



## 2024 Shabach Yoga 200-Hour Teacher Training

### Schedule

Friday: 6:00 – 9:00 PM | Saturday & Sunday 9:00 AM – 6:30 PM

**Lead Trainer:** Courtenay S. Brown, ERYT-500, YACEP

**Trainers:** Theresa P. Speed, RYT-500, Talaya S. Simpson, RYT-200,

The order of the content is subject to change. The dates are set. We will adjust accordingly during the winter months if necessary. You will bring your trainee manual and your mat to every training session.

1. April 5-7: (Books Needed: Yoga Sutras/Yamas & Niyamas)
  - a. Introductions & Trainee Preparation
  - b. Explanation of certification requirements
  - c. Yoga Philosophy/Lifestyle Ethics
  
2. May 3-5: Anatomy & Physiology (Books Needed: Yamas & Niyamas/Yoga Anatomy Coloring Books)
  - a. Physical Body & Subtle Body
  - b. Introduction to the Chakra System & Reiki
  - c. Yoga Anatomy: Understanding How the Body Moves
  
3. June 7-9: Techniques, Training and Practice (Books Needed: Yamas & Niyamas/Yoga Sequencing & Yoga Anatomy Coloring Books)
  - a. Verbal cueing
  - b. Principles of Vinyasa
  - c. How to Demo & Teach
  - d. Concepts of Hands-on Assists
  - e. Seated & Standing Asanas
  - f. Twisting Asanas
  
4. July 12-14: Techniques, Training and Practice (Books Needed: Yamas & Niyamas/Yoga Sequencing & Yoga Anatomy Coloring Books)
  - a. Arm Balancing Asanas
  - b. Forward folding/bending asanas
  - c. Back bending asanas
  - d. Supine asanas

5. August 9-11: Techniques, Training and Practice (Books Needed: Yamas & Niyamas/  
Yoga Sequencing & Yoga Anatomy Coloring Books)
  - a. Working with Prenatal and Postnatal Students
  - b. Prone and Inverted Asanas
  - c. Surya Namaskar A & B
  
6. September 13-15: Techniques, Training and Practice (Books Needed: Books Needed:  
Yamas & Niyamas)
  - a. Gospel Yoga Flow® Teacher Training
  - b. Cultivating your Dharma Talk
  - c. Practice Teaching
  
7. October 11-13: Techniques, Training and Practice (Books Needed: Yamas & Niyamas)
  - a. Teaching Yin & Restorative Classes
  - b. Seva Outreach Activity
  
8. November 1-3: Teaching Methodology
  - a. Mantras & Bandhas
  - b. Meditation Training
  - c. Practice Teaching
  
9. December 6-8: Teaching Methodology: The Business of Yoga
  - a. Insurance
  - b. RYT Credential
  - c. Marketing/branding
  - d. Finding work
  - f. Practical Teaching Exams: Yoga Showcase (Dec. 7-8)

Graduation Ceremony will be held December 14, 2024

**This cohort will be limited to 10 students.**

The course tuition is \$3,300, which includes the course manual (printable PDF) and nine months of unlimited yoga, is payable as follows:

**SAVE 10% WHEN YOU PAY IN FULL:** \$3,000 if paid in full on or before April 1.

**PAYMENT PLAN OPTION:**

Tuition of \$3,000 payable as follows:

- \$300 non-refundable deposit

- Followed by 9 equal monthly payments of \$333 due on the 1st of each month starting April 1.

### **TUITION & REFUND POLICY**

If applicant withdraws from the program after deposit, but before the program starts, \$350 from applicant's deposit amount will be retained by the program. However, such amount can be applied towards a future training program.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training it begins. In that case any payments applicants have made will be refunded in full.

### **ATTENDANCE POLICY**

We require 100% attendance to graduate and receive a certificate of completion from our program. In the case of any emergency absences, please notify the lead trainer immediately.

If a student has planned absences that conflict with attendance in the program, please contact the lead trainer prior to enrollment to discuss options. Options may include apprenticeship, a group study-session, cohort buddy system, etc.

If the options discussed with the lead trainer do not work with the student's schedule, students must pay an additional cost (\$75 per hour) for private make-up sessions with the lead trainer or team trainers. Please discuss attendance concerns in advance of enrolling.

Each student is expected to be at each session 5 minutes before the start time to set up. If the student is late more than 5 times, this will result in a deduction of 1 hour from their total contact hours.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the lead trainer. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees.

If tuition is increased for the next available session, the student must pay the higher rate. No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

### **CERTIFICATION REQUIREMENTS**

To receive the certificate of completion, trainees **must**

- Complete at least 200 hours of the training ○ If you miss a training session, individual instruction is charged at \$75 per hour.
- Demonstrate an adherence to yoga ethics
- Participate in the Seva Outreach Activity
- Complete at least 36 hours of independent practice
- Perform 10 hours of apprentice hours
- Assist and observe 10 yoga classes
- Complete all homework assignments
- Successfully teach a 1-hour yoga class at Shabach at the conclusion of the training and pass with a score of at least 85% (to be taught during the final weekend in December)
- Meet all financial obligations

**Required Textbooks (not included with tuition total cost on Amazon \$100):**

*The Yoga Sutras of Patanjali* (Translation and Commentary by Sri Swami Satchidananda)

*The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele

*The Holy Bible* (Message translation, preferred)

*The Yoga Anatomy Coloring Book* by Kelly Solloway

*The Yoga Anatomy Coloring Book Pose by Pose* Kelly Solloway

*Yoga Sequencing: Designing Transformative Yoga Classes* by Mark Stephens

**Recommended Reading:**

*Bhagavad Gita: A New Translation* (Stephen Mitchell)

*True Yoga*

*Wheels of Life*

*Meditations from the Mat*

*Meditations on Intention and Being*

*Functional Anatomy of Yoga*