



# 200 Hour Yoga Teacher Certification

First class begins Friday,

August 30, 2019



Want to learn to teach? Deepen your practice? Earn CEU's? Sign up now!

Spaces are limited.

First installment 200 Vinyasa due by, August 23, 2019 to hold your spot with registration: \$550.00.

Second Installment for Vinyasa due, September 20, 2019: \$550.00

Third installment for Vinyasa due, October 18, 2019: \$550.00

Last installment for Vinyasa due, November 29, 2019: \$550.00

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 4 ½ months for Vinyasa Flow. 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)

August 30, August 31 & September 1 (Module 2) September 20, 21, 22 (Module 3) October 4, 5, 6 (Module 4) October 18, 19, 20 (Module 5) November 1, 2, 3 (Module 6) November 15, 16, 17 (Module 7) November 29, 30 & December 1 (Module 8) December 13, 14, 15 (Module 9) Evaluations, critiques review December 27, 28, 29 (Module 10) Evaluations, January 10, 11, 2020 and Graduation Sunday, January 12, 2020.

Faculty:

Monica Mathews, 500 E-RYT with Yoga Alliance, Myofascial Release Certified, YogaWorks Certified

Michael Llanera, 200 RYT with Yoga Alliance, Yin specialty, incorporates Functional Range Conditioning

Tonya Morton, 200 RYT with Yoga Alliance, Barre Certified

Email Monica: [monicamathews@earthlink.net](mailto:monicamathews@earthlink.net) or call studio 909-624-4800

The Yoga Unit, 665 E. Foothill Blvd. Suite A, Claremont, CA 91711

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.

10 Co-teaching classes required and a minimum of 15 classes attended at The Yoga Unit, Claremont during the training period.

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

