

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**

**Training dates:
October 2019 - April 2020**

Format:

This is a 6-month course consisting of 22 once-a-week evening sessions (6:00-9:00 pm), plus two Sundays a month. Sunday (12:00-6:00). In addition there will be required participation in 3 of 6 elective 2-hour weekend workshops and independent study (course work, reading and yoga practice).

Wednesday evenings 6:00-9:00 pm

First Session October 16, 2019

No Class on November 27, December 25, January 1

Tentative Weekend Dates: these dates are subject to change based on the group

Sunday 12:00 - 6:00 pm

October 20, 2019

November 3, 2019

November 17, 2019

December 1, 2019

December 15, 2019

January 5, 2020

January 19, 2020

February 2, 2020

February 9, 2020

March 1, 2020

March 15, 2020

March 29, 2020

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 October 1, 2019)

Early bird discount total payment of \$2600 received by September 16, 2019

Payment Plans available based on \$2800 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

Yoga Alliance RYT Yoga Teaching Certification:

\$3250 (with a \$1000 deposit, due with application by October 1, 2019)

Total balance due by 1st in class day of the training (October 16, 2019)

Early bird discount total payment of \$3000 received by September 16, 2019

Payment Plans available based on \$3250 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.