

200 Level Training – Spring 2019

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.

- Approval from Program director,
- Completed Teacher Training Application,
- Registration Fee (\$100.00) due at the time of Submission of Application

Program Outline

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

30 Hours: Philosophy including chakra, kosha, guna and Yoga Sutra of Sage Patanaja

15 History: Vedic, classic and post classical

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

6 Hours: Yoga for Cancer

Questions, comments or concerns? Let us know!

P: (331) 684-8406

E: yogateacher.gupta@gmail.com

WWW: Yogajyoti.net

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)
Satisfactory demonstration of teaching a yoga class for an hour
Completion of all homework assignments
Passing of all Class Quizzes and Tests
No pending financial obligation
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
5 community classes (teaching)

Dates & Timing

The dates for Spring 2019 are:

Mar 2 & 3, Apr 6 & 7, May 4 & 5, Jun 1 & 2, Jul 13 & 14, Aug 3 & 4, Sep 7 & 8, Oct 5 & 6, Nov 2 & 3, Dec 7 & 8

Classes are held one weekend per month on a Saturday and Sunday from 8AM to 3PM

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. Some of these may be mandatory requirements.

Required Workshops

- Workshop on Introduction to Pranayama 4/14/19 @ 8AM
- Workshop on Introduction to Sanskrit 5/31/19 @ 6:30PM
- Workshop on Introduction to Ayurveda 6/21/19 @ 1PM
- Introduction to Yoga for Cancer TBD

Tuition

\$100 Registration

\$2600 Tuition. Early Discount \$100 before 1/26/2019

Two payment plan options are available

Option 1: Full payment before 1st class

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Option 2: Monthly Payments \$260 a month for 10 months (early discount of \$100 will apply towards the last payment)

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.

Studio is conveniently located close to many upscale as well as affordable hotels for out of town guests with plenty of food choices nearby.

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