



INSPIRITUS[™]
— YOGA —
Wholistic Wellness & Training

Licensed Yoga Teacher Trainer Program Information Packet

Thank you for your interest in becoming a Licensed Yoga Teacher Trainer (LYTT) with Inspiritus Yoga. We have been a yoga school since 2011 and have trained yoga teachers throughout the US and Canada. The Train the Trainer program was developed in 2012 when we certified and licensed the Canadian Training Center based in Esterhazy, SK, led by Shirley Berthelet. The following year, we certified and licensed the Midwest Training Center based in Detroit, MI, led by Trina Campbell. We are a Registered Yoga School (RYS) with the Yoga Alliance and we currently have three training centers including: Southwest (Tempe, AZ), Midwest (Detroit, MI) and Canadian (Esterhazy, SK).

The LYTTTR program was developed for existing 500-Hour Certified Yoga Teachers who are interested in training yoga teachers and/or becoming a Training Center for Inspiritus Yoga.

The requirements to apply for this program include the following:

- You must be registered as an E-RYT 200 yoga teacher in good standing with the Yoga Alliance (please refer to the https://www.yogaalliance.org/Become_a_Member/Teachers/Yoga_Teacher_Designations for details on the requirements). If you acquired your 200 hour yoga teaching certificate from a yoga school that is not registered with the Yoga Alliance, you may request an exception and successfully complete an examination with Inspiritus Yoga.
- You must be registered as a RYT 500 yoga teacher in good standing with the Yoga Alliance (please refer to the https://www.yogaalliance.org/Become_a_Member/Teachers/Yoga_Teacher_Designations for details on the requirements). If you acquired your 300 or 500 hour yoga teaching certificate from a yoga school that is not registered with the Yoga Alliance, you may request an exception.
- You must have at least 2 years of consistent yoga teaching experience, and have a minimum of 1,000 hours of teaching experience.
- You must have two letters of recommendation from places where you have taught.

If you have met all of the above requirements, congratulations! We are thrilled that you are considering training yoga teachers using our time-tested and proven methods for training Inspirational and/or Christ-Centered yoga teachers

Please note that we currently do not allow individuals to license our training materials who do not intend to carry our name and brand. We do this to protect the brand that we have established and the materials we have spent years developing. Should you have an alternative arrangement you would like to propose, please submit it in writing to dawn@inspiritusyoga.com for consideration.

The process for becoming Trainer with Inspiritus Yoga involves the following:

- 1) Meet all of the requirements as described above.
- 2) Participate in one 200 Hour International Teacher Training (IYTT), and all scheduled mentoring sessions with Dawn Hopkins, Founder and President of Inspiritus Yoga. (Visit inspiritusyoga.com for current training schedule.)
- 3) Pay a One-Time Training Fee of \$5,000 and sign a Licensing Agreement with Inspiritus Yoga. This will provide you with the following:
 - a) TRAINING MANUAL - Training manual for Modules 1-5, with additional materials provided for each as appropriate. This manual is continually being revised, expanded, and improved.
 - b) TRAINING & DEVELOPMENT - Audit of modules 1-5 of 200 Hour IYTT as above.
 - c) YOGA CAMP/TRAINING RETREAT MATERIALS - Use of our proven yoga camp model and all of the materials we use to facilitate yoga camps.
 - d) MENTORING - Participate in weekly webinar or telephone training calls with our leadership team to provide coaching and mentoring.
 - e) BRAND AND LOGO - Use of Inspiritus Yoga brand and logo in conjunction with your yoga teacher training credentials and marketing.
 - f) WEBSITE - Representation on the Inspiritus Yoga website with your contact information and a link to your personal or business website.
 - g) MARKETING – Inspiritus Yoga will continue to provide assistance with establishing a marketing plan, as well as accounts with the services that Inspiritus Yoga utilizes in marketing its Training Programs.
 - h) ONGOING ACCESS TO MATERIALS - Access to ongoing development of training materials and revisions to training manual, marketing materials, and technological advancements. Leadership and Trainees will have access to the training materials through DropBox.
 - i) TRAINING CALLS - With the development of our International 200 Hour Yoga Teacher Training (IYTT), training calls/webinars are centralized for Modules 1, 3, and 5. Any Training Center Leader may lead the calls/webinars, as agreed upon in advance. The fee for another training center to teach a session is \$30 US/\$35 CAN per trainee per training call/webinar to be paid to the Lead Trainee. This is to be paid by the 15th of the month for the month prior.
 - j) TRAINING FORMAT: Should you choose to lead your own training locally in a different format than what is outlined in item (i), you may do so upon approval of the training format. Materials may not be modified or changed, but may be broken up to accommodate different training formats.
- 4) Pay Ongoing Licensing Fees as follows:
 - a) First Iteration of Training: Pay 20% of gross training fees for the first 12 months. You will receive ongoing support and mentoring throughout.
 - b) Subsequent Trainings: Pay 15% of gross training fees for any trainings following the initial 12 month training period. Licensing fees must be current to have access to the materials listed in item 3 above.

