

Lucky Elephant Yoga 200-Hour Weeknight / Weekend Teacher Training Program

For those wanting to become a certified yoga teacher or simply deepen their existing yoga practice

Summer 2024 Training dates:

June through October 2024

Monday evenings 7:00-9:00 pm

Wednesday evenings: 6:00-9:00 pm

One Weekend a Month:

Weekends are Saturdays and Sundays 12:00-7:00 pm

Weekend dates are subject to change with approval from entire group

- June 22-23, 2024
- July 20-21, 2024
- August 10-11, 2024
- August 24-25, 2024
- September 7-8, 2024

Format:

This is a course consisting of twice a week evening sessions, plus 5 weekend sessions. In addition, there will be required participation in yoga classes and independent study (course work, reading and yoga practice).

In this program, we will cover:

- The Yoga Lifestyle
- Finding and sharing your unique voice as a teacher
- Breaking down asanas safely within alignment principles and modifying for varying levels of practitioners.
- Anatomy and Kinesiology
- Yoga Philosophy and History
- Ethics of Teaching Yoga
- Business of Yoga
- Pranayama
- Meditation Techniques and Teaching
- Creative Sequencing, class planning and structure
- Effective verbal and hands-on adjustments
- How to teach Gentle, Beginner, Intermediate and Advanced students within multi-level classes
Intros to: Prenatal and Restorative Yoga

Pre-requisites:

At least 1 year consistent yoga practice

- Must take class and meet with Bridget prior to registration approval, either through one of the outlined information sessions or privately.
- A desire to learn, grow and open your heart to the practice of yoga

Pricing:

Two Tracks to choose from:

Deepen Your Practice:

For those wishing to dive deeper into the study of yoga but do not wish to receive a teaching certification. Certificate of Completion will be given. Participants will attend all sessions but will not be required to teach or complete observations or adjustment requirements.

\$2250 Early bird discount payment-in-full if received by May 15, 2024

\$2600 (\$500 deposit, due with application).

Total balance due by 1st in class day of the training

Payment Plans available based on \$2600 cost, no more than 3 payments

Price includes: 30 classes at Lucky Elephant Yoga and Wellness during the training, required elective workshops, discounts on additional workshops.

Yoga Alliance RYT Yoga Teaching Certification:

\$2800 Early bird discount total payment-in-full if received by May 15, 2024

\$3100 (\$500 deposit, due with application)

Total balance due by 1st in class day of the training

Payment Plans available based on \$3100 cost, no more than 5 payments

Price includes: 30 classes at Lucky Elephant Yoga and Wellness during the course of the training, required elective workshops, discounts on additional workshops Price does not include books and other materials. Book lists will be provided upon application acceptance.

Refund Policy:

Withdrawal refund prior to start of course 100% of deposit paid minus \$200 administrative fee.

No refunds given after 2 weeks past start date.

Any request for withdrawal must be received in writing to Bridget.

In event of withdrawal, all training materials must be returned within 1 week of withdrawal. Tuition is non-refundable and non-transferable.

Yoga Alliance Registration

The Lucky Elephant Yoga Teacher Training Program is approved and registered with Yoga Alliance and meets the minimum Yoga Alliance requirement of 200 hours. Upon completion of all requirements, trainees receive a Certificate which can be submitted to Yoga Alliance for registration as a 200-hour RYT.