



Hatha Yoga Teacher Training

RYT® 200 Yoga Alliance Certificate Program

Introduction

Welcome to the opportunity to become a certified yoga teacher through Empower ME Yoga Teacher Training Academy. Your primary teacher for this transformative experience will be acclaimed yogini and award winning fitness professional [Marla Ericksen](#). This training meets the requirements for registration with [Yoga Alliance](#) as an RYT® 200. Successful candidates will be qualified to teach various forms and levels of yoga under the interdisciplinary classification for Hatha Yoga; including but not limited to level variations of: Hot Yoga, Power Yoga, Classical Hatha, Vinyasa Flow and Fitness-based Yoga. This training is appropriate for aspiring teachers as well as dedicated students who are interested in deepening their practice and understanding of Yoga.

Schedule 2012

Saturday & Sunday / 11:00 am – 7:00 pm:

- January 21 & 22
- February 18 & 19
- March 24 & 25
- April 21 & 22
- May 12 & 13
- June 16 & 17
- July 21 & 22
- August 18 & 19
- September 22 & 23
- Plus 2 Fridays (TBA)

** The weekend intensives are mandatory*

** Dates are subject to change, although we will do our best to honour the schedule*

Investment

Option A: \$2999.00 _{+HST} Payment in full upon registration (\$2999.00 + \$389.87 = \$3388.87)

Option B: \$3149.00 _{+HST} Payment in 3 installments (\$1349.00 + \$409.37 = \$3558.37)
\$500.00 Upon registration
Three (3) payments \$1019.46 due February 1st, April 1st & June 1st

Option C: \$3299.00 _{+HST} Payment in 6 installments (\$3299.00 + \$428.87 = \$3727.87)
\$500.00 Upon registration
Six (6) payments of \$537.98 due February 1st, March 1st, April 1st, May 1st, June 1st & July 1st

** Once deposit is received, registration is guaranteed and no refunds or cancellations will be entertained*

** Education tax receipts are available and issued in February 2013*

** Although there are no scholarships available for this program, we will attempt to accommodate payment plans for those with extenuating circumstances*

Location

Empower ME Yoga
1712 Carling Avenue / Ottawa, Ontario
(613)695-7211 / www.empowermeyoga.com

Primary Faculty:

Marla Ericksen – Director of Teacher Training

Anne Pitman – Faculty

** Guest teachers throughout*



Course Information

- Curriculum meets and exceeds [standards](#) and requirements for RYT® 200 with Yoga Alliance
- Contact hours (weekend intensives as outlined above)
- 2 silent retreat practice days (Fridays TBA)
- 40 – 50 hours of guided independent study (assigned by Marla)
- Course materials include a primary text, binder and handouts
- Registration includes a 10-class pass to Empower Me Yoga

Registration

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

Upon completion of this course, candidates will be eligible to continue their study of Yoga through mentorship programs and modular training (300 hours) towards the RYT® 500 Advanced Studies Certificate Program through the Empower ME Yoga Teacher Training Academy.

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 and 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.