

## 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 current RYT 200 program is offered over 10 modules. Each year 9 or 10 modules will be offered. Students have up to 3 years to complete the training. \* Note that due to upgraded requirements from Yoga Alliance this program will change effective January 2022. We expect that the changes will involve an 11th module but are awaiting direction from Yoga Alliance in early 2020.

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

**Date: February 28-March 1, 2020**

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

Prerequisite - none

### **Yoga History & Philosophy Module**

**Date: March 27-29, 2020**

Required reading will be from: "Teaching Yoga: Essential Foundations & Techniques" by Mark Stephens. Optional Reading: "The Great Work of Your Life" - Stephen Cope. Living the Sutras - A Guide to Yoga Wisdom Beyond the Mat" - Kelly Dinardo & Amy Pearce-Hayden.

Prerequisite - none

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

**Date: April 17-19, 2020**

Required reading will be 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

Prerequisite - none

### **Meditation & Pranayama**

**Date: May 22-24 , 2020**

**\* please note that this module will not be offered in 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

### **Anatomy & Physiology Module**

**Date: June 19 - 21, 2020**

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

Prerequisite - none

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### **Asanas 2**

**Date: August 28-30, 2020**

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

Prerequisite - none

### **Techniques & Tools for Teaching Yoga**

**Date: September 18-20, 2020**

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

Prerequisites - none

### **Asanas 3**

**Date: October 23-25, 2020**

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

Prerequisite - Approval of Lead Trainers, please email Tammy Fulton

### **Specialized Teaching**

**Date: March 2021**

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

Prerequisite - none

### **Integration of Yoga Theory & Practice**

**Date: November 20-22, 2020**

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

Prerequisites - Completion of at least 3 modules or approval of Lead Trainers

### **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. Please note that there are specific requirements in this regard that should be clarified with one of the Lead Trainers.

### **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)

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### Requirements for trainees:

**Prior to starting the program please submit an email outlining why you would like to join this training program**

- 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 a minimum of 30 yoga classes, taught by an E-RYT 200, RYT 500 or E-RYT 500 yoga teacher, between completion of first and final module.
  - Within this requirement, trainees must attend a minimum of 2 yoga classes per month while enrolled in the program.
  - Of the 30 classes, a minimum of 15 must be taken at Yoga Sublime Studio

### Tuition

Early bird price/module - \$340.

Regular price/module - \$380.

\*please add GST

- early bird deadline is 6 weeks before the start date of the module
- 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 Modules 4 & 8

Trisha Hourie - Guest Instructor Module 7

Sherry LaFaver - Guest Instructor Module 7

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, Owner, Yoga Sublime Studio: [yogasublimestudio@gmail.com](mailto:yogasublimestudio@gmail.com).