provide a non-competitive environment to practice and learn from each other.
14. To give guidance on how to establish your profession as a yoga teacher (yoga as a business).
15. To uphold the principles of yoga teaching by meeting and exceeding the standards of Yoga Alliance in order for students to receive the most out of their yoga education experience.

## Coursework

To benefit and enhance your teaching skills, we require a series of assignments to be completed. These assignments include, yet are not limited to; reading books, writing out essays, scripts and charts, journaling, oral presentations, practice teaching and so on. Written materials must be handed in before certification.

A CPR course is recommended if you plan on teaching yoga full time, but is not required for certification.

## Makeup Hours & Retesting

This training requires a minimum of 180 contact & 120 non-contact hours prior to graduating. If lack of attendance brings your contact hour requirements below 180, they must be made up with a certified teacher by either attending a class in a group setting or arranging for a private lesson at a cost of \$75. (Private lessons may be required depending on the subject matter that was covered on the day(s) class was missed). It is your responsibility to keep track of makeup hours by documenting the date, length of time and teacher with whom you worked with.

Prior to certification we require 3 tests (written, oral & practical) to be taken. In the event that you need to retest, the fee is \$25 for each test you repeat.

### Refund Policy

There are no refunds issued once the training begins. A full refund, excluding the non-refundable deposit will be given before the training is set in motion.

### Time Limit

This training requires a minimum of 180 contact hours and 120 non-contact hours before you receive certification. You have 18 months from the start date of the program to complete these requirements. Extensions will be given at an additional charge of \$20 per month. Additional assignments may be given as seen necessary (extra time will be allowed to complete these assignments without penalty).

### Final Certification Details

Once all hours are completed, coursework is turned in, testing has been passed and all fees associated with the training are paid, you will receive your certificate. Extra copies of your certificate may be purchased at an additional cost of \$18 per certificate.

### **Upon Certification you receive:**

- A 300-Hour Yoga Teacher Training Certificate recognized by the Yoga Alliance (at the 200-hour level) stating your ability to teach multiple styles of Hatha Yoga, Pranayama and Meditation.
- The ability to use class titles such as; Hatha Yoga, Vinyasa Yoga, Soft Form Yoga, Power Yoga, Yoga Flow and so on.

### Contact Information

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### *World Peace Yoga & Motion Studio Philosophy*

At *World Peace Yoga & Motion Studio*, we are dedicated to nurturing the body, mind and soul through various practices, including yoga, dance, Pilates, martial arts and more. We offer classes for all ages and abilities from prenatal to children, teens, adults and beyond. We believe that our classes create a meditative sanctuary like environment, first embracing our stress and anxiety, then melding into a more peaceful and joyful experience. Our teachers are highly trained in specific areas of expertise and are enthusiastic to share their knowledge with you. Classes, workshops and other special events are available for you to enjoy. Please come to our studio to be inspired not only by our teachers, but by the eco-designed studio space with cork flooring, clay walls, sustainable woods, natural light and clean air. Experience how fun and inspiring a movement practice can be in a beautiful natural indoor setting.