

## 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. Training can be completed in one year, or students have the option of taking up to 3 years to complete.

### **Schedule**

#### **Module 1 - Introduction to Yoga Theory & Practice**

**Date: October 12-14, 2018, January 2020 & 2021**

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

Prerequisite - none

#### **Module 2 - Asanas 1 - Teaching Foundational Asanas**

**Date: November 9-11, 2018, February 2020 & 2021**

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

Prerequisite - none

#### **Module 3 - Yoga History & Philosophy**

**Date: January 18-20, 2019, March 2020 & 2021**

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

Optional Reading: "How Yoga Works" - Geshe Michael Roach & Lama Christie McNally, "The Great Work of Your Life" - Stephen Cope, "The Yoga Sutras of Patanjali" - Sri Swami Satchidananda, "The Living Gita" - Sri Swami Satchidananda

Prerequisite - none

#### **Module 4 - Anatomy & Physiology**

**Date: March 22-24, 2019, April 2020 & 2021**

Required reading will be from: "The Key Muscles of Yoga" by Ray Long

Prerequisite - none

#### **Module 5 - Asanas 2**

**Date: April 26-28, 2019, May 2020 & 2021**

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

Prerequisite - Module 2 - "Asanas 1"

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### **Module 6 - Meditation & Pranayama**

**Date: May 24-26, June 2020 & 2021**

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

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

Prerequisite - none

### **Module 7 - Techniques & Tools for Teaching Yoga**

**Date: June 21-23, August 2020 & 2021**

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

Prerequisites - none

### **Module 8 - Asanas 3**

**Date: September 27-29, 2019, September 2020 & 2021**

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

Prerequisite - Module 2 - "Asanas 1"

### **Module 9 - Specialized Teaching**

**Date: October 18-20, 2019, October 2020 & 2021**

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

Prerequisite - none

### **Module 10 - Integration of Yoga Theory & Practice**

**Date: November 22-24, 2019, November 2020 & 2021**

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

Optional Reading: "The Diamond Cutter - The Buddha on Managing Your Business & Your Life", Geshe Michael Roach and Lama Christie McNally

Prerequisites - Module 1 - "Introduction to Yoga Theory & Practice", and completion of at least 2 other modules

### **Practicum**

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

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### Typical 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

Christine Hambleton - Guest Instructor Module 8

Laurie Basaraba - Guest Instructor Module 9

Sherry Lafaver - Guest Instructor Module 9

Trisha Hourie - Guest Instructor Module 9

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.