



Yoga Teacher Training (YTT)

CURRICULUM

- Alignment Principles
- Anatomy and Physiology
- Ayurveda
- Bandhas
- Basic Pranayama
- Bhavana (visualization)
- Bhagavad-Gita
- Chakras
- Children's Yoga
- Discussions of Yama and Niyama
- Iyengar Alignment Principles
- Different approaches to broadening your belief of what Yoga is
- Ways to avoid pitfalls with your asana, pranayama, or meditation practices
- Ways to enhance and strengthen your personal practice
- Chanting
- Communication Skills
- Ethics
- Hands On Adjustments
- Home Practice
- History
- Lesson Planning
- Meditation
- Nidra
- Nutrition
- Opportunities to practice teaching
- Pathology and Injuries
- Philosophy
- Sanskrit
- Student Teaching
- Sutras of Patanjali
- Tapas
- Therapeutic Yoga
- Peer Review of student teaching
- Vinyasa Krama (the art of class sequencing)

In addition, the ReFlex YTT program offers many extra's for expanding your yoga awareness and teaching skills beyond the basics, providing you a greater range of knowledge for creating innovative classes or teaching venues of your own. The ReFlex TTS course will introduce and explore these enrichment subjects:

- Ariel yoga foundations and certification
- Children's Yoga
- Yogadance
- Therapeutic Massage for yoga students
- Journaling for self awareness
- Job opportunities and the business of teaching yoga

COST:

The ReFlex TTS Program is not only exceptionally comprehensive, offering a greater range of subject matter and material than many local YTT programs, but is much less costly. Not only is our tuition lower than most alternate YTT programs in the area, but the ReFlex YTT is all inclusive (no extra fees for the classes or workshops you are required to take in-house to meet credit hours.) We offer convenient payment plans to make participation manageable for those on a budget in an effort to make this life enriching program assessable to anyone and everyone who truly loves yoga and/or dreams of being a teacher someday.

Program fee: 1,950.00. Includes all weekend seminars required for the course as well as any additional elective workshops (such as 8 hour aerial yoga training) that we offer during the course and for up to 8 months afterwards (a full year of learning opportunities to continue to feed your foundation of teaching material.) Also, our all inclusive tuition includes ALL of the in-house yoga classes taken at the school during the four month course.

Payment plan option: \$500.00 deposit upon acceptance and four monthly payments of 375.00.

Tuition does not include your mandatory texts, books you will want to own for reference for years to come:

REQUIRED READING

The following list is the required reading for the ReFlex Yoga Teacher's Training Program. All texts will be used as ongoing reference material for teaching and can be purchased through local bookstores or ordered on Amazon. Additional books will be recommended (but not mandatory) listed in the YTT manual given to students at the first class. ReFlex has an expansive library of informative yoga books. Students in our teacher's training course are invited and encouraged to borrow them for ongoing research and to develop greater awareness of yoga philosophy, theory, techniques and approaches.

- Light On Yoga, BKS Iyengar,
- The Yoga Sutras of Patanjali, Sw. Satchitananda,

- The Key Muscles of Yoga, (Guide to functional anatomy in Yoga), Ray Long MD
- Teaching Yoga, Essential Foundations and Techniques, Mark Stephens
- Yoga Postures Adjustments and Assisting, Stephanie Pappas

REFLEX YTT STAFF

ReFlex Director, Ginny East, guides this yoga alliance certification program. She has 200RYT & E-200RYT certification (and within this program time frame she will have her 500RYT certification as well.) She has been a teacher's trainer for 30 years specializing in effective communication skills and inspirational methods for teachers of movement in both dance and yoga, having been featured in seminars and teacher's training programs in over 17 states and at national conventions. (Please see her bio for more detail.) She is an author, having published articles on dance and yoga in national periodicals and local publications as well. Ginny is known for her forthright approach to paring down complex concepts so they can be easily digested, thoroughly understood and comfortably embraced. She is truly a teacher's teacher, someone who relishes the opportunity to share her knowledge with others so they can pass on the heritage, practice and love of movement, the arts and yoga with generations to come.

Teacher's Training sessions also include workshops and visits from a variety of master teachers and health and wellness professionals beyond the scope of the normal ReFlex staff, chosen to add greater dimension and a wider range of learning opportunities to the attendees of this comprehensive program.

Prerequisites:

Yoga Teacher's training is recommended for anyone who has studied yoga for approximately a year, assuring a basic foundation of yoga and enough awareness of the power of yoga to feel passionate about and ready to devote time and energy to more involved study. Students' do not have to be advanced yoga students, but they do need to be inquisitive, open-minded, and committed to furthering their understanding and practice of yoga. If you are interested in enrolling, we invite you to attend a preliminary interview to be sure you are physically and mentally ready for this program's challenges and so we can determine if this program is a good fit for your personality and will meet your expectations and goals.

SCHEDULE FOR REFLEX YOGA TEACHER'S TRAINING 2011:

Classes meet approximately every other weekend for 10 weekends.

Weekend hours:

Fridays: 6:00-9:00

Saturdays: 8:00am-12:00 pm 3:00pm-7:00pm

Sundays: 9:30-5:00

Dates:

- August 26-28
- Sept. 9-11, 23-25
- October 7-9, 21-23

- Nov. 4-6, 18-20
- Dec. 2-4, (We take a break in Dec in respect to holiday events and commitments)
- Jan. 6-8, 20-22.
- Graduation Sunday, January 22nd.

ATTENDANCE:

Because all in session contact hours are required by Yoga Alliance for students to gain official certification, attendance is very important. You must attend all of the scheduled weekends or make up the work missed. We will do our best to help students with a flexible plan to make up work missed, but in some cases it may require students pay for private lessons and/or engage in a research project in addition to their time spent on our regularly scheduled program. We offer one additional YTT weekend (non mandatory except for those who need to make up work) or evening sessions (students vote on most convenient time) for students who can't avoid missing a day or weekend during the course. This way they can conveniently catch up with required hours and qualify for graduation. If a student misses more than one weekend due to unforeseen events, we allow them to complete the program with their peers and attend the graduation ceremony; however, they will not receive their certificate for yoga alliance certification until they have attended the missed session, which we will make available to them in the next teacher's training program beginning in Feb. 2012.

200-Hour training involves (in accordance to Yoga Alliance standards):

Techniques Training/Practice (100 hours) 75 contact hours, 50 with primary E-RYT's
Includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours will be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Note: Contact Hours in this category must be in a dedicated yoga teacher training environment (into which others might occasionally be invited) rather than in classes intended for the general public.

Teaching Methodology (25 hours) 15 contact hours, 10 with primary E-RYT's
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. Although the curriculum may include more than five hours on business aspects of teaching yoga, a maximum of five such hours can be counted.

Anatomy and Physiology (20 hours) 10 contact hours
Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of five hours must be spent applying anatomy and physiology principles to yoga.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (30 hours) 20 contact hours

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. A minimum of two contact hours must be spent on ethics for yoga teachers.

Note: A minimum of 2 contact hours must be spent on ethics for yoga teachers.

Practicum (10 hours) 5 contact hours with primary E-RYT's

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

Note: A minimum of 5 contact hours must be spent actively teaching (not assisting or observing)

Electives (15 hours)

Elective hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours).

55 Remaining Contact Hours

Contact hours to be distributed among educational categories according to the school's chosen emphasis.

Total: 200 hours

Total Contact Hours: 180