

# 200-Hour HATHA YOGA Teacher Training 2016 – 2017

RYT® 200 Yoga Alliance Certificate Program

## Introduction

Welcome to Empower ME Yoga Teacher Training Academy. This program is an interdisciplinary Hatha Yoga Certification and meets the requirements for registration with [Yoga Alliance](#) as an RYT® 200. Your primary teacher for this transformative experience will be acclaimed yogini and award winning fitness professional Marla Ericksen. Successful candidates will be qualified to teach various styles, forms and levels of yoga under the general classification of Hatha Yoga. This training is appropriate for aspiring teachers as well as dedicated students who are interested in studying for personal empowerment or to deepen their practice and understanding of Yoga.

## Schedule 2016 - 2017

8 Weekend Intensive Trainings / Saturdays 11:00 AM – 6:00 PM / Sundays 9:30 AM – 4:30 PM:

- September 24<sup>th</sup> & 25<sup>th</sup>
- October 22<sup>nd</sup> & 23<sup>rd</sup>
- November 26<sup>th</sup> & 27<sup>th</sup>
- December 10<sup>th</sup> & 11<sup>th</sup>
- January 14<sup>th</sup> & 15<sup>th</sup>
- February 11<sup>th</sup> & 12<sup>th</sup>
- March 11<sup>th</sup> & 12<sup>th</sup>
- April 8<sup>th</sup> & 9<sup>th</sup> (Graduation)

Wednesday Nights September 28<sup>th</sup> – April 5<sup>th</sup> / 5:30 – 8:30 PM

2 Inward Escape Days / 8:30 AM – 3:30 PM

- Oct 21<sup>st</sup>, Nov 25<sup>th</sup>, Dec 9<sup>th</sup>, Jan 13<sup>th</sup>, Feb 10<sup>th</sup>, Mar 10<sup>th</sup>, Apr 7<sup>th</sup>

*\* The weekend intensives, designated Wednesday evenings and 2 Inward Escape days are mandatory for completion of the program*

*\* Candidates are required to complete additional independent study, assignments and peer-based work between training weekends*

*\* Dates are subject to change (although we will do our best to honour the schedule as posted)*

## Investment

Total Course Fee	\$2999.00 + HST
Registration Deposit	\$500.00 (non-refundable)
Monthly Payments	\$481.48 (Oct 2016 – Mar 2017)

*\* Once the program deposit is received, registration is guaranteed and no refunds or cancellations will be entertained*

*\* As a government approved educational institution we issue education tax receipts upon course completion*

*\* Registration requires the acknowledgement and acceptance of a detailed cancellation and course interruption policy*

## Primary Faculty

Marla Ericksen – Director

Sylvie Gouin, Anne Pitman, Kim Bolton

*\* Guest teachers throughout*



## Course Information

- Curriculum meets and exceeds standards and requirements for RYT® 200 with Yoga Alliance
- Contact hours (weekend intensives, Wednesday evenings & Inward Escapes as outlined above)
- ~ 40 hours of guided independent study and self-guided practice
- Course materials include a course binder, various print & web-based learning tools
- Optional books and course resources will be available for purchase at Empower ME Yoga
- 200-hour students receive incentive pricing and alumni rates on class packages post graduation
- Upon completion of this course, candidates will be eligible to continue their study of Yoga with mentorship programs and modular training towards the RYT® 500 with the 300-Hour Advanced Studies Certificate Program through the Empower ME Yoga Teacher Training Academy.

*(\*Registration and credentialing with Yoga Alliance is the responsibility of the candidate)*

## Registration

To ensure an optimal learning experience, we limit registration for this program to 25 candidates.

For more detailed information regarding the training, to apply for the program or to discuss your intention to register for the teacher training program, please contact the studio by e-mail: [info@empowermeyoga.com](mailto:info@empowermeyoga.com)

## Curriculum

### Techniques Training & Practice

Includes asana, pranayama, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These required hours include both analytical training in how to teach and practice the techniques and guided practice of the techniques themselves.

### Teaching Methodology

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga.

### Anatomy & Physiology

Includes physical anatomy and physiology as well as subtle energy anatomy and physiology. Both theory and practical application of energetic principles to yoga practice (benefits, contraindications, healthy movement patterns, etc) will be covered.

### Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers.

### Practicum

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

