

Course

Teacher Training/ In-Depth Yoga Studies Program

200-hour Program
August 2020-May 2021

Mind Body Zone is proud to offer a 200-hour Yoga Teacher Training / In Depth Yoga Studies Program. Whether your intention is to deepen your personal practice or obtain the skills and knowledge to become an effective instructor, this program is diverse and non-denominational, covering all aspects of Hatha Yoga. Upon successful completion of the program, one is eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT-200). The program includes:

Techniques- 100 hours

- In-depth study of asana/yoga postures
- Different styles of Hatha yoga
- Meditation
- Pranayama
- Chanting
- Prenatal Yoga

Teaching Methods- 35 hours

- Asana modification and use of props
- Demonstration and cueing principles
- Designing and sequencing a class
- Hands-on and verbal adjustments
- Business aspects of teaching yoga
- Students' process of learning
- Yoga Therapy
- Effective public speaking
- Teaching Beginners and Mixed Levels

Anatomy & Physiology- 20 hours

- Musculoskeletal
- Joint Mobility
- Respiration and Breath
- Preventing Yoga injuries
- Working with injuries & illness
- Chakras
- Qi and Meridians

Philosophy, Lifestyle & Ethics- 30 hours

- 8 Limbs of Yoga
- Yoga Sutras of Patanjali
- Sanskrit
- Cultural Appropriation in Yoga
- History of Yoga
- Ayurveda
- Ethics

Teaching and Assisting-15+ hours

Requirements for Application and Certification:

- Minimum of 2 years personal practice of Hatha Yoga or approval from Director of Teacher Training
- Commitment and openness to continuing practice and spiritual growth
- Completed Program Application with letter of referral from a Yoga Teacher
- On-time payment of tuition and application fee
- Attendance of all Teacher Training sessions
- Successful and on-time completion of assignments, practices, and exams

Primary Faculty

Lynn Cheng L.Ac, Dipl. OM, E-RYT
Techniques, Teaching Methodology,
Director of Teacher Training
www.LC-HolisticHealing.com

Linea McPherson E-RYT
Techniques, Teaching Methodology

Rev. Connie Habash MA, LMFT
Philosophy, Ethics
www.awakeningself.com

Setareh Moafi L.Ac, E-RYT
Anatomy, Techniques
www.setarehmoafi.com

Plus, many more guest instructors!

Tuition

- A non-refundable application fee of \$200 is due upon acceptance to the program.
- Early Bird tuition: \$2,100 paid in full by June 13, 2020 (total \$2,300)
- Regular tuition: \$2,300 paid in full by August 15, 2020 (total \$2,500)
- Payment schedule: \$2,500 (total \$2,700). Three \$833 payments due 8/15/20, 11/14/20 and 2/20/21
- Tuition Refunds-10% service charge, no refunds after August 15, 2020

Tuition does not cover the cost of a small number of required reading books or teaching practicum fees (if any), but does include all listed training sessions, hand-outs and UNLIMITED free yoga classes at MBZ during the teacher training time period (value of .

Testimonials

"This program allowed me to explore the abundant facets of yoga at a steady and practical pace. The support and insight I received thoroughly prepared me to pursue this profession." *-Laura*

"I have taught yoga for many years, and this program has broadened my teaching skills enormously greatly enhanced my personal practice." *-Julie*

"Meeting one weekend/month provided a perfectly balanced pace; we could absorb lots of information during class time, and then have time to reflect on it, incorporate it into our lives and our yoga practice, and then be excited again when the next weekend of training approached. Retention of the material was easier this way, and there was no feeling of burn-out or being rushed. A great program!" *-Julie*

"This training introduced me to the heart of yoga and changed not only my career path, but the path of my life." *-Audrey*

"extremely organized, well thought out and exposes you to the whole spectrum of yoga knowledge. The things I learned just continue to unfold every day with new and deeper meaning in my life." *-Molly*

"teacher training has completely changed my life. I watched myself transform more in the last ten months than I had in 20 years in the Western mental health care system. My eyes and mind have been opened to more than I could have hoped for and it's given me a renewed zest for life." *-F.R.*

"The post training support has also been so amazing and extends beyond the 10 months of training. I always know I can contact any of the faculty if I have an idea or question." *-Carole*

"...best learning experience by blending lecture, hands on, self-practice, instructor critiques, and lots of optional reading and practice opportunities." *-Caron*

Session Dates*

Saturdays 11:00am-6:00pm

Sundays 10:30am-4:45pm

(*Dates/Times subject to change)

- August 15-16, 2020
- September 19-20, 2020
- October 17-18, 2020
- November 14-15, 2020
- December 12-13, 2020
- January 9-10, 2021
- February 20-21, 2021
- March 20-21, 2021
- April 17-18, 2021
- May 15-16, 2021

In addition, 48 hours of Hatha Yoga practice are required. Classes and dates are determined by trainee.

Online Option

The weekend sessions are held in-person*. For those who are not comfortable attending in person, the sessions will be held on Zoom simultaneously. Therefore, it is possible to participate in the training entirely online, should one choose to do so. (*with the possibility of a few lectures held online)



Registered Yoga School

Location

Mind Body Zone

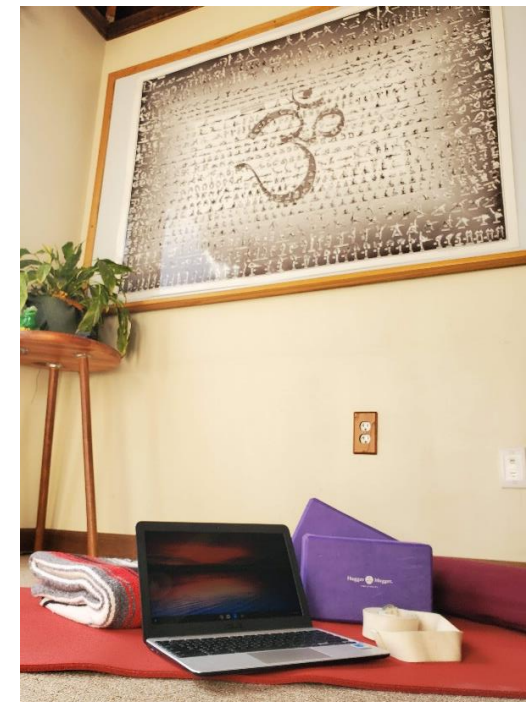
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200 HOUR YOGA TEACHER TRAINING & IN-DEPTH STUDIES PROGRAM (ONLINE OPTION AVAILABLE)

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mindbodyzone

YOGA

PILATES

SPA