

## CERTIFICATION REQUIREMENTS

- complete and submit application
- once accepted into the program, submit a \$150 nonrefundable deposit, applied to full tuition
- attend the entire program, as defined in the attendance policy
- complete 20 non-contact hours consisting of practicum, required readings, and essays
- obtain required books
- obtain required props
- if withdrawal from the program is necessary before the start date (September 21, 2019) all tuition minus the deposit will be refunded. If withdrawal from the program is necessary after the start date, a prorated refund will be offered.

## SCHEDULE

This 200 hour program runs over 10 months with 180 hours of direct contact hours. Students have up to six months post graduation to complete all assignments. Class will be held at Bristol Yoga Studio in Bristol, RI. Saturday & Sunday 7am-5pm with 1.25 hours for lunch each day. Dates are 2019-2020:

Sep 21 - 22	Feb 15 - 16
Oct 26 - 27	Mar 14 - 15
Nov 23 - 24	Apr 18 - 19
Dec 14 - 15	May 16 - 17
Jan 18 - 19	Jun 13 - 14

## ATTENDANCE POLICY

Participants may miss the equivalent of one weekend (17.5 hours), with no questions asked. Participants are still responsible for all information and practices covered, and assigned homework. Any hours missed beyond 17.5 must be made up with Theresa in the form of a private session at extra cost, \$70/hour.

## CURRICULUM

This program satisfies and exceeds the Yoga Alliance standards for a 200 hour course. The curriculum consists of 180 contact hours of required curriculum (see next page). Additionally, participants must complete a practicum, required reading and several essay assignments.

## PRACTICUM

Develop and submit for approval curriculum for a six session beginners course. Then teach the course pro bono. Write a summary of the experience and submit feedback forms from the students. No better way to learn something than to teach it!

## CURRICULUM

- The Bedrock: Foundations of Movement, Anatomy, & Asana (15 hours)
- The Flow: Asana Families, Shape Study, & Sequencing (15 hours)
- Yoga Philosophy: Practicing Along the 8 Fold Path (10 hours)
- Yoga Philosophy: The Four Noble Truths (10 hours)
- The Map & The Territory: Standing Poses (15 hours)
- The Map & The Territory: Forward Folding (15 hours)
- The Map & The Territory: Twisting Postures (15 hours)
- The Map & The Territory: Back Bending (15 hours)
- The Map & The Territory: Inversions (10 hours)
- Life-force Regulation & Restorative Yoga Basics (10 hours)
- Life-force Regulation & Pranayama: Anatomy, Theory, & Experience (10 hours)
- Art of Teaching: Cueing, Calling, & Classroom Management (10 hours)
- Hands on Assisting (15 hours)
- Bandha Tryptic: Anatomy, Theory, & Experience of the Yoga Energy Bridges (9 hours)
- The History of Yoga: Timeline, Lineages, & Traditions (4 hours)
- Art of Healing: Trauma, Yoga & the Human Experience (10 hours)
- The Business of Yoga (3 hours)
- Karma, Bhakti, & Jana Yoga: The Message of the Gita (5 hours)
- The Map & The Territory: Yin Yoga and Meridian Theory (5)

## PROPS

Participants will need to procure sufficient props for the training:  
1 rectangular bolster  
2 yoga blocks (4"x6"x9")  
2 yoga belts (10' each)  
3 yoga blankets (5'x7')  
Theresa can suggest brands and/or places to purchase.

## REQUIRED READING

The book list will be provided upon registration. Books are an additional expense.

## EXPENSES

Full tuition paid by August 1, 2019 is \$2,500. After August 1, 2019 tuition increases to \$2,759. The cost for books and props is around \$250.



