



200 Hour International Yoga Teacher Training Program Winter-Spring 2021 Information Packet

Our 200 Hour International Yoga Teacher Training Program is designed for those who want to deepen their yoga knowledge and practice, strengthen and deepen their spiritual connection, and equip teachers interested in teaching Inspirational or Christ-Centered yoga classes.

Our Program is Unique

- 1) **We offer International training.** No matter where you are in the World, you can participate via the Web for your theoretical and philosophy hours. Then, choose from one of three locations for your in-person practical training in the format of two Yoga Camps.
- 2) **We provide individual mentoring throughout training.** You will receive private individual one-on-one mentoring throughout your training. Your mentor will guide you through the development of your yoga teacher practice, leadership skills, and personal growth. This improves your learning and retention, maintains accountability, and provides on-going support and education throughout your training experience.
- 3) **We keep our class sizes small.** Because we provide individual mentoring throughout our training program, we are committed to keeping the class size to a maximum of 12 teachers in training. This helps foster relationship development to build a safe and supportive community, and ensures that you get the most out of your training experience.
- 4) **We offer two training tracts - Inspirational or Christ-Centered.** If you want to lead Inspirational classes in a studio, gym, fitness center, community center, or school, then the Inspirational tract might be the right fit for you. If you would like to teach yoga from a Christ-Centered perspective and teach at a church or in a faith-based environment, then the Christ-Centered tract might interest you. We can help you select which training tract best fits your spiritual orientation, needs and interests.
- 5) **We place equal emphasis on yoga, spiritual study, and leadership development.** You will learn and develop confidence in each of these areas so that you feel fully prepared to teach when you graduate.
- 6) **We have a long track record.** We have been training instructors since 2011, and our training model works because we invest in our trainees and make their success our utmost priority.

Our training consists of five modules in total, each focusing on different elements of yoga teacher development. Each module includes roughly 40 hours of instruction, personal practice and mandatory homework. Successful completion of all five modules would equip you to teach Inspirational or Christ-Centered yoga classes and/or lead a yoga program or ministry.

Our program is an international program, available to anyone, anywhere in the world. Modules 1, 3, and 4 can be done in person or via Zoom (webinar), and are also available by recording if you can't attend live. Modules 2 and 5 are in-person Yoga Camps offered through each of our three Training Centers so you can go where is most convenient for you. See below for detailed information about each module.

- Southwest Training Center - Yoga Camps offered in Tempe (Phoenix metro area)
- Midwest Training Center - Yoga Camps offered in Detroit
- Canadian Training Center - Yoga Camps offered in Saskatoon, SK (Canada)

Our program is geared toward the following:

- 1) Students wishing to dive deeper into their Yoga and spiritual practice
- 2) New teachers wanting to teach Inspirational yoga classes may acquire a Certified Yoga Teacher (CYT) designation
- 3) New teachers wanting to teach Christ-Centered yoga classes may acquire a Christ-Centered Yoga Teacher (CCYT) designation
- 4) Existing 200 Hour teachers may add the CCYT designation (at a reduced rate)
- 5) Existing 200 Hour Christ-Centered Yoga Teachers who acquired their training from other schools may go through our training to obtain an RYT 200 through the Yoga Alliance (at a reduced rate)

Tuition

The cost of tuition is \$2750 US/\$3525 CAN (please visit <https://breathemovebe.ca/200-hour-yoga-teacher-training/> for the tuition break down for our Canadian training program). **A \$200 non-refundable deposit is due with your application to reserve your spot, and will be applied toward tuition.** Payments can be broken up into two or three payments, as arranged with Training Center Leader. In addition, a 3% fee applies to all credit card charges. A 50% discount is offered for former graduates wishing to repeat any of the modules offered in this training. A 10% discount is offered for existing 200 hour yoga teachers.

