

Thank you for your interest in Yoga North Atlanta's Practical Course in Yoga Instruction. This is a 200-hour teacher training program designed to provide you with the confidence and skills necessary for teaching yoga in the real world. You will receive hands-on training on how to teach and interact with students, a solid foundation of anatomy, an introduction into the business aspects of being a yoga teacher and running a yoga studio, and an in-depth knowledge of the entire Ashtanga primary series. When you complete this program you will feel comfortable teaching a yoga class and should have the tools necessary to help you get started - whether you plan to teach friends and relatives, teach in a yoga studio or gym, or even open your own yoga studio.

### **Program Description:**

This curriculum meets or exceeds Yoga Alliance standards for 200-hour teacher training.

#### **Yoga Techniques**

An in-depth study of the Ashtanga Primary Series, plus complementary Hatha and Second Series asanas, including alignment and modifications, pranamaya, bundhas and inward focus, deep relaxation and use of props.

#### **Teaching Methodology**

Demonstration, observation, verbal and physical adjustments, teaching styles, use of voice, body language, class development and sequencing, creating a yoga experience, student/teacher communications and ethics, paperwork, and other business aspects of being a yoga teacher.

#### **Anatomy and Physiology**

Physical anatomy and how it affects each asana, injury prevention and adaptation, therapeutic value of asanas, CPR and basic first aid.

#### **Yoga Philosophy, Lifestyle, and Ethics for Teachers**

History of yoga, living yoga, conscious living, nutrition, building community through yoga.

#### **Practicum**

Hands-on practice teaching, giving and receiving feedback, and observation.

### **Tuition:**

The cost of tuition is \$2,500 which must be paid in full at least 30 days before the program begins. A \$500 deposit is required to reserve your seat. If payment in full is not received within 30 days before the program begins, your seat will be released and you will forfeit your deposit. All required reading materials, plus unlimited classes at Yoga North Atlanta during the program, are included in the tuition cost.

**Materials:**

The course workbook and all required reading materials are included in the tuition. The recommended reading materials will be available at a discounted rate to program attendees. An order form will be available on the first day of class.

You will need to bring your own yoga mat and towel for practice as well as paper and a pen for taking notes.

**Homework:**

You should expect to spend five to ten hours a week in independent study. This will include reading, observation and review of yoga classes, class planning, and exams. There is no fee for required class observations.

**Yoga practice during the program:**

As part of this program, you are required to attend at least two yoga classes per week, either at Yoga North Atlanta or a studio of your choice. You may attend unlimited classes at Yoga North Atlanta during the program at no additional charge. You will be required to log the classes you attend during the program.

**Attendance:**

Students are required to attend ALL classes. Any absences must be pre-approved by the instructor and arrangements made to complete the missed amount of classroom time. Failure to make such arrangements may result in termination with no refund of tuition. If a student must be absent, he or she must call Yoga North Atlanta at least 30 minutes before the class starts.

**What if I have to miss a class?**

If you must miss a class please let us know as soon as possible. If you miss one or two days you can make them up by scheduling a private session. The rate for a private session is \$100/hr. If you miss more than two days of the program, you will not be able to graduate. Your tuition may be applied to a future teacher training program. You may also be able to complete your training as an apprentice, depending on circumstances and availability.

**Tardiness:**

Tardiness and leaving class early will be subtracted from the total time of the program. Excessive delinquency may result in termination. If you know you will be late or will have to leave early, please alert the instructor in advance. If possible, we will work with you to keep you up to date with the class.

**Conduct:**

Students must adhere to the rules and regulations of Yoga North Atlanta, LLC. Students whose conduct reflects badly upon themselves or Yoga North Atlanta, LLC may be subject to probation and/or termination. The student must not interfere with the normal activities of the studio, the learning process of any other students, the classroom presentations, or yoga classes. The student may be placed on probation or terminated if any of the following occur:

- Excessive absences or tardiness
- Non-conformity of rules or regulations of Yoga North Atlanta, LLC
- Falsifying school records or logs
- Breach of enrollment agreement
- Failure to pay fees when due
- Aiding, abetting, or inciting others to commit any act that would detract from normal operation of Yoga North Atlanta, LLC.
- Theft

**Dress Code:**

Students should be properly attired to practice yoga at all times.

**Graduation:**

Graduation is based on your attendance, completion of all assignments, observations, and exercises, and the evaluation of your ability to teach and provide modifications for each asana. Upon graduation you will receive a certificate of completion and will be eligible for Yoga Alliance RYT-200 registration. Your certificate will not be released until all Yoga North Atlanta, LLC property has been returned and all financial obligations have been fulfilled.

**After Graduation:**

When you complete this program you will have logged many hours of teaching and have the confidence and knowledge to teach yoga. We recommend that you always remain a student and continue to take workshops whenever possible and learn from many teachers to expand your knowledge and experience. As part of your Yoga Alliance RYT-200 certifications you will be required to continue your yoga education by taking at least 30 hours of teacher training, workshops, or courses and teach a minimum of 45 classroom hours of yoga every three years.

**Disclaimer:**

Yoga North Atlanta, LLC reserves the right to amend, add, or delete classes, programs, policies, and/or tuition without prior notice. Yoga North Atlanta, LLC also reserves the right to cancel classes due to insufficient attendance.