Meet the Instructors

Dawn Hopkins

Dawn Hopkins is the Founder and President of Inspiritus Yoga (formerly the Living Well Centers) and is the Leader of the Southwest Training Center. Dawn is an E-RYT 500 Master Yoga Instructor, Yoga Teacher Trainer, Yoga Therapist, Thai Yoga Massage Practitioner, Reiki Practitioner, and Licensed Am I Hungry? Mindful Eating Facilitator.

Dawn began taking yoga classes in 1997 to counter the effects that years of athletics had on her body. What she didn't realize is that it would also heal her relationship with her body, mind and spirit, and change her from the inside out. When she stumbled into a faith-based class in 2004, she discovered the true meaning of yoga: to unite the mind, heart, body, and spirit and experience the peace and bliss that transcends understanding. Dawn has been on a mission to help others heal, grow, and transform through yoga and mindfulness ever since. She approaches yoga with lightness and a playful spirit, believing that one of the ultimate benefits of yoga is elevate to a higher vibration to experience true joy and peace.

Dawn's journey as a health and wellness coach began in 2002 as the co-owner/operator of Curves Ahwatukee. During her 7 1/2 years with Curves, she helped over 4,000 women achieve improved health and wellness. In 2004, she fell in love with yoga. She completed her first 200 hour yoga teacher training in 2006 and started teaching yoga classes immediately after. She soon discovered she also had a passion for training and equipping instructors and began training instructors in 2008 after receiving her first 500 hour teacher training. She founded her own yoga school in 2011 after receiving her second 500 hour training, and has been helping equip teachers since this time. She now has three training centers internationally. Dawn is a firm believer that the teacher must always be the student, so she makes her own continuing education a priority.

She currently owns and operates Inspiritus Yoga where she helps people find healing, growth, and transformation through various modalities of yoga, wholistic wellness programs, mindful eating, and yoga teacher training. Dawn's own healing and transformation has become her life's calling, and she feels honored and blessed to serve others in this way.

Trina Campbell

Trina Campbell is an Inspiritus Yoga Licensed Yoga Teacher Trainer & Leader of the Midwest Training Training Center. She is the owner of Sacred Space Yoga Centre, and founder of Exalt God Only (EGO) yoga. She is a master Christ-Centered yoga instructor, massage therapist, and reflexology therapist.

Trina accidentally stumbled across Christian yoga one Saturday morning when she decided to add worship music to her normal yoga practice. From this one simple change, her practice and direction changed. Since that Saturday morning over eight years ago, she practices and teaches yoga strictly from a Christian/inspirational space. Trina opened Sacred Space Yoga Centre (SSYC) in 2015, a special space where emotional, physical, and spiritual healing takes place. The Centre offers not only yoga, but massage and reflexology services, as well as healthy eating seminars and education on the potency of essential oils for overall health.

Although she has been practicing yoga for over 20 years, her first formal training was not until 2003. Five years after that, she upped her training and went on a quest to learn everything there is to know

about the health benefits of yoga. She has also included massage and reflexology certifications in her repertoire.

Trina is a highly sought after yoga instructor and speaker in the benefits and knowledge of “Christians Practicing Yoga”. Her expertise is with seniors, children, and with those looking to use yoga to offset illnesses and relieve stress. Trina loves what she does and she love sharing it with others.

Shirley Berthelet

Shirley Berthelet is an Inspiritus Yoga Licensed Yoga Teacher Trainer & Licensed Yoga Teacher Trainer & Leader of the Canadian Training Center. She is also co-founder and co-owner of BreatheMoveBe. Shirley’s background includes certification as a Group Fitness Instructor, Personal Training Specialist and Fitness Yoga Instructor. Shirley’s journey with yoga began in 2005 at the time she was a SPRA (Sask. Parks and Recreation Association) certified Fitness Instructor and long time fitness enthusiast.

While teaching group classes for the city of Saskatoon in Saskatchewan, she was given an opportunity to participate in yoga teacher training. After her first weekend training she was hooked and subsequently pursued training to achieve her E-RYT 200 and Masters in yoga instruction. Continuing education is essential as a yoga instructor with that in mind she has participated in workshops in Advance Asana, Kids Yoga, Yoga Nidra, Restorative Yoga and Yoga for Runners.

Shirley teaches a variety of classes from various perspectives, Gentle to Power Yoga, Chair Yoga & Yoga for Kids, as well as facilitating teacher training for Fitness Yoga Instructors. Shirley's favorite way to offer and experience yoga is from a Christian Perspective. For her it is the complete experience, "Mind, Body & Spirit." She truly believes the practice is a blessing to her and she feels honored to be able to share this practice with her many students.