An electronic version of the training manual is included in the cost of tuition. Printed training materials are provided for Modules 2 and 5. Modules 2 and 5 consist of in-person Yoga Camps that are offered at three locations (see below) so you can choose the one most convenient for you. The cost of travel, meals, and the required reading materials are **not** included in the cost of tuition, and are the responsibility of the participant.

MODULE 1 - Wednesdays from 5:00-7:00 pm AZ time - January 6, 13, 20, 27

Module 1 consists of weekly instruction on Wednesday evenings from 5:00-7:00 p.m. AZ time and can be done in person or through distance learning. Distance learning is available via Zoom (webinar) or phone conferencing (check your local time difference as AZ does not observe daylight savings).

- Session 1: Yoga History, Philosophy & Theory
- Session 2: Introduction to Studying Sacred Text
- Session 3: Studying and Assimilating Sacred Text
- Session 4: Breath Work, Meditation & Prayer
- Homework will include: Sacred text or Bible study with 4 Journaling Notes turned in, observe one yoga class per week with 4 Class Feedback Forms turned in, and participate in weekly mentoring sessions.

MODULE 2 - ASANA Yoga Camp: December (See Dates/Locations Below)

Module 1 consists of an in-person 4 1/2-day Yoga Camp. Yoga Camp starts at 3 pm on Wednesday and concludes at 3:30 pm Sunday. Please plan your travel accordingly. (Note: this may be offered in an online format, depending on CDC recommendations at the time.)

- Applied basic yoga anatomy
- Pranayama, Mudras, Yoga terminology
- Gentle & Level 1 Asana
- On-site Homework - Trainees will begin articulating poses to their peers in a 1:1 interactive learning format. Trainees will be given a short sequence of poses to instruct as part of a group class on the final day of training. Trainee must demonstrate knowledge of the poses as well as be able to articulate them clearly and effectively.
- Choose your location for Yoga Camp:
 - Phoenix, AZ - February 3-7
 - Detroit, MI - February 3-7
 - Saskatoon, SK (Canada) - Visit <https://breathemovebe.ca/200-hour-yoga-teacher-training/> for current information on yoga camp dates for the Canadian training program.

MODULE 3 - Wednesdays from 5:00-7:00 pm AZ time - February 10, 17, 24, March 3

Module 3 consists of weekly instruction on Wednesday evenings from 5:00-7:00 p.m. AZ time and can be done in person or through distance learning. Distance learning is available via Zoom (webinar) or phone conferencing (check your local time difference as AZ does not observe daylight savings).

- Session 1: Class design and messaging
- Sessions 2-3: Class sequencing for Gentle, Level 1/Flow, Level 1-2/Flow
- Session 4: Playlist development and teaching the class

- Homework will include: Sacred text or Bible study with 3 Journaling Notes turned in, observe 3 yoga classes with 3 Class Feedback Forms turned in, and participate in weekly mentoring sessions.
- In addition, trainee will prepare a class outline and a class messaging outline for a 45 or 60-minute Level 1 class presented to your assigned mentor (may do via Web) that reflects your style and personality. Class outline and messaging outline must be turned in and approved prior to practice session. **All homework must be completed prior to the start of the next module.**

MODULE 4 - Wednesdays from 5:00-7:00 pm AZ time - March 17, 24, 31, April 7

Module 4 consists of weekly instruction on Wednesday evenings from 5:00-7:00 p.m. AZ time and can be done in person or through distance learning. Distance learning is available via Zoom (webinar) or phone conferencing (check your local time difference as AZ does not observe daylight savings).

- Session 1: Teacher Ethics & Responsibilities
- Session 2: Servant Leadership
- Session 3: Self Care
- Session 4: Business Tools & Marketing
- Homework will include: Sacred text or Bible study with 2 Journaling Notes turned in, observe 2 yoga classes with 2 Class Feedback Forms turned in, and participate in weekly mentoring sessions.
- Trainee will also compete and turn in a final project consisting of: 1) a business plan or 2) a workshop series for a special population or specific condition. **All homework must be completed prior to the start of the next module.**

MODULE 5 - TEACHER PRACTICUM Yoga Camp: March (See Dates/Locations Below)

Module 5 consists of an in-person 4 1/2-day Yoga Camp. Yoga Camp starts at 3 pm on Wednesday and concludes at 4 pm Sunday. Please plan your travel accordingly. (Note: this may be offered in an online format, depending on CDC recommendations at the time.)

- Applied Anatomy
- Level 1-2 Asana & Vinyasa Flow
- Touch & Assists
- On-site Homework: Trainees will practice articulating Level 1-2 poses and touch and assists for Gentle, Level 1, and Level 1-2 poses. Trainees will present their 45 or 60-minute Level 1 practicum class to their trainers and peers for feedback and evaluation. Trainees will practice giving and receiving constructive feedback on practicum presentation.
- Choose your location for Yoga Camp:
 - Phoenix, AZ - April 28-May 2
 - Detroit, MI - April 28-May 2
 - Saskatoon, SK (Canada) - April 28-May 2

Other Homework Expectations

In addition to the homework described for each specific module above, **weekly participation in yoga classes is required for the duration of training.** You can take any level and/or style of class, and it can be done in person or via the web. You must keep a log of your classes for submission at the end of training.

Final Exam & Graduation

Upon successful completion of Modules 1-5 and all of the required homework, you will be prepared to teach Inspirational or Christ-Centered yoga classes and/or lead a yoga program in your church or community. Graduation takes place during the Module 5 Yoga Camp. A certificate will be issued upon successful completion of all program requirements, homework, projects, and tuition paid in full.

Required Reading for All Modules

The following reading is required for all five modules and must be in your possession prior to the start of Module 1.

- **The Heart of Yoga: Developing a Personal Practice**, Edition by T. K. V. Desikachar (including The Yoga Sutras of Patanjali)
- **The Yamas & Niyamas: Exploring Yoga's Ethical Practice** by Deborah Adele
- **Anatomy of Yoga**, Dr. Abigail Ellsworth
- Choice of Sacred Text (A list of approved Sacred Texts will be provided. Applies if participating as at CYT candidate.)
- ***The Holy Bible** (NIV, ESV, or NASB preferred. *Applies only if participating as CCYT candidate.)

Other Resources

The following consists of additional resources available for independent study or as a resource tool. Others will be suggested as training progresses.

- **Yoga Anatomy**, Leslie Kaminoff and Amy Matthews
- **The Key Muscles of Yoga: Scientific Keys, Volume I and II**, Ray Long and Chris Macivor
- **Yoga for Christians**, Susan Bordenkircher
- **Reclaiming the Body in Christian Spirituality**, Fr. Thomas Ryan
- **Prayer of Heart and Body: Meditation & Yoga as a Christian Spiritual Practice**, Fr. Thomas Ryan
- **Light on Yoga** by B.K.S Iyengar
- **The Yoga Sutras of Patanjali** by Swi Swami Satchidananda
- **Eat This Book**, Eugene Peterson
- **Living Buddha, Living Christ**, Thich Nhat Hanh

Application Process

- 1) Submit application along with application fee within 4 weeks of Module 1 start date.
- 2) Schedule and complete phone or live interview within 2 weeks of module start date.
- 3) Sign and return the **Statement of Commitment** and **Waiver & Release** forms (will be sent to you following interview) along with your tuition payment within two weeks of Module 1 start date.
- 4) Training materials and required forms will be emailed prior to each session. Materials may be added as training progresses.

We are thrilled that you are considering taking the next step in becoming a CYT or CCYT, and/or adding to your existing knowledge and credentials. If we can answer any questions or be of additional assistance, do not hesitate to contact us at:

Inspiritus Yoga

Headquarters: 9920 S Rural Rd, Suite 108-116, Tempe, AZ 85284-4100

info@inspiritusyoga.com

www.inspiritusyoga.com