



2018 Yoga Teacher Training Modules

Our Promise to You

Serious yoga students and aspiring teachers will learn the fundamental physical theory and alignment principles behind both Hatha and Vinyasa inspired yoga. You will learn and be taught how to teach two set yoga sequences, one hatha and one vinyasa inspired. Students will explore and discuss critically-acclaimed, modern, philosophic and ethical books with two experienced yoga teachers, who have over 20 years of experience, teaching, practicing and leading yoga training programs. Participants will dive into what they know and uncover new pathways to greater physical access and a more peaceful and enlightened way of being. Additional study hours are required. Participants will commit to a regular yoga practice of 2 times per week at Go Yoga! Express and additional reading, practice teaching and journaling outside of session hours.

Module 1: January 19, 20, 21 Module 2: February 16, 17, 18 Module 3: March 30, 31 & April 1

Module 4: April 20, 21, 22 Module 5: May 4, 5, 6 Module 6: May 18, 19, 20

Times: Fridays 6-9pm, Saturdays 10am-5pm, Sundays 8am-3pm

Tuition: \$395 per module

Application Fee: \$150

Perk: Membership to Go Yoga! Express is reduced to \$50/month once accepted into the 2018 YTT program.

Required Reading:

Journey Into Power	The Four Agreements	The Yamas & Niyamas
The Gifts of Imperfection	The Key Muscles of Yoga	

Module 1: Mastery of the Five Pillars of Yoga

Practice, learn and learn to teach, the Five Pillars of Yoga, from the philosophy of Baron Baptiste. Kellie Mathes, a Certified Baptiste Teacher will guide participants through Journey Into Power, incorporating the Five Pillars, Ujagyi, Drishti, Bandhas, Tapas and Vinyasa. Participants will finish with a working knowledge of the key physical components of a power yoga practice and with an understanding of how to teach Journey Into Power.

Module 2: Assisting & Alignment

Practice deepening, stabilizing and directional assisting skills, while learning about the alignment and anatomy of each pose. Skill work will include practicing the physical work as student and teacher, with at least 1 hour per day focused on inversion skills.

Module 3: Powerful Teaching

Engage in teaching exercises guaranteed to make an impact on your teaching style. Learn communication and cueing skills to connect with students and how to take the seat of teacher with confidence. Use of voice, managing the space of the classroom and leadership qualities will be covered.

Modules 4, 5, 6: YTT Intensive Weekend

Dive into teaching and assisting and studying the art of yoga. Subjects and study will include The Five Pillars of Yoga, Anatomy, Alignment, Class Sequencing, Powerful Speaking and more.