**RYT 200 TEACHER TRAINING**

***PRE-TRAINING CONVERSATION AGENDA***

Hello friends,

To agree on the intention and commitment of your yoga studies, I’d like to set up a time for conversation. The following agreements come to mind, and you may have questions as well. Two of the 10 ethical guidelines described in the original texts of the Yoga Sutras of Patajali come to mind as important before starting a commitment to learn to teach yoga.

**Tapas:** Sanskrit word reflecting the purification of our body, mind, and spirit by going through some uncomfortable, transformative and challenging experiences that result in more freedom, space, energy and love in life.

**Svadhyaya:** Sanskrit word for self-study; this principle reflects the intention to observe ourselves in order to grow into the truth of who we are as lightness, love, peace, and equanimity.

I hope you will consider these qualities for yourself, and notice if it feels easy, difficult, uneasy or uncomfortable-because any of these are fine. It is learning this 3rd quality below, that will balance and hold you through the challenges of growth and change:

 **Ishvara Pranidhana**: Sanskrit word for surrender; which provides that no matter what we face in ourselves and in our life, we can let it go-surrender- to something larger than ourselves at work. Whatever that may be for you. There is no dogma, but just the technology of transformative psychology and biology; when we let go of the ego control amazing new spaces can open up.

Let’s talk about this as a beginning to learn to teach yoga.

Health history

Please complete the attached health history and send back to me as complete as possible. It will help me to build our studies around what is useful to you personally. All information will be kept confidential of course.

Payment

In commitment to the YTT 200 plan, please have all payments made for each session at least 2 days in advance. All scheduled modules and retreats are required attendance, unless you speak with me ahead.

Zoom Video/Audio

In order to have the best possible experience in learning, please keep your video on yourself during the online modules and retreats.

Preparatory Books

In order to fully understand the path of a yogini or yogi, it would be helpful to read one of the following autobiographies (all of them are really great reads!).

*Autobiography of a Yogi, by Paramahamsa Yogananda*

*Yoga and the Path to the True Self, by Stephen Cope (an American yogi!)*

*Light on Life, by BKS Iyengar*

*The Secret Power of Yoga, by Niscela Joy Devi (a women’s guide!)*

*Training Manual*

I will be sending you documents to add as we go, so it would be helpful to start a binder to assemble them into sections.

Writing Journal

Please have your journal with you for every event participation! This is your best “self-study” tool, as you can write down your personal observations, illuminations, inspirations, and challenges.

Scheduling Mentoring Time for Healthcare Classes and Workshops

TBD

Attendance in Jennifer’s Zoom Classes

TBD

**YTT PERSONAL ATTENDANCE CHECKLIST**

Online videos: Intro to the Yoga Sutras, Integrative Yoga Therapy (Youtube series 1-4)

 Module 1: Radiant Well-Being 1/30 Date:

 Module 2: Calm Strength 2/27 Date:

 Module 3: Philosophy and Living Your Yoga 3/27 Date:

 Module 4: Creative Self-Care 4/24 Full day Date:

 Module 5: Energize 5/22 Full day, 6/25 Date:

 Module 6: Balance 9/25 Full day, 10/22 Date:

 Module 7: Expansion 11/27 Full day Date:

 Module 8: Integration & Flow 11/27 Full Day Date:

 Module 9: Deep Restoration 12/11 Date:

Module 10: Professional Teacher Essentials 1/29/22 Date:

Prerequisite: video Yoga and Race Relations (Yoga Alliance)

Podcast (Sounds True w/Tami Simon, Healing Racism Parts 1-2)

Section 2

 **Retreats**

 June 25-27 2021 Subtle Body Yoga Awakenings and Applications to Classes

 (6/25, Energize module 5)

 October 22-24, 2021 Ayurvedic Yoga Principles and Applications to Classes

 (10/22 Balance Module 6)

Section 3

 **Practicum** (attending classes and post class mentoring) Total 24 Hours

 (each class counts as 1.5 hours)

 Dates/hours attended:

 **Healthy Mindset Workshops (**Physiology of Stress and Yoga Humanities) Total 16 Hours

 (attend 12 workshops, with 4 hours of mentor time)

Dates/hours attended:

Tuition and Payments

Softstone Yoga is committed to making training accessible to all committed students. Please talk to Jennifer for sliding scale options.

Classes, Workshops, and Modules may be paid for by the session, or full payment for the 200 hour training at a discount.

Payments may be made by PayPal, Venmo, Square (over the phone credit card charge), or mailed check.

**Weekend Modules**

 5 hours $30-70

4.5 hours $30-60 Half days

8 hours $120-$160 Full days

 3 hours $25-60

 2 hours $15-30

 Total $1,140

**Healthy Mindset (the physiology of stress and yoga) Workshops**, Michigan Heart and Vascular Institute, (16 hours of education) and subsequent time with Jennifer for reflection and review $160

**Retreats**

TBD by location

If attendance is in person on location ***additional cost related to retreat center charges*** for rent, lodging and meals in addition to the charges below. On site locations of retreats determined for low cost and comfortable quiet setting. See Jennifer for details or cost concerns.

(or)

 Attendance may be by zoom conferencing; either way the cost of the education:

 Ayurvedic Yoga, 16 hours of training time $320

Subtle Body Yoga, 14 hours of training time $280

**Weekly Yoga Classes and Practicum Hours**

 Observation of weekly hatha yoga practice classes on zoom

Observation of weekly 3 hour blocks of hatha chair therapeutic yoga classes (Michigan Heart and Vascular Institute) and subsequent time with Jennifer for reflection and review of class

 Attendance of 24 hours of observation of above classes to complete the training and private mentoring time for personal growth and enhancement of education, $220

Total Tuition Paid in Full : $2,120

Attendance to all required events included (excludes lodging and meals at retreats)