



200 Hr Vinyasa Flow Yoga Teacher Certification

First class begins Friday, March 1, 2019

Want to learn to teach? Deepen your practice? Sign up now! Spaces are limited.

First installment due by, February 15, 2019 to hold your spot with registration is \$525. Be graduated with certificates June 2019

Second Installment due, March 15, 2019: \$525

Third installment due, April 15, 2019: \$525

Last installment due, May 15, 2019: \$525

Our teacher training program consists of 10 modules. The schedule will be **two weekends a month, Friday nights 5:30-9:30pm, Saturdays 12:30-6:30pm, and Sundays 12:30-6:30pm** for 3 ½ months. We feel that this training schedule best fits the busy, active lifestyles of our students and gives plenty of time for study, homework and yoga practice.

Training Schedule: **First week is orientation, hand outs and the foundation: (Module 1) March 1, 2, 3 (Module 2) March 15, 16, 17 (Module 3) March 29, 30, 31 (Module 4 & 5) April 12, 13, 14 (Module 6) April 26, 27, 28 (Module 7) May 10, 11, (12th off on Mother's Day) make up Monday night May 13, 6:30 pm to 10:00 (Module 8) May 24, 25, 26 (Module 9) Evaluations, critiques review May 31, June 1, 2 (Module 10) Graduation June 9.**

Faculty:

Monica Mathews, 500 hour-Experienced level Registered Yoga Teacher with Yoga Alliance, Myofascial Release Certified, YogaWorks Certified

Guest Instructors may be introduced during the course in fields of expertise, Yoga History, Ayurvedics, Pre-Natal, and Acro Yoga, etc.

This program will enable the graduating participant to obtain a 200 hour Teaching Certificate. We follow the guidelines and incorporate the following educational categories required by Yoga Alliance:

Techniques: Teaching asana, theme classes, Proper Sequencing of a well rounded class, Categories of asana, pranayama, mantras, meditation, and Sanskrit terminology

Teaching Methodology: Instructing yoga, assisting, demonstrating, learning various styles of yoga, hands on correction, voice cues, business practices, and subtle alignment.

Anatomy and Physiology: Chakras, contraindications, benefits of yoga, anatomy of poses, physiology of bodily systems, safety procedures, and hand mudras

Yoga Philosophy, Lifestyle and Ethics: Yoga philosophy, Yamas and Niyamas, healthy lifestyles, ethical practice and teaching methods, and medical privacy.

Practicum: Practice teaching with group, receiving critiques, observing trainees teach and group discussion

Specialty Training: additional training in these areas: Myofascial release, working with Seniors, advanced alignment and working with special conditions and populations, pre and postnatal

Included in 200 hour certification fee is practice manual "Yoga Wherever You Are" and 10 module notebook with handouts and illustrations in each category.