



# YOGA CONNECT

## INFO SHEET

### 200 HR TEACHER TRAINING

#### WHEN:

*We will start Sunday February 27th 2022 - TBD*

#### INVESTMENT:

*A non refundable deposit of \$100 is due with application by feb 20th, 2021*

#### TWO OPTIONS FOR TUITION:

##### OPTION 1:

*Tuition of \$2750 paid by the first day (\$100 deposit and \$2650 by credit card, cash or check). There are also options for those who are unable to pay the entire amount prior to training and need to extend the payments for up to 12 months - reach out to us if you have any questions on this.*

##### INCLUDED IN OPTION 1:

- *Your 200hr certification that will allow you to register with Yoga Alliance as a RYT 200 - what studios, gyms, corporations, etc require.*
- *Yoga Connect 200 hr YTT manual*

## OPTION 2:

*Tuition of \$3500 paid by the first day (\$100 deposit and \$3400 by credit card, cash or check). There is the same option for a payment plan as well - reach out with questions.*

## INCLUDED IN OPTION 2:

- *Your 200hr certification that will allow you to register with Yoga Alliance as a RYT 200 - what studios, gyms, corporations, etc require.*
- *Yoga Connect 200 hr YTT manual*
- *A year free of unlimited yoga to both Yoga Connect locations (Haslett & West Lansing).*
- *All required textbooks*
- *A weekend yoga retreat in Northern Michigan*
- *Any workshops taken as a group during training*

## WHAT TO EXPECT:

*Selecting a Yoga Teacher Training program is a very personal and introspective choice. One must connect with the curriculum offered and the instructors on some level, of course. However, one must also consider their reason for diving into such an intense endeavor. This program is designed to give you a light overview of some of what a yogic lifestyle can offer. It will allow you to touch on the history and philosophy, practice a connection of breath to movement to develop a personal practice, and offer an opportunity to dedicate time to dive into a personal exploration journey. This program is designed to start you on a path of discovery. We hope that whether you hope to teach, to take a deeper exploration of a path you are exposed to or just to gain a foundation, you will find an opportunity to walk through the doorway of discovery that opens.*

*There is no doubt that this is an intense journey in terms of time, commitment and financial investment. One should expect to somewhat immerse themselves in personal time not only during training hours, but with personal time outside of the studio as well. A support system who is behind you can be a huge asset before, during and after this program.*

*Part of our foundation for this program is Yoga Sutra 1.2: Yoga citta vritti nirodhah. "Yoga is the cessation of the fluctuations of the mind." We hope that you can learn through this connection of mind, body and spirit that you can take your practice off of your mat and into your lifestyle.*

## **THE CURRICULUM:**

*Ashtanga Yoga--learn to practice, cue and teach the short form sequence; throughout we will break down postures for the sake of learning some anatomy as well.*

*Philosophy and History--incorporated throughout our entire training; strong emphasis on the Yamas and Niyamas (through discussion of the book by Deborah Adele).*

*Vinyasa Yoga--a strong focus on teaching our Yoga Connect style through the connection of breath, movement and gaze.*

## THE WEEKLY SCHEDULE:

*Wednesday: 5:30 - 9:30pm - Lansing studio*

*Saturday: 8am - 12:30pm - Haslett studio*

*Sunday: 10am - 3pm - alternative Lansing & Haslett studio*

## HOW TO APPLY:

- **STEP 1** - *Fill out an application found on our website [www.yogaconnectlansing.com](http://www.yogaconnectlansing.com) or at the studio, located at the front desk*
- **STEP 2** - *Return your filled application out to either Yoga Connect studio location along with your \$100 deposit - cash, card or check are expected. Or email complete application to [info@yogaconnectlansing.com](mailto:info@yogaconnectlansing.com) - we will send an invoice for the deposit.*
- **STEP 3** - *You will be contacted by a YTT facilitator to set up a quick meet & greet, go over any questions/concerns you may have, etc. f you are planning to pay in full - you are able to receive your books at this time.*
- **STEP 4** - *Prepare & save the date for your first day of YTT!*

## HOW TO PREPARE:

*Plan to immerse yourself in the ways of a yoga lifestyle... we will have a strong focus on physical practice (asana), meditation and journaling. Rest, healthy eating habits and hydration will be key to the physical commitment needed for the program.*

*Communication is also necessary for success. Awareness of any injuries, illnesses or personal issues should be communicated with facilitators. With a relatively limited amount of time, missing sessions will be very detrimental. Please advise Samantha or Maggie of any conflicts ahead of time. Missed sessions once we begin could hinder you from receiving your certificate. Make up hours once the session has finished would be extremely difficult to schedule.*

*A support system is key. Your friends and family should be an asset to your commitment. You should plan ahead for any family and career needs--day care, child care, work commitments, etc. We will try to provide an opportunity or two for your support system to participate in our sessions so they can show support, learn about what you are doing and of course ask questions!*

*There will be homework involved--but for the most part it is very personal and designed for you to look deeper within yourself. We are not trying to be "babysitters" and grade your work. Instead, we would like to offer opportunities for you to learn more about what interests you, to explore yourself and where you can grow. We will give gentle reminders of due dates, etc., but truly, what you put into the program, is what you will get out of it. There are of course certain requirements in terms of the registration process for Yoga Alliance certification, but outside of that, the expectation is that you can stay on top of the program readings, journals, practicum work and essays.*

*We are here as a team to open the door for you - remember what you put into this program is what you will get out of it.*