

STRUCTURE FOR GROWTH AS A YOGA

TEACHER



At the 300 teaching level and beyond, one's interests in what they are offering to students is probably shifting--or you just might be looking to go further into your own personal exploration. As you begin this program, you should consider and prepare to take your study of yoga to a different level. As teachers, you should immerse yourself in a change in lifestyle and perspective. We encourage the following personal guideposts throughout your courses, reading, practice, teaching and other coursework:

PRACTICE

Try new ways, get out of your comfort zone

OBSERVE

Look at your practice, teaching and studies from different angles; do your best to be objective

JOURNAL

Use writing, drawing, and recording as a tool of processing observations & new experiences

DEEPEN

Go beyond the physical asana practice; explore mindfulness, utilize breathwork; study philosophy

SERVICE

How can you "take yourself out of the equation"? What is the bigger picture here? How are you part of THE bigger picture?

We will utilize all of the elements of this structure throughout each course, in mentorship meetings and group discussions. Please practice them on your own as well--they are tools that you can utilize in many areas of your life.

This 300-hour program is designed with flexibility at the forefront. We have given the program a foundation and structure, and then created a framework which will allow each yogi to choose their own adventure and pace - their own path. There is NO time limit or restriction on completing your 300-hour certification. You may 'knock it out' as quickly as you can complete courses, or you may choose to go at a slower pace to suit your current lifestyle (program is could theoretically be completed in approximately 18 months; most programs average at least 1-2 years).

300 HOUR PROGRAM OVERVIEW

PRE-TRAINING MENTORSHIP

- PRE-TRAINING MENTORSHIP --FIVE (5) 1 HOUR SESSIONS
- INITIAL MEETING WITH 1 LEAD TRAINER (BASED ON SCHEDULE AVAILABILITY) TO DETERMINE DIRECTIVE OF TRAINING
- FOUR (4) REMAINING SESSIONS DISTRIBUTED BETWEEN TRAINERS BASED ON DIRECTION OF INTEREST(S) AND MUTUAL DECISION BETWEEN LEAD TRAINER(S) AND TRAINEE
- DESIGNED TO BRIDGE THE GAP BETWEEN YOUR CURRENT TEACHING, TRAINING(S) AND PLANS/FUTURE GOALS FOR THE 300 HOUR PROGRAM AND BEYOND

REQUIRED COURSES

Course Reflection Essay required within 2 weeks of completing each course. Courses will be offered 1-2 times per year, as allowed by teacher/schedule.

- MIND | BODY | SPIRIT RECHARGE (10/14-15) ***it is recommended to start with this course*
- ALIGNMENT & ADJUSTMENTS (WEEKEND OF 12/1)
- PROP AND FUNCTION (3 OF CHOICE, DATES WILL VARY)
- SELF/HOME PRACTICE (JAN/FEB 2024)
- SEQUENCING/ROOM MANAGEMENT (JAN/FEB 2024)
- INCLUSIVE YOGA STUDIES & PHILOSOPHY (ON-GOING; THURS. 6:30AM ZOOM)
- CHOICE OF ONE (CAN TAKE ALL, BUT ONE MUST BE INCLUDED IN FINAL TURN IN): CHAKRAS (JAN.2024), TCM/AYURVEDA (EARLY SPRING 2024) OR YIN (SPRING 2024)

CHOICE COURSES

- THROUGHOUT THE CALENDAR YEAR, WE WILL HAVE MANY WORKSHOPS/OPTIONAL COURSES THAT 300 PEERS MAY ADD ON TO THEIR PROGRAM TO ADD TO REQUIRED HOURS
- THIS WILL ALLOW STUDENTS TO “CREATE THEIR OWN” 300 PROGRAM—SPECIALTIES, AREAS OF INTEREST, & CURIOSITY CAN DETERMINE YOUR PROGRAM
- COURSES WILL BE INDIVIDUALLY PRICED AND THE HOURS WILL VARY, DEPENDING ON TOPIC AND CONTENT
- ALL COURSES WILL BE CLEARLY NOTED AS “300 HOUR TRAINEE PROGRAM COURSE”

TEACHER OBSERVATIONS

- 10 TEACHER CLASS OBSERVATIONS WILL BE REQUIRED
- EACH TRAINEE SHOULD PLAN AND SCHEDULE CLASS OBSERVATIONS WITH VARIOUS TEACHERS IN THEIR AREAS OF SPECIFIC TEACHING INTEREST
- 1 REPORT PER OBSERVATION TO BE TURNED INTO LEAD TRAINERS

PEER FEEDBACK CLASSES

- EACH TRAINEE IS REQUIRED TO PRACTICE 8 DIFFERENT CLASSES TAUGHT BY A PEER TRAINEE & PROVIDE 1 FEEDBACK FORM PER CLASS (TURNED INTO FELLOW PEER AND A COPY TO LEAD TRAINERS)

