

YOGASPHERE 2020/2021

Teacher Training Certification Program

200 Hour Program *** Yoga Alliance Certified

Dynamic Group and Individual Instruction!



Our distinctive 200 Hour Certification program combines 12 group training weekends and 5 additional Friday evenings labs with individual instruction opportunities. It is designed for students interested in a thorough, integrated exploration of the practices of yoga which includes asana, meditation, pranayama, philosophy, practice classes and more. We provide group learning to increase community and confidence as well as personalized instruction through private sessions, mentoring, and core focus groups to support your unique needs and direction.

Upon successful completion of the requirements for this program, students will be eligible for certification by Yoga Alliance at the 200 Hour level. We have had many successful instructors emerge from our program who are currently teaching in the local area, as well as students who have deepened their practice and understanding of how yoga can enrich every aspect of life. Additional Early Action Perks available with additional savings of up to 40% on classes and 20% on workshops from Jan-Jul 2020 if enrolled with deposit before July 15, 2020 (see website for details)!

Dates and Times*

The training is held on 12 weekends from October 2020 through March 2021, Saturdays and Sundays 12:30- 6:30 pm and 5 alternate Friday evenings 6-8:30 pm.

Training Weekends: Oct 10, 11; Oct 24,25; Nov 7,8; Nov 21,22; Dec 5,6; Dec 12,13; Jan 9,10; Jan 23,24; Feb 6,7; Feb 20,21; Mar 6,7; Mar 13,14 ; (Mar 27,28 makeup weekend)

Friday Evening Labs: Oct 30, Nov 13, Dec 11, Jan 29, Feb 26

Tuition**

Total: _ Early Bird (by Aug 1) \$3000; Regular \$3250
Payment Plans: Early bird: \$1500 by Aug 1 \$1500 by Oct 1
Regular : \$1650 by Oct 1 \$800 by Nov 15 \$800 by Jan 15
Additional payment plans available upon request!

**Weekend dates will be finalized by March 31, 2020. **Any cancellation prior to start of training - full refund less \$350 administration fee. NO REFUNDS will be given once training has started. Includes unlimited yoga classes from Aug 1, 2020 through March 14, 2021..*

Yogasphere 200 Hr Teacher Training

- ❖ asana alignment, modifications, sequencing and assisting
- ❖ anatomy and physiology of physical and energetic body
- ❖ teaching spheres and practice classes
- ❖ video practice guides prior to each weekend training
- ❖ four private sessions to fine-tune your own practice
- ❖ personal mentoring
- ❖ focused instruction for teaching different levels of yoga
- ❖ meditation, pranayama, chanting, mantra and mudras
- ❖ philosophy and traditional texts of yoga
- ❖ introduction to Sanskrit and chanting
- ❖ introduction to Ayurveda
- ❖ segments in kids, prenatal, therapy-based and restorative yoga
- ❖ ethics, lifestyle, business applications of yoga
- ❖ unlimited classes at Yogasphere throughout your training
- ❖ graduate support including discounts in C.E. trainings at YS
- ❖ teaching opportunities after graduation in community classes
- ❖ 20% off boutique items and workshops during your training

Reading List:

Required reading:

Bhagavad Gita- Stephen Mitchell
Yoga Sutras - Mukunda Stiles
Moving Into Stillness - Eric Schiffman
Anatomy of Movement- Blandine Calais-Germaine
Ramayana- R. K. Narayan
Ayurveda: The Science of Self Healing –
Dr. Vasant Lad
The Radiance Sutras - Lorin Roche
Restorative Yoga for Life - Gail Boorstein
Grossman

Additional Reading:

Light on Yoga – B.K.S Iyengar
Ashtanga Yoga - David Swenson
Any book by Pema Chodron
Ayurveda Cooking for Self Healing –
Dr. Vasant Lad
Wheels of Life- Anodea Judith
A New Earth – Eckhart Tolle
Structural Yoga Therapy – Mukunda Stiles
Yoga Anatomy - Leslie Kaminoff, Amy Matthews

**For more information
and application, visit or
contact us at:**

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