

Lucky Elephant Yoga 200-Hour Weeknight / Weekend Teacher Training Program

**For those wanting to become a certified yoga teacher
or simply deepen their existing yoga practice**

**Training dates:
September 2018 - March 2019**

Format:

This is a 6-month course consisting of 22 once- a-week evening sessions (6:30-9:30 pm), plus one weekend a month. Weekend sessions Saturday (9:30-5:30 pm) and Sunday (12:00-5:00). In addition there will be required participation in 3 of 6 elective 2-hour weekend workshops and independent study (course work, reading and yoga practice).

Wednesday evenings 6:00-9:00 pm

First Session September 12, 2018 No Class on September 19, October 17 or 31, November 21, December 26

Weekend Dates:

Saturdays 9:30 am - 5:30 pm

Sunday 12:00 - 5:00 pm

September 15-16, 2018

October 27-28, 2018

November 10-11, 2018

December 15-16, 2018

January 12-13, 2019

February 9-10, 2019

Final Class Teachings Individually Scheduled

Elective Workshops (3) Required

In this program, we will cover:

- The Yoga Lifestyle
- Finding and sharing your unique voice as a teacher
- Breaking down asanas safely within alignment principles and modifying for varying levels of practitioners.
- Anatomy and Kinesiology
- Yoga Philosophy and History
- Ethics of Teaching Yoga
- Business of Yoga
- Pranayama
- Meditation Techniques and Teaching

- Creative Sequencing, class planning and structure
- Effective verbal and hands-on adjustments
- How to teach Gentle, Beginner, Intermediate and Advanced students within multi-level classes
- Intros to: Prenatal and Restorative Yoga

Pre-requisites:

- At least 1 year consistent yoga practice
- Must take class and meet with Bridget prior to registration approval, either through one of the outlined information sessions or privately.
- A desire to learn, grow and open your heart to the practice of yoga

Pricing:

Two Tracks to choose from:

Deepen Your Practice:

For those wishing to dive deeper into the study of yoga but do not wish to receive a teaching certification. Certificate of Completion will be given. Participants will attend all sessions but will not be required to teach or complete observations and adjustment requirements.

\$2800 (with a \$1000 deposit, due with application by September 1, 2018)

Early bird discount total payment of \$2600 received by August 15, 2018

Payment Plans available based on \$2800 cost, no more than 3 payments (September 1, October 1, and November 1)

Price includes: 30 classes at Lucky Elephant Yoga and Wellness during the course of the training, required elective workshops, discounts on additional workshops

Yoga Alliance RYT Yoga Teaching Certification:

\$3250 (with a \$1000 deposit, due with application by September 1, 2018)

Total balance due by 1st in class day of the training (September 11, 2018)

Early bird discount total payment of \$3000 received by August 15, 2018

Payment Plans available based on \$3250 cost, no more than 3 payments (September 1, October 1 and November 1)

Price includes: 30 classes at Lucky Elephant Yoga and Wellness during the course of the training, required elective workshops, discounts on additional workshops

Price does not include books and other materials. Book lists will be provided upon application acceptance

Refund Policy:

Withdrawal refund prior to start of course 100% of deposit paid minus \$200 administrative fee.

No refunds given after 2 weeks past start date.

Any request for withdrawal must be received in writing to Bridget.

In event of withdrawal, all training materials must be returned within 1 week of withdrawal.

Tuition is non-refundable and non-transferable.

Yoga Alliance Registration

The Lucky Elephant Yoga Teacher Training Program is approved and registered with Yoga Alliance and meets

the minimum Yoga Alliance requirement of 200 hours. Upon completion of all requirements, trainees receive a Certificate which can be submitted to Yoga Alliance for registration as a 200-hour RYT.