

Questions, comments or concerns? Let us know!

P: (630) 416-7526

E: yogateacher.gupta@gmail.com

www.universalspurityyoga.com

200 Level Training – Spring 2017

Brought to you by Yoga Gyan Jyoti



Eligibility

The criterion for successful enrollment into the 200 level program:

- A sincere interest, commitment and desire to grow in Yoga Practice
- A high school diploma or proficiency in reading and writing
- Basic computer skills and ability to use Microsoft Word and email communications
- Daily Yoga practice

If you meet the above requirements or have any questions concerning your qualifications, please contact Program Director, Poonam Gupta, at yogateacher.gupta@gmail.com to begin the enrollment process which requires the following.

- Completed Teacher Training Application
- Registration Fee (\$100.00) due at time of Application Submission

Program Outline

90 Hours: Practice of Yoga poses including forward bends, backbends, twisting poses, Balancing poses and inversions and Yoga for Special needs and children.

45 Hours: Philosophy and History including Ashtanga Yoga and study of Yoga Sutra of Sage Patanjali

20 Hours: Anatomy and Physiology including alignment and modifications of poses

40 Hours: Teaching practice, ethics, Peer reviews, observations and video review

10 Hours: Sanskrit: Emphasizing proper pronunciation & chanting

10 Hours: Ayurveda: focusing on food, daily lifestyle, yoga for your dosha

10 Hours: Pranayama: Techniques and sequencing

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Curriculum

Successful graduation from the Teacher Training Program is contingent on completion of the following items.

Passing Grade in the Final Exam (65% or greater)
Completion of all homework assignments
Passing of Class Quizzes and Tests
Tardy assignments will impact your overall grade

Attendance requirements

2 or fewer missed classes
4 mandatory workshops
5 additional Yoga classes with primary instructor
3 Yoga classes with other teachers for observation
Instruct 5 community classes
Video review of yoga class
Presentation of chosen yoga topic

Dates & Timing

The dates for Spring 2017 Semester are:

March: 4-5
April: 1-2
May 6-7
Jun 3-4
Jul 8-9
Aug 5-6
Sep 2-3
Oct 7-8
Nov 4-5
Dec 2-3

Classes are held one weekend per month from 12:30pm to 6:30pm.

We are actively involved in providing a rich and authentic training to our students. As such, sometimes there might be additional classes and workshops that trainees are encouraged to take advantage of. These may include trips to local temples, a visit to the studio by a Swami from India or a community class offered to enhance your knowledge and experience. These are not mandatory requirements.

Required Workshops

- Introduction to Sanskrit Friday, Apr 21 (6:30PM to 9:30PM)
- Workshop on Pranayama - Sunday Apr 23 (8:30PM to 11:30PM)
- Workshop on Ayurveda - Friday May 19 (6:30PM to 9:30PM)
- How to teach yoga to Cancer Patients TBD

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Tuition

\$100 Registration

\$2400 Tuition. Early Discount \$100 before 1/31/17

Two payment plan options are available

Option 1: Full payment before 1st class

Option 2: Monthly Payments \$250 a month for 10 months

Additional Costs:

Four workshops are at an additional cost of \$50 each. Students are required to take 3 classes with other teachers for observation. Class passes can be obtained through Universal Spirit Yoga.

3% processing fee is charged for all credit card payments

A Training Manual is included in the cost. Textbooks needed for the program are the responsibility of the student. These are estimated at about \$120.00.

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