

## **Yoga Sol Class of 2011**

### **Teacher Certification!**

#### **One Saturday per month for 7 months!**

Interested in deepening your own personal practice?

Looking for a change in your career?

Want the flexibility in your work schedule to  
create more freedom in your personal life?

Want to help people feel great?

Perhaps our Yoga Alliance approved 200 hour- teacher training program is exactly what you need! It is condensed into 7 months, one Saturday per month and more independent "hands on" training to fit your personal schedule and needs to ensure a successful outcome.

#### **When does it Begin?**

**Certification Orientation:** Saturday, August 21, 2010, 12pm-3pm

#### **First Class Certification**

Saturday, September 18, 2010, 10:30am-7:30pm

#### **Pre-Requisites For:**

1. Must be 25 years or older. (some exceptions may apply)
2. Must have a minimum of 6 months of previous yoga practice (some exceptions may apply)
3. Must write a paper (50 words) explaining what you would like to get from the training and why you are applying to become an instructor or to deepen your practice.
4. You must be evaluated by Laura or Tara in one S2 yoga class
5. Must have a completed application including a \$500 deposit (non refundable-applied to final balance due).
6. Must have a signed medical waiver.

#### **Teacher Training Requirements**

- Must attend 3 classes per week (Independent study)
- Must attend monthly Lectures.

- Paperwork:  
Weekly Journal Entry, Monthly readings, Anatomy of postures, Quizzes / Final exams, Reviews of Audits, Assisting, and Teachings
- Practicum:  
5 audits, 5 teacher assists, 5 taught classes (Independent Study)

### **Our Expectations**

1. Attend all required classes/workshops/clinics on time.
2. Respectful of others and their differences
3. Positive attitude
4. Team player
5. Prepared at lectures/practicum and participation in discussions etc.
6. Be open to learning and growth
7. Determination
8. Drama free Zone: Leave your ego at the door.
9. No Inappropriate fraternization with students
10. Embrace the process

### **Spacing**

To ensure the quality of our training, there are a limited number of students we will allow to participate at this time. Don't lose your opportunity. Reserve your spot now.

### **How do I apply?**

1. Fill out the application and return it to the front desk with your \$500 deposit (non refundable and will go towards the final balance)
2. Write a 50 word paper telling us about yourself, describing why you want to participate in our program and what you hope to achieve from it.
3. You must be evaluated by Laura or Tara in one S2 yoga class.
4. Turn in signed medical waiver.

### **What To Expect from the Teacher Training:**

Receive a 200-hour Yoga Alliance approved certification in Vinyasa Flow with additional backgrounds in Hot Yoga, Anatomy,& Yogic Philosophy.

You will walk away with the ability to teach a safe & solid beginners yoga class in 2 different class modalities, a deeper understanding of your own practice & self, & build confidence & empowerment through communication.

Once you are certified, you have the option of applying for a 6 month teaching apprenticeship at Yoga Sol to fine tune what you've learned & be able to continue to ask questions & receive guidance as you get your feet wet as a new instructor. You will have to go through an interview/application process to participate in this program.

### **Certification Pricing:**

\$3500.00

(\$500 deposit is included in this price)

If you are an active member during your training, we will deduct \$200 from your balance.

Early registration:

- sign up no later than Jan. 31, 2010 and get \$500 off your remaining balance.
- sign up no later than March. 31, 2010 and get \$250 off your remaining balance.

\*\*Payment plans available.

FYI: Payments for teacher training are a tax write off if you continue on to working as an instructor.

### **What your payment includes:**

1. All text books
2. Binder and writing materials / Journal
3. Three Required classes per week (If you are not a member, normal fees for additional classes will apply.)

## **Training Lecture Dates**

Orientation: August 21, 2010 12pm-3pm

September 18, 2010 = 1030am-730pm

October 16, 2010 = 1030am-730pm

November 13, 2010= 1030am-730pm

December 11, 2010 = 1030am-730pm

January 15, 2011 = 1030am-730pm

February 19, 2011 = 1030am-730pm

March 19, 2011 = 1030am-730pm

If you are unable to complete the mandatory #3 classes per week, or you need more hands on practice hours, you will have an additional #5 months to complete those hours in order to receive your certificate. The lecture dates are mandatory.