BOOK STUDY/DISCUSSIONS

- THREE DISCUSSION CIRCLES WITH A MINIMUM OF TWO FELLOW PEERS (ALSO CAN BE FOR FRIENDS/FAMILY/PUBLIC)
- INCLUDE A BRIEF WRITTEN SUMMARY (INCLUDING DATES AND BOOK TITLES) OF THE DISCUSSION/TALK POINTS OF YOUR DISCUSSIONS IN YOUR FINAL TURN-IN.
- CAN BE ANY OF OUR REQUIRED BOOKS—OR ANOTHER YOGIC TEXT APPROVED BY LEAD TRAINERS

CONNECTION SERVICE PROGRAM/PROJECT

- COLLABORATION OF MINIMUM (2) 300 HOUR-PEERS
- APPROVAL OF IDEA/PLAN FROM LEAD TRAINERS
- MINIMUM OF 10 HOURS SPENT ON PROGRAM/PROJECT DEVELOPMENT

PROGRAM HOURS OVERVIEW

Hours listed are estimates for purposes of dividing program hours only. Please do not get too attached to the amount of time it takes for each item (i.e., you do not HAVE to spend equal time on writing essays, etc.)

• PRE-TRAINING MENTORSHIP	5
• PRE-TRAINING REQUIRED BOOK & PERSONAL REFLECTION ESSAY	10
• PEER TEACHING & FEEDBACK 8 + RECAP JOURNALS	12
• OBSERVATION 10 + RECAP JOURNALS	15
• BOOK DISCUSSION	3-5
• SERVICE PROJECT	10+
• PERSONAL ESSAYS	6
• READING/HOME STUDY	20
• <u>ALL COURSES</u> (REQUIRED+CHOICE)	70+

CERTIFICATION REQUIREMENTS

Yoga Connect Teacher Training is a registered Teacher Training Program with Yoga Alliance. Once you have completed your 300-Hour Program, you will be qualified to apply for a Registered Yoga Teacher with Yoga Alliance, becoming an RYT 500.

After you have completed your course requirements and financial obligations - you will be issued a certificate of completion by Yoga Connect Teacher Training. To register with Yoga Alliance, you will upload the certificate of completion to the website to become a Nationally Registered Yoga Teacher. After paying the fee, you will obtain the title of an RYT 500 yoga instructor.

The label of RYT 500 can be added to your name for your personal marketing, business cards, etc. as well as allow you to be nationally recognized on the Yoga Alliance website. Becoming an RYT is often a key element in getting hired as an instructor.

For more information - visit the Yoga Alliance website, www.yogalliance.org

Upon completion of the program and issuance of your certificate, practice teaching is the next step to a teaching position anywhere, if that is your goal. We like to provide and encourage opportunities to utilize the studio to practice teaching to peers, family, friends, other instructors and of course to receive feedback. Finding a mentor teacher(s) to work with who can help you grow and expand is one key--and TEACHING is another!!!

You are not necessarily guaranteed any teaching nor substitute position just because you have completed our program. Most often, studios will have some sort of "audition" process to determine whether your teaching style is a good fit for the studio. We are no exception. If you have any specific questions on this, using the studio(s), or getting feedback from instructors; please don't hesitate to ask!

TUITION INFORMATION

PAYMENT

WHAT'S INCLUDED?

- *Your 300hr certification that will allow you to register with Yoga Alliance as a RYT-500 - what studios, gyms, corporations, etc require upon completion of the program*
- *Yoga Connect 300 hr YTT manual and individual course materials for each course attended*
- *1 year of yoga to continue to encourage your learning through practice*

PRICE:

Pre-Training Mentorship, Required Courses are weekend long workshops (usually approximately 10-12 hours) and are averaged for our trainee participants.

Mind | Body | Spirit Recharge → **\$2400**
Alignment & Adjustments
Prop and Function
Self/Home Practice
Sequencing/Room Management
Inclusive Yoga Studies & Philosophy
Choice of one—Chakras, TCM/Ayurveda or Yin

OR

(OR, if you want to take all 3 of these) → **\$3200**

**PLUS COST FOR ALL
CHOICE COURSES,
INDIVIDUALLY, AS
DESIRED/TO COMPLETE
HOURS**

A payment plan can of course be discussed and arranged with lead instructors prior to starting the mentorship and first module. We can also go deeper into the price breakdown(s), as needed.

Trainees should understand that the lead and guest teachers will be fully aware of those participating in the 300 hour program. They will be given as much 'extra' learning information and experience--outside of what a public attendee of any course/workshop would receive. These courses can definitely be expanded as interest arises for any of our trainees!