

200 Hour Yoga Teacher Training Program Overview



Welcome

We are so happy that you have decided to deepen your practice, learn about yourself and find a way to participate more significantly in our local community! You are about to embark on a very special, life altering experience. Take your time and look at all of the options that exist - find the one that resonates most with you; the one that you feel a deep kinship with. Ask as many questions as you need to before deciding what is the best path for YOU! Any way that we can help, let us know! Our job as teachers is to offer support, regardless of which program you choose.

Application and Program Requirements

Our program is limited to 10 participants. We believe that we can serve you best with our time and energy when there are less participants. Additionally, for the time and money that you are investing you deserve to have every opportunity to learn, ask questions and receive support. Please apply early and pay your deposit as soon as you decide on the program to save your spot. Deposits should be paid once you receive information that you have been accepted into the program. While deposits are not refundable they can be applied to a future teacher training. If you cannot complete the program any funds that have been paid are not refundable however you can complete the YTT in a future session.

You must attend all YTT weekends and any other special events as required to complete your hours of study. If you need to miss any more than 2.5 hours of training you will be required to make up the training time at a rate of \$100 per hour. You must also be prepared to devote time each week to reading, study, practice and homework. Remember that you will get out what you invest. Full investment into the program will result in a level of mastery that will ensure confidence in your practice and your teaching.

You must complete all required observation hours, assisting hours, homework, and pay for the training in full to receive your certificate.

staff & support

Program Director, Lead Teacher & Studio Owner:

Tracie M Zamiska, ERYT, YACEP, Yoga Medicine Instructor, Reiki Master

Guest Staff:

Betsy Black, RYT & Ayurvedic Practitioner

Sandy Brotje, RYT

Megan Davis, RYT

Jennifer Griest Hayes, CYT

Tracy Rhinehart, RYT

Lindsay Ridinger, RYT

Program Dates

Fridays 6:00-8:30pm; Saturdays and Sundays 9:00am-6:00pm

MARCH - 19-21

APRIL - 16-18

MAY - 14-16

JUNE - 11-13

JULY - 16-18

AUGUST - 20-22

SEPTEMBER - 17-19

OCTOBER - 23-24 Review, written test and practice class

Areas of Study

- anatomy, alignment and physiology
- developing your voice as a teacher; refining your message and setting yourself apart
- the business of yoga including: insurance, legal and ethics
- class sequencing and theming
- learning to evaluate a body and provide mindful, appropriate adjustments
- the art of Therapeutic Private Sessions
- how yoga can reduce stress and restore the nervous system: tools include pranayama, nidra, meditation and restorative yoga
- creating workshops and online content
- yoga philosophy & Ayurveda
- and more!

Our program is designed to provide students with mastery of yoga foundations to ensure the highest level teacher. It is a practical and useful teacher training based in Ashtanga vinyasa style yoga applied in accessible and therapeutic ways. You will learn the deep history of yoga with a focus on yoga as medicine applied through movement, breath, meditation and nidra. The program includes heavy alignment and anatomy study to ensure that your practice serves your personal needs. This anatomy study gives you the ability to tailor the practice of yoga to each of your students so that yoga fits the body, and not the other way around. You will also learn how yoga can help heal the nervous system and restore function in joints and muscles, and how to develop an individual program for your students. The training includes guidance on the business of yoga to help you develop your personal voice as a teacher and find your specific path to help heal and empower yourself and your students.

Tuition

Tuition includes your Teacher Training Sessions, any required workshops, admission to regular weekly classes and any workshops led by Tracie. You will be responsible for purchasing several books for the training.

A \$200 deposit is due at acceptance into the program and will be deducted from the total tuition cost of \$3,000. Early Bird Price of \$2,500 due January 31, 2021; \$2,700 investment after Feb 1 through Feb 14, 2021.

Tuition paid after Feb 14th is \$3,000. Full tuition or first payment plan payment must be paid by March 1st to participate in the program.

Payment Plan Schedules - Credit Card Auto-deduct *tuition minus \$200 deposit*

Monthly Plan

03/1 \$350

04/1 \$350

05/1 \$350

06/1 \$350

07/1 \$350

08/1 \$350

09/1 \$350

10/1 \$350

4 Payment Plan

03/1 \$700

05/1 \$700

07/1 \$700

09/1 \$700

If neither of these schedules work for you please contact Tracie with dates and amounts for your payment plan.

We reserve the right to cancel your participation in and graduation from the program if you are unable to complete your payments in full and on time. Prior payments are non-refundable and non-transferable. Please note that once the program has started there are no refunds or re-assigning of funds.

Time Requirements

Like anything that you are dedicated and interested in, this program requires a significant amount of time. You will be required to complete readings prior to the training beginning. In addition to our training weekends, you will be required to:

- attend 2 classes per week at the studio
- complete all homework and readings; approx 5 hours per week
- attend 2 classes to observe
- attend 2 classes to assist
- teach at least 5 yoga classes beginning May 2021 to family and friends
- maintain a daily home home practice
- keep a journal throughout for reflection and observation
- complete one case study due at the close of the program

Thank You!

This process is transformational and life changing! We appreciate that you have considered us to be a part of this next step in your yoga practice. The blessings that yoga has brought to our lives are immeasurable and constantly occurring. On behalf of the rest of the teaching staff and studio staff, I welcome you into our program and our hearts and extend gratitude to each of you!

If you have any questions please do not hesitate to email me at hello@flourishyogastow.com.