



Spring 2019 200 Hour Yoga Teacher Training Dates

Friday Nights 6-9:30pm	Saturday 12:00-6:30pm	Sunday 12:15-4:15pm	Anatomy Topics
18-Jan			
25-Jan	26-Jan	27-Jan	Intro to Anatomy
1-Feb			
8-Feb	9-Feb	10-Feb	Vertebral/Diaphragm
15-Feb			
22-Feb	23-Feb	24-Feb	Legs, Ankles, Feet
1-Mar			
8-Mar	9-Mar	10-Mar	Pelvis & Orientation, Abdominals
15-Mar			
22-Mar	23-Mar	24-Mar	Shoulder Girdle, Elbow, Wrist and Hand
29-Mar			
5-Apr	6-Apr	7-Apr	Injuries and Modifications
12-Apr			
19-Apr	20-Apr	21-Apr	
26-Apr			
3-May	4-May	5-May	
10-May	11-May	12-May	



200 Hour Yoga Teacher Training Lecture Topics

Yoga Philosophy, Lifestyle and Ethics

- ॐ History and Origin of Modern Yoga & Foundations of Yoga Philosophy
- ॐ 8 Limbed Path/Yamas & Niyamas/Introduction to Yoga Sutras
- ॐ Postures, Sanskrit & Meaning of OM
- ॐ Types of Pranayama
- ॐ Subtle Energy: Three Bodies & Five Sheaths, Bandhas
- ॐ Types of Meditation
- ॐ Yoga Sutras of Patanjali
- ॐ Chakras & Energy Body
- ॐ Ayurveda & Earth Elements
- ॐ Mudras/Mantras/Chanting/Kriyas
- ॐ Ethics of Teaching, Sacred Space, Classroom Safety
- ॐ Teaching Styles/Use of Language and Voice/Cueing
- ॐ Business of Yoga/Marketing & Legal/Employee vs. Independent Contractor

Anatomy & Physiology; Teaching Methodology; Techniques, Training & Practice

- ॐ Introduction to Anatomy
- ॐ Categories of Asana & Key Poses
- ॐ Teaching the Sun Salutations (Surya Namaskar) and Vinyasa Foundations
- ॐ Anatomy for Yoga: Vertebral Column & Diaphragm
- ॐ Methodology of Sequencing and Blocks of a Yoga Class
- ॐ Anatomy for Yoga: Legs, Ankles & Feet
- ॐ Standing & Balancing Poses/W1 & W2 Alignment
- ॐ Anatomy for Yoga: Pelvis & Orientation/Abdominals
- ॐ Forward Bends & Hip Openers
- ॐ Twisting Postures & Abdominals
- ॐ Anatomy for Yoga: The Shoulder Girdle/Elbow, Wrist and Hand
- ॐ Backbends & Shoulder/Chest Openers
- ॐ Review Sun Salutations, Practice Safely Teaching Vinyasa Foundations
- ॐ Anatomy for Yoga: Injuries and Modifications
- ॐ Teaching Yoga to Special Populations: Children, Seniors, Pre/Postnatal, Beginners
- ॐ Yin Yoga, Restorative Yoga, Gentle Yoga Stretch
- ॐ Methodology of Assists and Adjustments
- ॐ Practice Assists and Adjustments
- ॐ Inversions, Arm Balances and Savasana
- ॐ Final Presentation/Practice Teaching

Practice Hours:

- ॐ Guided Group Asana Practice w/SunSpark Yoga Instructors
- ॐ Assist/Observe Group Asana Practice w/SunSpark Yoga Instructors



**200 Hour Yoga Teacher Training Program
Required & Supplemental Book List & Supplies Needed**

Title	Author	Category	Amazon Prime Est. Cost
REQUIRED BOOKS			
The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living	Stephen Cope	Philosophy	\$15.29
YogaBody: Anatomy, Kinesiology & Asana	Judith Lasater	Anatomy	\$24.73
Anatomy Coloring Book 4th Edition	Wynn Kapit/Lawrence Elson	Anatomy	\$18.49
The Key Muscles of Yoga: Scientific Keys, Volume I	Ray Long	Anatomy	\$21.88
Teaching Yoga: Essential Foundations & Techniques	Mark Stephens	Teaching Methodology	\$15.60
Light on Yoga: Yoga Dipika	BKS Iyengar	Philosophy/Teaching Methodology/Anatomy	\$13.56
TOTAL REQUIRED BOOK COST			\$109.55
ADDITIONAL SUPPLIES			
3" Three Ring Binder for Training Manual Handouts			\$10.00
Journal or Notebook for Notes and Journaling			\$5.00
Tab Dividers to Organize Binder by Subject			\$5.00
Coloring Pencils for Anatomy Coloring Book			\$5.00
ESTIMATED SUPPLIES COST			\$25.00
SUPPLEMENTAL BOOKS			
Yoga Sutra of Patanjali: A New Translation w/Commentary (Shambhala Classics)	Chip Hartranft, Patanjali	Philosophy	\$16.36
TOTAL SUPPLEMENT BOOK COST			\$16.36



**200 Hour Yoga Teacher Training
Student Registration Terms and Conditions
January 18 – May 12, 2019**

Name: _____

Mobile Phone: (_____) _____ Home Phone: (_____) _____

Address: _____ City: _____ State: ___ Zip Code: _____

Date of Birth _____

E-mail address: _____@_____

Emergency Contact Info: Name _____ Relationship: _____

Phone: (_____) _____

What do you hope to learn or gain from this training?

How did you hear about SunSpark Yoga's Yoga Teacher Training Program? Were you referred by someone?

