



200 Hour Yoga Teacher Certification

First class begins Friday, February 2, 2018

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

First installment due by, January 29, 2018 to hold your spot with registration:

\$480.00

Second Installment due, March 1, 2018: \$480

Third installment due, April 1, 2018: \$480

Last installment due, May 1, 2018: \$480

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) February 2, 3, 4 (Module 2) February 16, 17, 18 (Module 3) March 2, 3, 4 (Module 4 & 5) March 16, 17, 18 (Module 6) March 30 and 31st no class on Easter April 1, Monday, April 2, 6:30 pm to 9:30 pm (Module 7) April 13, 14, 15 (Module 8) April 27, 28, 29 (Module 9) Evaluations May 11, 12, No class on Mother's day the 13th, Monday, May 14 6:30-9:30pm (Module 10) May 18,19, 20 evaluations, critiques, review. Graduation. May 27, 2018**

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

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.