

Sublime School of Yoga - Beginning the Journey

200 Hour Yoga Teacher Training certified with Yoga Alliance (RYT 200)

Our Yoga Teacher Training program is for students who want to learn the foundations for teaching yoga, as well as for dedicated students who wish to deepen their practice and gain understanding of the theory and practice of yoga.

The RYT 200 program is offered over 10 modules. Each year 8 or 9 modules are offered. **The current curriculum is in effect until June of 2022.** Please note that any current enrollees will need to complete their training by June 2022.

Asanas 2

Dates: October 16 - 18, 2020, October 2021

Required reading from: "Teaching Yoga" by Mark Stephens

*** early bird pricing extended to October 15, 2020**

Asanas 3

Date: November 13 - 15, 2020, November 2021

Required reading will be from: "Teaching Yoga: Essential Foundations & Techniques" by Mark Stephens

Prerequisite - discussion with Lead Instructors prior to registration

Techniques & Tools for Teaching Yoga

Date: December 4-6, 2020, December 2021

Required reading from: "Teaching Yoga: Essential Foundations & Techniques" by Mark Stephens

Yoga History & Philosophy

Date: January 29 - 31, 2021

Required reading from: "Teaching Yoga: Essential Foundations & Techniques" by Mark Stephens.

Optional Reading: "The Great Work of Your Life" - Stephen Cope.

Specialized Teaching

Date: February 26 - 28, 2021

Required reading will be from: "Teaching Yoga: Essential Foundations & Techniques" by Mark Stephens

Introduction to Yoga Theory & Practice

Date: March 2021

Required reading from: "30 Essential Yoga Poses" by Judith Hanson Lasater

Prerequisite - none

*** this is the final opportunity to take this module**

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Integration of Yoga Theory & Practice

Date: April 2021, Spring 2022

Required reading will be from: "Teaching Yoga: Essential Foundations & Techniques" by Mark Stephens

Prerequisites - Completion of at least 3 modules & discussion with Program Director

Asanas 1 - Teaching Foundational Asanas

Date: May 2021

Required reading from: "30 Essential Yoga Poses" by Judith Hanson Lasater.

Optional Reading: "The Language of Yoga - Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants" - Nicolai Bachman

Anatomy & Physiology

Date: September 17 - 19, 2021

Required reading from: "The Key Muscles of Yoga - Volume 1" by Ray Long

Meditation & Pranayama

Date: January 2022

Required reading from: "Teaching Yoga" by Mark Stephens

Optional Reading: "The Wisdom of Yoga" Stephen Cope, "Real Happiness - The Power of Meditation" by Sharon Salzberg,

Practicum & Attendance at Yoga Classes

As part of the training there will be homework, practice teaching and the requirement to attend 30 yoga classes with an E-RYT 200 or RYT 500 teacher.

- all assigned homework must be completed in order to graduate
- 1 or 2 practice teaching dates are scheduled per year. It is the trainees responsibility to ensure they schedule their practice teaching. Additional dates will not be added to accommodate individual trainees
- Trainees will attend a minimum of 30 yoga classes between completion of the first and final module while enrolled in the teacher training. Within this requirement, trainees must attend a minimum of 2 yoga classes per month while enrolled in the program
 - These classes must be taught by an E-RYT 200, RYT 200, or ERYT 500 Yoga Teacher
 - It is the trainees responsibility to ensure that classes attended are taught by teachers who meet our minimum standards of training & experience
 - A minimum of 15 classes must be attended at Yoga Sublime or with Lisa Leis
 - Attendance must be recorded in the log provided and there will be no exception to the requirement for the teacher's signature

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Weekend Agenda - Total of 18 hours - full attendance compulsory

Friday 6:00 - 9:00

Saturday 9:00 - 6:00 (1 hour lunch)

Sunday 9:00-5:00 (1 hour lunch)

Requirements for trainees:

- minimum of one year of yoga practice
- full attendance is required for each of the modules, no exceptions will be made (if you are not available for the entire scheduled time, please wait and do the module the next year)
- prepared to complete homework and non-contact hours in addition to the weekend modules
- attend 30 yoga classes, taught by a RYT-200 or RYT-500 yoga teacher, between completion of first and final module

Tuition

Early bird price/module - \$340.

Regular price/module - \$380.

*please add GST

- payments can be made by cheque, credit card or e-transfer
- cancellations made up to 4 weeks in advance of the module will be eligible for a credit towards a future module less a \$25. administration fee,
- cancellations made 1 - 4 weeks in advance of the module will be subject to a \$100. administration fee unless a medical certificate is provided, in which case a \$50. administration fee will apply; the balance will be credited towards a future module
- cancellations made 1 week or less before the module are not eligible for credit or refund; medical situations will be decided on a case by case basis
- Note, there will be additional costs for required texts, attendance at yoga classes during training time, and registration with Yoga Alliance

Faculty

Tammy Fulton - Lead Instructor

Lisa Leis - Lead Instructor

Laurie Basaraba - Guest Instructor Specialized Teaching Module

Christine Hambleton - Guest Instructor Asanas 3 Module

Trisha Hourie - Guest Instructor Techniques & Tools Module

Sherry LaFaver - Guest Instructor Techniques & Tools Module

Janet Smith - Guest Instructor

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Why Yoga Alliance?

Yoga Alliance® is the largest nonprofit association representing the yoga community internationally. The mission is to promote and support the integrity and diversity of the teaching of yoga. This is done through:

- Celebrating the diversity of yoga styles, traditions and lineages;
- Advocating for self-regulation in the yoga industry and universal access to safe yoga practices;
- Upholding the worldwide growth of yoga through education and community;
- Encouraging safe yoga instruction by promoting adoption of Yoga Alliance's quantitative Standards;
- Inspiring members to provide fair and full feedback to Registered Yoga Schools, which fosters accountability and continual improvement;
- Guiding yoga teachers and schools in achieving success with conscious and effective business practices.

Currently, YA has over 85,500 **Registered Yoga Teachers** (RYT®s) and more than 5,700 **Registered Yoga Schools** (RYS®s).

What Does It Mean To Be a RYT?

Registered Yoga Teacher (RYT) is a distinction given to yoga teachers whose training and teaching experience meet Yoga Alliance requirements. A RYT must complete training with a Registered Yoga School (RYS), be confirmed by Yoga Alliance and current with annual fees and Continuing Education.

For more information, contact Tammy Fulton, Program Director & Owner, Yoga Sublime Studio: yogasublimestudio@gmail.com.