Amount of experience in yoga and what style(s):

Do you have any limitations in movement or practice? Explain.

Please describe any previous/current injuries/surgeries that may affect your physical practice (explain in detail):



SunSpark Yoga's Registration Form and Waiver of Liability (Winter/Spring 2019)

I understand that the total cost for SUNSPARK YOGA TEACHER TRAINING is \$2200 if payment in full is made on or before 12/1/2018 (\$2500 less \$200 early bird registration and additional \$100 discount for payment in full by 12/1/18); \$2500 if payment in full is received by 1/18/2019; or \$2700 if made in four payments of \$550 each due on 1/18/2019, 2/8/2019, 3/8/2019 and 4/5/2019, and by initialing this form I have agreed to pay this amount in full no later than 4/5/2019. I understand that if for any reason (medical, personal, or otherwise) I choose to drop out of the training after 1/18/2019, I will still be held accountable for paying for the training in full by 4/5/2019. To maintain my space in the training, I agree to make my first monthly payment no later than 1/18/2019 and recognize that should I not make this payment on time, I may be automatically dropped from the training. I understand that my \$500 deposit is non-refundable, unless for any reason the training is cancelled. Should I choose to drop the training before 1/18/2019 only my deposit will be held, and the remainder of my payment will be reimbursed to me or can be applied to a future training. Any payments made after 1/18/2019 are non-refundable.

_____Initials

I understand that SunSpark Yoga, Inc. cannot certify my completion of this training unless I have been present for at least 180 hours of in-class time per Yoga Alliance guidelines. I recognize that if I miss hours, it will be my responsibility to make up missing hours with lead trainer Stacey Schuerman, subject to availability. If I choose to make up missing hours in private lessons I understand that this will entail an additional cost of \$100/hour.

- *1 hour private = 1-4 hours of missed time*
- *1.5 hour private = 5-6 hours of missed time*
- *2 hour private = 7-8 hours of missed time*
- *2.5 hour private = 9-10 hours of missed time*
- *3 hour private = 11-13 hours of missed time*

It is possible to make up hours within 12 months during a future SunSpark Yoga teacher training session at no additional cost, although make up hours must be completed within one year from the program start date of 1/18/2019.

_____Initials

I am in good general overall health and feel physically capable and ready to engage in physical yoga movement. I recognize the possible risks and the chance of injury involved in any physical exercise and hereby take responsibility for determining my own level of participation and take full responsibility for my own health and safety. By initialing this form, I agree to not to hold Stacey Schuerman, SunSpark Yoga, Inc. or its agents responsible for any injuries that may take place during my training.

_____Initials



Reservation:

A \$500 non-refundable deposit per person will secure space on a first come basis.

_____ Option 1: \$2200 paid in full by 12/1/2018. (*\$2500 less \$200 early bird registration and additional \$100 discount for payment in full by 12/1/18*)

_____ Option 2: \$2500 with a \$500 deposit to reserve your space and \$2000 due on the first day of training 1/18/2019. (*If deposit is received by 12/1/2018, an additional \$200 will be deducted from the \$2500 total cost to equal \$2300 total cost.*)

_____ Option 3: \$2700 with a \$500 deposit to reserve your space and 4 payments of \$550 each due on 1/18/2019, 2/8/2019, 3/8/2019 and 4/5/2019. (*If deposit is received by 12/1/2018, an additional \$200 will be deducted from the \$2700 total cost to equal \$2500 total cost.*)

_____ Initials

Photographs / Video:

SunSpark Yoga may be photographing and digitally recording parts of this training and reserves the right to use any such photographs / videos / digital recordings in its advertising, displays, publicity materials and publications without obtaining further consent from any participant.

The undersigned hereby grants SunSpark Yoga, Inc. and its agents permission to use their likeness in written publications and documentation, and on audio, video, television and the internet. I release, discharge and agree to hold harmless SunSpark Yoga, Inc. from any liability that may occur in the reproduction of the finished product.

All profits, proceeds and income resulting from the production, distribution, sale and promotion of this product are the exclusive property of SunSpark Yoga, Inc. of Orange, CA.

_____ Initials



Agreement of Release and Waiver of Liability:

I am aware that participation in yoga classes may be hazardous activity. I acknowledge that a certain minimum level of physical health, strength, fitness & flexibility will be required. I am voluntarily participating in these activities with knowledge of the risks of injury for which I voluntarily assume. As consideration for being permitted to participate in yoga classes and yoga exercises, I hereby agree that I, myself, my assignees, heirs, guardians and legal representatives will not claim against, sue or attach property of affiliates of SunSpark Yoga, Inc. for injury or damage resulting from my participation in any lesson, class, or activity. I hereby release SunSpark Yoga, Inc. and all its agents and heirs from any and all such actions, claims or demands that I, my assignees, heirs, guardians and legal representatives now have or hereafter may have for injury or damage associated with my participation in ANY class, workshop, or private lesson offerings of SunSpark Yoga and for all claims, injury damages or liability suffered by me in connection with my lessons at any location where I have participated. The undersigned participant agrees that SunSpark Yoga, Inc. and its representatives shall not be held liable for any injury, damage, loss, delay or irregularity for any reason, including but not limited to any defect in a vehicle, acts or default of any company or person engaged in conveying a participant, natural disasters or unforeseen events, delays or expenses arising from such occasions.

_____Initials

My signature below acknowledges all terms and conditions of this document

Participant Printed Name:

Participant Signature **Date**

SunSpark Yoga, Inc. Representative Signature **Date**