

# **Lucky Elephant Yoga 200-Hour Daytime Intensive Teacher Training Program**

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

**Training dates: July 2019 - September 2019**

## **Format:**

**Do you have free time over the summer months during the week and don't want to give up your weekends?**

This training is perfect for you!

This is a 3-month Intensive course consisting of 4 weeks in class over the 3 month period of time. Sessions will be held Monday through Friday from 9:30 am - 4:30 pm. Additional time will be spent taking class, observing, assisting and completing other class work. In class sessions include theory, anatomy, pranayama, meditation, learning poses and practice teaching.

## **In Class Session Dates:**

Contact Studio for dates

Final Class Teachings Individually Scheduled  
Elective Workshops (3) Required

## **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 and adjustment requirements.

\$2800 (with a \$1000 deposit, due with application by July 1, 2019)

Early bird discount total payment of \$2600 received by June 1, 2019

Payment Plans available based on \$2800 cost, no more than 3 payments (July 1, August 1, and September 1)

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

### ***Yoga Alliance RYT Yoga Teaching Certification:***

\$3250 (with a \$1000 deposit, due with application by June 15, 2019)

Total balance due by 1st in class day of the training (July 15, 2019)

Early bird discount total payment of \$3000 received by June 1, 2019

Payment Plans available based on \$3250 cost, no more than 3 payments (July 1, August 1 and September 1)

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.