



200 Hour International Yoga Teacher Training Program Fall 2020/Winter 2021 Information Packet (Canadian Version)

Our 200 Hour International Yoga Teacher Training Program is designed for those who want to deepen their yoga knowledge and practice, strengthen and deepen their spiritual connection, and equip teachers interested in teaching Inspirational or Christ-Centered yoga classes.

Our Program is Unique

- 1) **We offer International training.** No matter where you are in the World, you can participate via the Web for your theoretical and philosophy hours. Then, choose from one of three locations for your in-person practical training in the format of two Yoga Camps.
- 2) **We provide individual mentoring throughout training.** You will receive private individual one-on-one mentoring throughout your training. Your mentor will guide you through the development of your yoga teacher practice, leadership skills, and personal growth. This improves your learning and retention, maintains accountability, and provides on-going support and education throughout your training experience.
- 3) **We keep our class sizes small.** Because we provide individual mentoring throughout our training program, we are committed to keeping the class size to a maximum of 12 teachers in training. This helps foster relationship development to build a safe and supportive community, and ensures that you get the most out of your training experience.
- 4) **We offer two training tracts - Inspirational or Christ-Centered.** If you want to lead Inspirational classes in a studio, gym, fitness center, community center, or school, then the Inspirational tract might be the right fit for you. If you would like to teach yoga from a Christ-Centered perspective and teach at a church or in a faith-based environment, then the Christ-Centered tract might interest you. We can help you select which training tract best fits your spiritual orientation, needs and interests.
- 5) **We place equal emphasis on yoga, spiritual study, and leadership development.** You will learn and develop confidence in each of these areas so that you feel fully prepared to teach when you graduate.
- 6) **We have a long track record.** We have been training instructors since 2011, and our training model works because we invest in our trainees and make their success our utmost priority.

The Canadian content includes **Yoga for Athletes** training and upon completion of the full program the trainee will receive both an FYI – Fitness Yoga Instructor and a 200hr CYT – Certified Yoga Teacher certificates.

Modules 1,3 4 & 5 include roughly 40 hours of instruction, personal practice and mandatory homework.

FYI Modules 1, 2 & 3 are in person weekend training, each module is between 16-18hrs.

Our program is geared toward the following:

- 1) Students wishing to dive deeper into their Yoga and spiritual practice
- 2) New teachers wanting to teach Inspirational yoga classes may acquire a Certified Yoga Teacher (CYT) designation
- 3) New teachers wanting to teach Christ-Centered yoga classes may acquire a Christ-Centered Yoga Teacher (CCYT) designation
- 4) Existing 200 Hour teachers may add the CCYT designation (at a reduced rate)
- 5) Existing 200 Hour Christ-Centered Yoga Teachers who acquired their training from other schools may go through our training to obtain an RYT 200 through the Yoga Alliance (at a reduced rate)

Tuition

The cost of tuition is \$3525 CAN (\$1125.00 for FYI training + \$2400.00 for the balance of the 200hr training)

A \$200 non-refundable deposit is due with your application to reserve your spot, and will be applied toward tuition. A payment plan can be arranged with the Training Center Leader.

A 50% discount is offered for former graduates wishing to repeat any of the modules offered in this training. A 10% discount is offered for existing 200-hour yoga teachers.

An electronic version of the training manual is included in the cost of tuition. Printed training materials are provided for Pose Manuals. The FYI training modules are in person weekend training, Module 5 consists of in-person Yoga Camp. The cost of travel, meals, and the required reading materials are **not** included in the cost of tuition, and are the responsibility of the participant.

NOTE FOR THIS TRAINING SESSION THE FYI MODULES OCCUR BEGINNING NOVEMBER 13!

MODULE 1 - Wednesdays from 6:00-8:00 pm Saskatchewan time – Jan 6, 13, 20 & 27

Module 1 consists of weekly instruction on Wednesday evenings from 5:00-7:00 p.m. AZ time and can be done in person or through distance learning. Distance learning is available **via Zoom (webinar)** or phone conferencing (check your local time difference as AZ does not observe daylight savings).

