



Level 1 Yoga Teacher Certification & 200 Hour Yoga Teacher Training Inspiritus Yoga - Southwest Training Center Fall 2022/Winter 2023 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, 300 and 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 practical 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 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.
- 7) **We are a registered yoga school with the Yoga Alliance.** If you complete the 200 Hour YTT, you will be able to register with the Yoga Alliance as an RYT 200. We also offer Yoga Alliance (YACEP) CEUs through our continuing education programs.

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 basic Gentle or Level 1 classes
- 3) New teachers wanting to add on to their credentials, or pursue a 200 Hour Yoga Teacher Certificate. We offer both Inspirational (CYT) or Christ-Centered (CCYT) designations for our 200 YTT.
- 4) Existing 200 Hour YTTs wanting to retake any modules to reinforce their learning (at a reduced rate)
- 5) Existing 200 Hour YTTs wanting to add the Christ-Centered designation
- 6) Existing 200 Hour Christ-Centered YTTs 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)

Level 1 Certification

Level 1 Yoga Workshop & Certification: October 2022

This certification course provides basic fundamental yoga training to dive deeper into your Level 1 yoga practice or prepare you to teach 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). **This is also the first module for the 200 Hour YTT program.**

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 either in person or online via Zoom. The final training schedule will be provided by your trainer in advance of the yoga camp.

- **Online or In-Person in Chandler, AZ - October 20-23 (see schedule for details)**
- **Online Functional Anatomy training - Online Self-Paced**

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: \$600 US. Payment arrangements are available as coordinated with trainer. Discounts offered for existing teachers. You may repeat this module for 50% off.

Register: <https://sutrapro.com/iframe/inspiritusyoga/series/KTDP1mX8nURYAmcOIsRt>

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 modules 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). In addition, your certificate enables you to register as an RYT-200 with the Yoga Alliance.

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 and dates provided below.):

- 1) Level 1 Yoga Certification & Yoga Camp - October 2022
- 2) Foundations of Yoga - January 2023
- 3) Teacher Ethics & Leadership - February 2023
- 4) Level 1-2 Yoga Camp - March 2023
- 5) Class Design & The Business of Yoga - April 2023

Successful completion of all five courses above will earn you a 200 Hour certificate in Inspirational and/or Christ-Centered Yoga and will enable you to register with the Yoga Alliance as an RYT-200.

Investment: \$1999 US (formerly \$2300) for full 200 Hour YTT, or \$1399 if you completed the Level 1 Workshop & Certification. Payment arrangements are available as coordinated with trainer. Discounts are offered for existing teachers. Any of the modules may be repeated for 50% off.

Bonus offer! Register for the full 200 Hour IYTT program and receive a BONUS TRAINING in Meditation Techniques (worth \$75) AND choose a FREE Online Self-Paced training in the specialty area of your choice (up to \$180 in value) upon completion of 200 Hour YTT training. You can choose from the following:

- Yoga for Athletes
- Yoga for Mental Health
- Yoga Nidra
- Yoga for Special Populations (includes training in Chair, Restorative, and Wall Yoga)

The net result? Three certifications for the price of one, at your pace, and as your finances allow.

Applications for the next 200 Hour Yoga Teacher Training are now being accepted for our Fall 2022/Winter 2023 session that begins October 20. 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!

Apply Now! <https://www.inspiritusyoga.com/wp-content/uploads/2022/04/200-IYTT-Fillable-Application-Form.pdf>

Pay Deposit: <https://sutrapro.com/inspiritusyoga/pricing/checkout/HYZU7oGibHgul5CITVpk>

200 Hour Yoga Teacher Training Modules & Schedule

Level 1 Yoga Workshop & Certification: October 2022

This certification course provides basic fundamental yoga training to dive deeper into your Level 1 yoga practice or prepare you to teach 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). **This is also the first module for the 200 Hour YTT program.**

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 either in person or online via Zoom. The final training schedule will be provided by your trainer in advance of the yoga camp.

- **Online or In-Person in Chandler, AZ - October 20-23 (see schedule for details)**
- **Online Functional Anatomy training - Online Self-Paced**

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.

Foundations of Yoga: January 2023

This course provides detailed instruction in yoga history, philosophy, theory, and spiritual study. Trainees will learn about the origins of yoga, yoga philosophy, the eight limbs of yoga, Charka theory, and the Koshas, pranayama (breath work), mediation, and prayer. In addition, trainees will learn how to study Sacred text and incorporate it into their class messaging for inspirational or Christ-centered yoga classes. **This is a second entry point for the 200 Hour YTT program for those who have completed the Level 1 Workshop & Certification (or FYI training in Canada).**

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 online via Zoom on Wednesday evenings from 5:00-8:00 pm AZ time (Arizona does not observe Daylight Savings, so check the time in your area). All training sessions are recorded and the link to the recording is provided within 24 hours of the session.)

- **Online Wednesdays January 11, 18, 25, Feb. 1 from 5-8 pm**

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: February 2023

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 online via Zoom on Wednesday evenings from 5:00-8:00 pm AZ time (Arizona does not observe Daylight Savings, so check the time in your area). All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

- **Online Wednesdays February 8, 15, 22, March 1 from 5-8 pm**

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.

Level 1-2 Yoga Camp: March 2023

This module provides instruction to deepen and advance your yoga practice, or take your teaching to the next level. If you are a new teacher and would like to teach Level 1-2 (intermediate) classes, Vinyasa (flow) classes, then you must complete all of the requirements for a 200 Hour Yoga Teacher (CYT or CCYT) certificate. If you are an existing 200 YTT, then you can take this to refresh your teaching or deepen your understanding.

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 or online via Zoom. The final training schedule will be provided by your trainer in advance of the yoga camp.

- **Online or In-Person in Chandler, AZ - March 23-26 (Schedule TBA)**

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.

Class Design & The Business of Yoga: April 2023

This course provides detailed instruction in class design and sequencing for Gentle, Level 1, Level 1-2, Level 2, and Vinyasa classes as well as how to deliver classes in an online format. In addition, trainees will learn the business side of yoga including marketing, promotion, and legal considerations and will get practical experience developing a workshop series or a business plan.

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 online via Zoom on Wednesday evenings from 5:00-8:00 pm AZ time (Arizona does not observe Daylight Savings, so check the time in your area). All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

- **Online Wednesdays April 5, 12, 19, 26 from 5-8 pm**

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.

Got Questions?

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

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

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