



200-Hour HATHA YOGA

Teacher Training 2019-2020

RYT® 200 Yoga Alliance Certificate Program

Introduction

Welcome to Empower ME Yoga Teacher Training Academy. This program is a Hatha Yoga Certification that meets and exceeds 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. 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.

This interdisciplinary approach to in-depth study encourages living the yogic path authentically while deepening your understanding and experience of the broader perspective of Yoga over an extended period of time. Candidates will come to realize the transformative nature of Yoga and develop the skills to share the practice as teacher if they so choose. Many people engage this path for self-development, evolution and growth. This course will emphasize the contemplative, energetic and physical aspects of Yoga. Hatha yoga (all levels) will be the primary form of Yoga explored. Candidates will also have introductory training and exposure to Yin Yoga, Restorative Yoga, Vinyasa Yoga and Yoga for Fitness.

Schedule 2019-2020

INTENSIVE WEEKENDS

TIMES

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| 1. October 25, 26, 27 | Fri: 6:00 – 9:00pm / Sat & Sun: 10:00am – 7:00pm |
| 2. November 16, 17 | Sat & Sun: 10:00am – 7:00pm |
| 3. December 7, 8 | Sat & Sun: 10:00am – 7:00pm |
| 4. December 21 | Sat: 1:00 – 7:00pm (<i>*Winter Solstice Inward Escape</i>) |
| 5. January 18, 19 | Sat & Sun: 10:00am – 7:00pm |
| 6. February 15, 16 | Sat & Sun: 10:00am – 7:00pm |
| 7. March 14, 15 | Sat & Sun: 10:00am – 7:00pm |
| 8. April 18, 19 | Sat & Sun: 10:00am – 7:00pm (<i>*Graduation on Sunday</i>) |

WEDNESDAY EVENINGS: 5:30 – 9:30pm

October 30 / November 13, 27 / December 11 / January 8, 22 / February 12, 26 / March 11, 25 / April 8

Course Tuition

Deposit: A \$350 (+HST) non-refundable deposit is required to guarantee your registration

Early Bird Fee: \$2749 (+HST) paid in full before September 27, 2019

Regular Fee: \$2999 (+HST) after September 27, 2019

Payment Method: We do not accept credit cards for teacher training tuition. You may pay by personal cheque, e-transfer or debit card.

Refund Policy: Course fee refunds (less the non-refundable deposit) are available until October 11, 2019.

NO REFUNDS FOR ANY REASON AFTER OCTOBER 11, 2019

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

Faculty

Marla Ericksen – Director & Primary Teacher
Guest Teachers & Peer Mentors TBA

Tuition Includes:

- Training manual and other course resources (various print & web-based learning tools)
- All training hours (weekend intensives / Wednesday evenings / Inward Escape)
- Peer-based practicum development and support
- Independent study curriculum
- 10 Class Pass at Empower ME Yoga
- 200-hour students receive incentive pricing and alumni rates on class packages post-graduation
- Education tax credit receipt for tuition fees (issued in February of 2020)

Certificate of Completion Requirements

- Attendance and full participation at all scheduled training sessions (Missed time will be assessed by Marla as needed. Making up missed time will be subject to additional fees)
- Satisfactory completion of teaching practicums
- Completion of all assignments, peer work, quizzes, final exam/essay
- Full payment of tuition fees

*(*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 15 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 Marla Directly by e-mail: marla@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.