- Session 1: Yoga History, Philosophy & Theory
- Session 2: Introduction to Studying Sacred Text
- Session 3: Studying and Assimilating Sacred Text
- Session 4: Breath Work, Meditation & Prayer
- Homework will include: Sacred text or Bible study with 4 Journaling Notes turned in, observe one yoga class per week with 4 Class Feedback Forms turned in, and participate in weekly mentoring sessions.

FYI TRAINING MODULES:

Module 1 – In Person – Saskatoon, SK. (Note: this may be offered in an online format, depending on COVID-19 rules at the time.)

Friday Nov 13, Saturday Nov 14 & Sunday Nov 15 (16-18hrs)

Laying the Foundation:

The first Module of the FYI certification will literally Lay the Foundation that the students will need to become confident and effective yoga instructors.

- Yoga History & Philosophy
- The Importance of Personal Practice
- Fundamentals of Teaching: Atmosphere, Safety, Articulation of Poses (Finding our Teaching Voice), Technique
- Level 1 Pose Construction

Module 2 – In Person – Saskatoon, SK. (Note: this may be offered in an online format, depending on COVID-19 rules at the time.)

Friday Dec 11, Saturday Dec 12 & Sunday Dec 13 (16-18hrs)

Expanding the Base:

The second Module of the FYI certification will build on the base of knowledge and understanding that the student acquires in Module 1.

- Elements of a Class
- Class Description
- Sequencing: Creating a specific experience

- Student Teaching – our intention is to keep our training groups small so that all students have adequate time to practice teaching and to develop confidence as they instruct within the scope of Foundational Fitness Yoga.

Module 3 – In Person – Saskatoon, SK. (Note: this may be offered in an online format, depending on COVID-19 rules at the time.)

Friday Jan 8 2021, Saturday Jan 9 & Sunday Jan 10 (16-18hrs)

Yoga for Athletes:

This module of training applies the practice of yoga to an athlete's anatomy, the yoga practice is a tool to complement the student's sports and athletic experience.

A yoga practice designed around the specific issues of an athlete brings balance and symmetry to their bodies—builds awareness and is an integrated approach to strength, flexibility and focus.

- Learn how yoga fits into an athlete's training program whether competitive or recreational
- Study yoga through the lens of an athlete

All trainees will deliver a 45-minute yoga class as part of their process for receiving their FYI certificate and as their 1st practice teach for their 200hr CYT certificate.

MODULE 3 - Wednesdays from 6:00-8:00 pm Saskatchewan time – Feb 10, 17, 24 & Mar 3

Module 3 consists of weekly instruction on Wednesday evenings from 5:00-7:00 p.m. AZ time and can be done in person or through distance learning. Distance learning is available **via Zoom (webinar)** or phone conferencing (check your local time difference as AZ does not observe daylight savings).

- Session 1: Class design and messaging
- Sessions 2-3: Class sequencing for Gentle, Level 1/Flow, Level 1-2/Flow
- Session 4: Playlist development and teaching the class
- Homework will include: Sacred text or Bible study with 3 Journaling Notes turned in, observe 3 yoga classes with 3 Class Feedback Forms turned in, and participate in weekly mentoring sessions.
- In addition, trainee will prepare a class outline and a class messaging outline for a 45 or 60-minute Level 1 class presented to your assigned mentor (may do via Web) that reflects your style and personality. Class outline and messaging outline must be turned in and approved prior to practice session. **All homework must be completed prior to the start of the next module.**

MODULE 4 - Wednesdays from 6:00-8:00 pm Saskatchewan time – Mar 17, 24, 31 & Apr 7

Module 4 consists of weekly instruction on Wednesday evenings from 5:00-7:00 p.m. AZ time and can be done in person or through distance learning. Distance learning is available **via Zoom (webinar)** or phone conferencing (check your local time difference as AZ does not observe daylight savings).

