



YOGA TEACHER: YES YOU CAN!

THE REQUIREMENTS

You CAN do YTT! Our program is broken up into monthly weekend sessions to help fit your busy schedule. Attendance is mandatory in order to complete certification.

Each student may miss up to 20 hours of the 200-hour training program. Missed hours must be made up during our make-up weekend in order to complete the training program.

If more than 20 hours of training is missed, the student must schedule make-up sessions at a rate of \$60 per hour to graduate from the program.

In addition, you will be required to complete and turn in outside assignments separate from the 200-hour in person training. These may include logging outside yoga practice, logging teaching hours, research and written assignments, asana study, meditation groups, group study and reading assignments.

At the end of this course each student must complete and pass a teach-back and a written exam in addition to turning in all of the additional assignments.

You will receive your yoga teacher training certification once all requirements have been met and assignments and logs have been turned in as outlined below:

Attendance

Tuition must be paid in full

Homework assignments including asana forms

Completed and passed 10-15 minute teach-back

Pass final assessment with 70 or above

Once these requirements are completed you will earn the title “Certified One Soul Yoga Teacher” and will have the option to register with Yoga Alliance to become a 200-HR RYT (Registered Yoga Teacher).

REQUIRED TEXTBOOKS & SUPPLIES

Students will be required to purchase the following:

The Heart of Yoga by TKV Desikachar

The Four Agreements by Don Miguel Ruiz (read before starting training)

The Key Muscles of Yoga: Ray Long

Yoga mat

Spiral notebook, pen

OPTIONAL TEXTBOOKS & SUPPLIES

The following are used in training but optional to purchase:

The Bhagavad Gita translated by Eknath Easwaran

The Hatha Yoga Pradipika by Svaramarama, Translated by Brian Dana Akers

Wheels of Life by Anodea Judith

Teaching Yoga Beyond the Poses by Sage Rountree and Alexandra Desiato

Anatomy for Vinyasa Flow and Standing Poses by Ray Long