



SCHOOL OBJECTIVES

To provide students with an in depth and comprehensive understanding in the basic theory and practices used to guide yoga in a safe and effective manner. This extends far beyond teaching a class, it also includes being able to hold the seat of the teacher, to communicate effectively, to be inquisitive, to practice witness consciousness techniques and to never stop learning. Teachers with this education grow, evolve and provide a truly amazing experience, as opposed to "just a workout."

200 HOUR VINYASA YOGA TEACHER TRAINING

Embark on a voyage that will transform your body, mind, and heart through the Integrated Transformation School of Yoga 200-hour Vinyasa Yoga Teacher Training.

ABOUT OUR TEACHER TRAINING PROGRAM

The Integrated Transformation School of Yoga 200-hour Teacher Training Program has been designed for students who want to become certified yoga teachers, as well as those with a desire to dive deeper into the art and science of yoga, grow in their practice, deepen in self-understanding and gain a greater knowledge of body alignment, anatomy and yoga philosophy. Participants will learn and develop the key elements necessary to teach a fun, safe and effective yoga class as well as important skills that will positively serve all aspects of one's life.

This Teacher Training Program offers an empowering approach to education, teaching and what it means to craft an experience that supports the students for success. As a participant in our program you will receive a well-rounded education that meets the curriculum standards criteria in 6 key categories as defined by Yoga Alliance, including:

TECHNIQUES: INSTRUCTION IN YOGA ASANA, PRANAYAMA, AND MEDITATION **100 HOURS**

Postures and breathing techniques with a clear focus on alignment, body benefits, contraindications, and special population adaptations

TEACHING METHODOLOGY **30 HOURS**

Practical and subtle aspects of teaching, including class sequencing, hands on assists, use of voice and body language, and reading the room and attunement.

ANATOMY AND PHYSIOLOGY **20 HOURS**

A comprehensive overview of the physical body, bones, muscles, bodily systems and organs, and the subtleties of the energetic body.

PHILOSOPHY/ETHICS/LIFESTYLE **30 HOURS**

An exploration of history of yoga, pre-Vedic age to the classical era, and the evolution of the tantra and its applications to daily life.

PRACTICUM **20 HOURS**

Leading peers in practice and a class experience, the art of giving and receiving feedback, and assisting and observing others teach.

BUSINESS OF YOGA **5 HOURS**

Review industry trends and develop an understanding of studio operations, scheduling classes, marketing and managing private clients.



INSTRUCTOR ACCREDITATION

Successful graduates of this 200-hour Vinyasa Yoga Teacher Training Program are certified to teach hatha, vinyasa and hot yoga styles and have the opportunity to become registered Yoga teachers (RYT) through Yoga Alliance, the organization responsible for maintaining the integrity and consistency of yoga trainings throughout the world. