



Level 1 Yoga Teacher Certification & 200 Hour Yoga Teacher Training Hybrid Program Information Packet

Our modular Yoga Teacher Training Program is designed with you in mind. Whether you want to deepen your yoga knowledge and practice, teach Level 1 classes, add on to your existing training, or earn a 200 Hour Yoga Teacher Training certificate, we have something that meets you exactly where you are.

Our Program is Unique!

- 1) **We offer several levels of yoga teacher training.** With our modular, “build your own” approach to yoga teacher training, you can customize your experience. You can earn a Level 1 Yoga Teacher Certification or pursue a 200 hour certificate. We also offer continuing education, specialty certificates, and 300/500 hour YTT for existing teachers.
- 2) **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 training in the form of two Yoga Camps offered in Chandler, AZ, Detroit, MI, or Saskatoon, SK (Canada). You may also attend the Yoga Camps in an online format.
- 3) **We provide individual mentoring throughout training.** You will receive individual and group 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.
- 4) **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 10-12 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.
- 5) **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.
- 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 program is geared toward the following:

- **Students** - dive deeper into their yoga and spiritual practice
- **New Teachers** - teach basic Gentle or Level 1 classes, add on to your credentials, or pursue a 200 Hour Yoga Teacher Certificate. We offer both Inspirational (CYT) or Christ-Centered (CCYT) designations for our 200 YTT.
- **Existing 200 Hour Teachers** - retake any modules to reinforce your learning (at a reduced rate) or who add the Christ-Centered designation

Level 1 Certification

Level 1 Yoga Workshop & Certification: Virtual Yoga Camp

This virtual yoga camp provides a safe and interactive learning environment to grow in your understanding of yoga fundamentals. It also provides an opportunity to dive deeper into your yoga practice and will prepare you to teach Gentle and Level 1 yoga classes in a gym, fitness center, community center, church, or school environment. Successful completion will earn you a Level 1 Yoga Certification (L1CYT) and will enable you to teach Gentle and Level 1 yoga classes and get fitness insurance. **This is also the first module for the 200 Hour Yoga Teacher Training.**

Training Includes:

- Yoga history, philosophy, and theory
- Yoga terminology
- Gentle & Level 1 posture construction and instruction
- Applied basic yoga anatomy
- Gentle & Level 1 posture touch/assists
- Basic class design and messaging
- Marketing and promotion

You can participate in this training in person, online via Zoom, or self-paced by recording with individual mentoring. For the in-person or online via Zoom option, the training schedule will be provided by your Trainer in advance of the yoga camp as coordinated with the training group.

Required Reading: Anatomy of Yoga, Dr. Abigail Ellsworth. Additional training materials will be provided in an electronic format.

Homework: Trainees will begin articulating Gentle and Level 1 postures (“teach backs”) to their peers in a 1:1 interactive learning format. Trainee must demonstrate knowledge of the poses as well as be able to articulate them clearly and effectively. In addition, trainees will be required to attend four weekly yoga classes and complete Class Feedback Forms for each. Trainee must also successfully present a 60 minute practice teach within one month of completion to their mentor in person or in an online format. Level 1 Yoga Certificate (L1CYT) provided upon completion.

Investment: \$500 US. Fee includes electronic training manual. Required and recommended reading materials must be purchased separately. Payment arrangements are available as coordinated with Trainer. You may repeat this module for 50% off.

200 Hour Yoga Teacher Training

Our 200 Hour 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.

Training consists of five modules in total, each focusing on different elements of yoga teacher development. Each module includes practical instruction, personal study and practice, and mandatory homework. Successful completion of all five module leads to two certificates, including a Level 1 Certificate (L1CYT) as well as a 200 Hour Certificate in Inspirational (CYT) or Christ-Centered yoga (CCYT).

Our program is an international program, available to anyone, anywhere in the world. All of the modules are offered in an online format, including the two Yoga Camps. We provide mentoring throughout and limit attendance in order to build a safe and supportive community and ensure that you get the most out of your training experience.

Training Modules Include (See course descriptions provided below.):

- 1) **Level 1 Yoga Certification Virtual Yoga Camp** - In-Person, Online via Zoom, or Self-Paced
- 2) **Foundations of Yoga** - Online Self-Paced with Individual Mentoring
- 3) **Teacher Ethics & Leadership** - Online Self-Paced with Individual Mentoring
- 4) **Class Design & The Business of Yoga** - Online Self-Paced with Individual Mentoring
- 5) **Level 1-2 Yoga Camp** - In-Person or Online via Zoom (Self-Paced option not available)

Successful completion of all five courses above will earn you a 200 Hour certificate in Inspirational and/or Christ-Centered Yoga.

Investment: \$1399 US (formerly \$2300) for full 200 Hour YTT, or \$899 if you completed the Level 1 Workshop & Certification. Fee includes electronic training manual. Required and recommended reading materials must be purchased separately. Payment arrangements are available as coordinated with Trainer. Any of the modules may be repeated for 50% off.

Bonus Offer! Register for the full 200 Hour IYTT program and receive \$50 toward any of our Online Self-Paced trainings (does not include Psoas Release Training). Visit our website for course catalog.

APPLY NOW!

Applications for the next 200 Hour Yoga Teacher Training are now being accepted for our Winter/Spring 2024 session. A fully transferrable \$200 deposit is required with your application and will be applied to the cost of tuition. Space is extremely limited, so apply early to save your spot!

