



Harmony Yoga Center

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RYT 200-Hour 2019 Yoga Teacher Training Intensive Program

Dates

Orientation and information session: December 15th, 2018 at 1:30 pm

Course dates: Winter/Spring 2019, January 25th - March 25th

Cost for the 200-hour YTT Intensive Program: \$2,600 + GST

The course fees include a four-month studio membership. The course fee does NOT include textbooks.

Payment information

The deposit required to hold your place is \$150. You may pay in two or three equal instalment payments. We accept debit and credit cards. Applicants withdrawing 30 days before the start date are subject to a 20% administration fee.

Welcome!

Thank you for your interest in Harmony Yoga Center's Teacher Training Program. As part of your application for our Yoga Teacher Training program, please reply to the following questions. Your responses will help us define areas of focus for you and help us get to know you better. Feel free to write more information on the back of these sheets as needed.

Please return your answers, contact information, and the \$150 deposit for course registration to me.

Namaste,

Deborah Carruthers

Survey

1. Outline your yoga background:

How long have you been practicing yoga?

What styles of yoga have you studied?

Which studios and teachers have you worked with?

2. Please share any other relevant training:

3. List any injuries or illnesses and medications (All health information is kept confidential).

4. Are there any challenges you are going through that would affect your time program?

5. What are your objectives, needs and expectations from the course?

6. What is your favorite yoga posture and why?

7. What calls you to embark on the yoga path?

Contact Information

Name

Signature

Address

Phone (work, home, mobile)

Email

Emergency Contact Name

Emergency Contact Relation

Emergency Contact Phone (work, home, mobile)

Yoga Alliance 200-Hour Registered Yoga Teacher Training

This program will transform your practice and radically deepen your understanding of yoga. This training is suitable for both aspiring teachers and dedicated practitioners as it will provide the foundation of knowledge essential for any invested yogi.

Our program follows the rich lineage of Krishnamacharya, rooted in teachings from Patanjali's Yoga Sutras. Our methodology combines the flow and power of Ashtanga with its focus on alignment and sequencing. To balance, you will learn about Yin and contemplative styles as well as sequencing and ideas to create your own flow style.

You will have the opportunity to learn from our experienced teachers in their area of specialty. A daily 2-hour practice will integrate the principles of teaching deeply into your body. We will focus on wellness, pranayama, and meditation to enhance your experience.

You will learn how to:

- teach safe and dynamic flow & Ashtanga classes
- teach Yin & Restorative classes
- apply anatomical understanding of the body to alignment in yoga asanas
- sequence creatively and safely
- recognize common misalignments & risks
- suggest modifications & variations of poses
- offer clear verbal and hands-on assistance
- develop an area of interest and specialty
- find your own unique teaching voice
- incorporate neuroscience research that supports a deep understanding of the interface between science and meditation in the path of transformation and greater health and well-being

Upon successful completion of both modules of the program you will be qualified to register as a RYT 200® with Yoga Alliance. Our graduates teach a diverse range of yoga styles including Ashtanga, flow, gentle, yin, chair, and children's yoga.

Practice

You must commit to a schedule of 10-12 hours a week of practice and workshop time. To meet the criteria for course completion, a total of 100 supervised practice hours are required. This means attending morning Mysore classes and some evening and weekend yoga classes at our studio.

Yoga philosophy will be woven into the curriculum, and weekend workshops will focus on modules of anatomy, pranayama, alignment, sequencing and specialty areas.

In consideration of students' busy lives and work commitments, there is some flexibility to accommodate a meaningful, supportive experience that enhances wellbeing.

Our Faculty

Deborah Carruthers, BA, BSW, MA, Director of Harmony Yoga

Sarah Leslie, Registered Massage Therapist

Required Textbooks (not included in course fees)

Nischala Joy Devi - The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras

David Swenson - Ashtanga Yoga: The Practice Manual or

Kino McGregor - The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace

Bernie Clark - The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga

Website

Please visit our website for teacher bios at <https://harmonyyogaduncan.com>