- Session 1: Teacher Ethics & Responsibilities

- Session 2: Servant Leadership
- Session 3: Self Care
- Session 4: Business Tools & Marketing
- Homework will include: Sacred text or Bible study with 2 Journaling Notes turned in, observe 2 yoga classes with 2 Class Feedback Forms turned in, and participate in weekly mentoring sessions.
- Trainee will also compete and turn in a final project consisting of: 1) a business plan or 2) a workshop series for a special population or specific condition. **All homework must be completed prior to the start of the next module.**

MODULE 5 - TEACHER PRACTICUM Yoga Camp: March (See Dates/Locations Below) – Apr 28-May 2 (Camp will take place either in Esterhazy, SK)

Module 5 consists of an in-person Yoga Camp. Yoga Camp starts on Thursday and concludes at Sunday. Please plan your travel accordingly. (Note: this may be offered in an online format, depending on COVID-19 rules at the time.)

- Level 1-2 Asana & Vinyasa Flow
- Touch & Assists
- On-site Homework: Trainees will practice articulating Level 1-2 poses and touch and assists for Gentle, Level 1, and Level 1-2 poses. Trainees will present their 45 or 60-minute Level 1 practicum class to their trainers and peers for feedback and evaluation. Trainees will practice giving and receiving constructive feedback on practicum presentation.

Other Homework Expectations

In addition to the homework described for each specific module above, **weekly participation in yoga classes is required for the duration of training.** You can take any level and/or style of class, and it can be done in person or via the web. You must keep a log of your classes for submission at the end of training.

Final Exam & Graduation

Upon successful completion of Modules 1, 3, 4, 5 and **FYI** Modules 1, 2 & 3, and all of the required homework, you will be prepared to teach Fitness based yoga as well as Inspirational or Christ-Centered yoga classes and/or lead a yoga program in your church or community. Graduation takes place during the Module 5 Yoga Camp. A certificate will be issued upon successful completion of all program requirements, homework, projects, and tuition paid in full.

Required Reading for All Modules

The following reading is required for all five modules and must be in your possession prior to the start of Module 1.

- **The Heart of Yoga: Developing a Personal Practice**, Edition by T. K. V. Desikachar (including The Yoga Sutras of Patanjali)
- **The Yamas & Niyamas: Exploring Yoga's Ethical Practice** by Deborah Adele
- **Anatomy of Yoga**, Dr. Abigail Ellsworth
- Choice of Sacred Text (A list of approved Sacred Texts will be provided. Applies if participating as at CYT candidate.)
- ***The Holy Bible** (NIV, ESV, or NASB preferred. ***Applies only if participating as CCYT candidate.**)

Other Resources

The following consists of additional resources available for independent study or as a resource tool. Others will be suggested as training progresses.

- **Yoga Anatomy**, Leslie Kaminoff and Amy Matthews
- **The Key Muscles of Yoga: Scientific Keys, Volume I and II**, Ray Long and Chris Macivor
- **Yoga for Christians**, Susan Bordenkircher
- **Reclaiming the Body in Christian Spirituality**, Fr. Thomas Ryan
- **Prayer of Heart and Body: Meditation & Yoga as a Christian Spiritual Practice**, Fr. Thomas Ryan
- **Light on Yoga** by B.K.S Iyengar
- **The Yoga Sutras of Patanjali** by Swi Swami Satchidananda
- **Eat This Book**, Eugene Peterson
- **Living Buddha, Living Christ**, Thich Nhat Hanh

Application Process

- 1) Submit application along with application fee within 4 weeks of Module 1 start date.
- 2) Schedule and complete phone or live interview within 2 weeks of module start date.
- 3) Sign and return the **Statement of Commitment** and **Waiver & Release** forms (will be sent to you following interview) along with your tuition payment within two weeks of Module 1 start date.
- 4) Training materials and required forms will be emailed prior to each session. Materials may be added as training progresses.

We are thrilled that you are considering taking the next step in becoming a CYT or CCYT, and/or adding to your existing knowledge and credentials. If we can answer any questions or be of additional assistance, regarding the Canadian version of the 200hr Yoga Teacher Training program, contact:

Shirley Berthelet – shirley6yoga@gmail.com or 1 (306) 270-8638