

# 500 Level Advanced Training –2018

Brought to you by Yoga Gyan Jyoti



## Eligibility

The criterion for successful enrollment into the 300 level program is:

- Interview with Program Director
- A sincere interest, commitment and desire to grow in Yoga Practice
- A high school diploma or proficiency in reading and writing
- Basic computer skills. Word, emails, documents attachment and internet search
- 200 level teacher training certification
- Pranayama & Sanskrit Workshops required by all graduates of 500 level program

If you meet the above requirements or have any questions concerning your qualifications, please Contact: Program Director, Poonam Gupta, at [yogateacher.gupta@gmail.com](mailto:yogateacher.gupta@gmail.com) to begin the enrollment process.

## Program Outline

We are a member school of International Association of Yoga Therapists (IAYT). We are also a registered school with Yoga Alliance and meet all requirements established by these two institutions.

80 Hours of Yoga asana practice consisting of a practice focused on a physical challenge and therapy

36 Hours of Anatomy and Physiology. Understanding imbalances and how yoga and Pranayama can help

16 Hours Vibrational Work: Chakra, reiki and energy work

40 Hours of Philosophy and History of Yoga: Study of Bhagavad Gita, Sankhya Philosophy and other texts

25 Hours of Ayurveda: Understanding the inter-dependence of yoga and Ayurveda, lifestyle and diet.

Living your yoga

10 Hours of Sanskrit

12 Hours Ethics and conduct

40 Hours of Teaching Methodology, Peer Review and Workshop

50 Hours of Homework/ Swadhyaya, research work

## Curriculum

Questions, comments or concerns? Let us know!

P: (630) 416-7526

E: [yogateacher.gupta@gmail.com](mailto:yogateacher.gupta@gmail.com)

[www.universalspityoga.com](http://www.universalspityoga.com)

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

Passing Grade (75% or greater)

Fulfillment of all homework assignments

Finishing of all reports and teaching assignments

Tardy assignments will impact your overall grade

### **Attendance requirements**

2 or fewer missed classes

3 mandatory workshops

Trip to India is highly recommended but not required

Yoga Gyan Jyoti is committed to maintaining very high standards of training and teachers are required to fulfill all the certification requirements before receiving certification.

### **Dates & Timing**

The training takes place on Thursdays From 9:00 AM to 3:00 PM on

April:	12, 19, 26
May:	3, 10, 17,
June:	7, 14, 21, 28
July:	21 & 22 Healing Touch Training
August:	25 & 26 Philosophy of Yoga
September:	6, 13, 20, 27
October:	4, 18
November:	1, 15
December:	6, 20
January:	17

### **Required Workshops**

1. Yoga and Meditation Retreat: Living Your Yoga Retreat will be an opportunity to immerse in yoga practice, kriyas, pranayama, study of Bhagvad Gita, chanting and meditation. May 2019 \$175
2. Ayurveda Essentials for Yoga Teachers: Understanding the Principles and Practices of Ayurveda: September 15 & 16. No additional cost.
3. Workshop on Philosophy of Yoga & Bhagvad Gita Aug 25 & 26 Cost: \$195
4. Healing Touch Level 1 Jul 21 & 22, 2018 Cost: \$400
5. Sanskrit, Pranayama and How to teach yoga to cancer patients/survivors are workshops required to be completed by all graduates at the 200 level. If a student has not completed these workshops during their 200 level training, they are required to do so to receive certification at the 500 level.
6. Trip to India Feb 2019\*

\*Trip to India: The cost for the trip to India is additional. This is not mandatory but an additional

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opportunity for students to experience the land of yoga, meet many masters and traditions and connect to the history of yoga

### **Additional Requirements**

Following are additional mandatory requirements and are offered at a nominal cost and/or donation

Yoga Day June 23, 2017

World Peace Day: Yoga Mala September 22

VIEW Conference January 2019

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 but will be highly recommended.

### **Tuition**

\$100 Registration

\$2500 Tuition prior to 3/15/2018 \$2800 Thereafter

Two payment plan options are available

Option 1: Full payment before 1st class

Option 2: Ten equal payments for the tuition amount

**Additional costs:** Textbooks needed for the program are the responsibility of the student. Training material is provided for each segment of the training.

Trip to India will include transport, hotel, food and trainings. Students are responsible for visa fees, plane tickets and other personal expenses. The total cost is anticipated between \$3000- \$3500

All refund requests must be received by the director of the teacher training in writing.

A \$35 fee will be applied for all returned checks.

A 3% processing fee will be charged for all credit card payments.

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