

200 HOUR teacher training starting September 2016



Become a Yoga Instructor!

Our *Yoga Alliance* certified yoga teacher training program meets and exceeds the 200-hour minimum requirements to certify you as a creative and skilled yoga teacher.

Visit thecenterdowntown.com for more information and to register online. You may also call **540.383.0438** or email suzanne@thecenterdowntown.org

Early Bird Deadline is June 30, 2016. Some payment plans are also available.

This is for you if

- You aspire to teach yoga skillfully and artfully and desire to inspire others both on and off the mat
- You are a yoga teacher and want to take time to be a student again and develop your skills and freshen up your teachings
- You are a current yoga student who simply loves yoga and want to deepen your understanding and steep yourself in the practice in a rich learning environment
- You want to tap into your own authentic voice as a teacher but also create social change, one pose and one breath at a time.

You'll Learn

- To teach yoga safely, with inspiration, and clarity
- To set the tone and environment for leading a transformative class
- To cultivate courage and authenticity as you teach
- The basic elements for teaching beginners, special populations, and restorative yoga
- Solid understanding of basic pranayama, Sanskrit, history, philosophy, and meditation, so that you may weave these subtler aspects of the practice into your teachings
- To skillfully construct a multi-level class and give modifications
- The anatomy of movement of the basic actions of the body, biomechanics, and some therapeutic assists for students with certain more common injuries
- How to empower your students

Prerequisites

- At least 9 months of taking regular yoga classes
- A home practice
- Be committed to studying, learning, and developing the skills necessary to teach yoga

Program Requirements

- Full attendance at each of the YTT weekends
- Participate in at least 2 public yoga classes per week at The Center
- Cultivate a home practice
- Complete all homework, assignments, and exams, and final project
- Complete required observation hours, assisting hours, practicums, and community class teaching

Dates & Hours

9 WEEKENDS (2016-17)

September 16-18
October 14-16
November 18-20
December 9-11
January 6-8
February 17-19
March 17-19
April 21-23
May 12-14

HOURS

Fridays: 5-9
Saturdays: 10-1 and 2-6
Sundays: 9-1 and 2-5

Total: 18 hours per weekend = 162 hours + 20 additional contact hours including time with lead trainer = 180 minimum contact hours. Students need an additional 20 non-contact hours, but most will spend more than 250+ hours on training.

Our Faculty



DIRECTOR
Suzanne McCahill Perrine



Veronica Whalen Jones



Tilak Pyle



Desirée Rumbaugh



Moses Brown