200 Hour Yoga Teacher Training Modules

Level 1 Yoga Workshop & Certification: Virtual Yoga Camp

**See detailed information provided on Page 2.

Foundations of Yoga: Online Self-Paced with Individual Mentoring

This course provides detailed instruction in yoga history, philosophy, theory, and spiritual study, including yoga theory, including the origins of yoga, yoga philosophy, the eight limbs of yoga, Chakra theory, and the Koshas, pranayama (breathing techniques), mediation, and prayer. In addition, you will learn how to study Sacred Text and how to incorporate it into your class messaging for Inspirational or Christ-centered yoga classes.

Training Includes:

- Session 1: Yoga History, Philosophy & Theory
- Session 2: Studying Sacred Text
- Session 3: Class Messaging
- Session 4: Breath Work, Meditation & Prayer

Instruction will take place in an online self-paced format. Individual mentoring will be provided throughout as coordinated with your Trainer.

Required Reading: **The Heart of Yoga: Developing a Personal Practice**, Edition by T. K. V. Desikachar (including The Yoga Sutras of Patanjali). Choice of Sacred Text. A list of approved Sacred Texts will be provided. Biblical study is required for Christ-Centered trainees. Additional training materials will be provided in an electronic format.

Homework: Trainees will be required to study the Sacred Text of their choice and turn in Journaling Notes each week, for a total of four. In addition, trainees will be required to participate in four weekly yoga classes and complete Class Feedback Forms for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

Teacher Ethics & Leadership: Online Self-Paced with Individual Mentoring

Ethics are vitally important to the teacher-student relationship, as well as all of the relationships in our lives. Our students have entrusted us with their physical, intellectual, emotional, and spiritual well-being. This is something we cannot take lightly and requires us to closely examine our ethics as well as clearly define our roles and responsibilities as teachers. This course concentrates on developing the teacher mindset, including instruction in ethics, roles and responsibilities, inner integrity, servant leadership, and self care.

- Session 1: Teacher Ethics, Roles & Responsibilities
- Session 2: The Four Pillars of Integrity
- Session 3: Servant Leadership
- Session 3: Self Care

Instruction will take place in an online self-paced format. Individual mentoring will be provided throughout as coordinated with your Trainer.

Required Reading: [The Yamas & Niyamas: Exploring Yoga's Ethical Practice](#) by Deborah Adele. Additional training materials will be provided in an electronic format.

Homework: Trainees will be required to study the Sacred Text of their choice and turn in Journaling Notes each week, for a total of four. In addition, trainees will be required to participate in four weekly yoga classes and complete Class Feedback Forms for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

Class Design & The Business of Yoga: Online Self-Paced with Individual Mentoring

This course is prepares you to design and deliver amazing classes that keep your students coming back. You will receive detailed instruction in class design and sequencing for Gentle, Level 1, Level 1-2, Level 2, and Vinyasa Flow classes as well as how to deliver classes in an online format. In addition, you will learn the business side of yoga including how to market and promote your classes, including marketing, promotion, and legal considerations. You will also receive practical experience in developing a workshop series or a business plan that will be ready to deliver upon completion of the course.

Training Includes:

- Session 1: Class design and sequencing for Gentle & Level 1
- Sessions 2: Class design and sequencing for Level 1-2, Vinyasa, and Level 2
- Session 3: Playlist development and online teaching considerations
- Session 4: Business tools and marketing

Instruction will take place in an online self-paced format. Individual mentoring will be provided throughout as coordinated with your Trainer.

Required Reading: [The Language of Yin](#) by Gabrielle Harris. Additional training materials will be provided in an electronic format.

Suggested Reading: [Yoga Sequencing: Designing Transformative Yoga Classes](#) by Mark Stephens.

Homework: Trainees will be required to participate in weekly yoga classes and complete Class Feedback Forms for each. 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, including class outlines for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

Level 1-2 Yoga Camp: Spring 2024

This four-day yoga camp immersion provides a safe and interactive learning environment to grow in your understanding of Level 1-2 (Intermediate) Yoga and Vinyasa Flow Yoga to deepen and advance your yoga practice and take your teaching to the next level.

Training Includes:

- Applied Anatomy
- Level 1-2 postures construction and instruction
- Level 1-2 postures construction touch/assists
- Vinyasa Flow
- Teacher Practicum

You can participate in this training either in person in Chandler, AZ or online via Zoom (Self-Paced option is not available for this module). The training schedule will be provided by your Trainer in advance of the yoga camp as coordinated with the training group.

Required Reading: Anatomy of Yoga, Dr. Abigail Ellsworth. Additional training materials will be provided in an electronic format.

Homework: Trainees will begin articulating Level 1-2 postures and flow sequences (“teach backs”) to their peers in a 1:1 interactive learning format. Trainee must demonstrate knowledge of the poses as well as be able to articulate them clearly and effectively. In addition, trainees will be required to attend four weekly yoga classes and complete Class Feedback Forms for each. Trainee must also successfully present a 60 minute practice teach to their training group.

Got Questions?

If we can answer any questions or be of additional assistance, do not hesitate to contact us at:

Dawn Hopkins
Southwest Training Center
Chandler, AZ
Web: inspiritusyoga.com
Email: dawn@inspiritusyoga.com
Phone 480-250-5867

For information about training programs offered at our Midwest and Canadian training centers, please contact:

Trina Campbell
Midwest Training Center
Detroit, MI
Web: sacredspaceyogadetroit.com
Email: fitwithtlc@aol.com
Phone: 313-283-3144

Shirley Berthelet
Canadian Training Center
Esterhazy/Saskatoon, SK
Web: <https://breathemovebe.ca>
Email: shirley6yoga@gmail.com
Phone: 306-270-8638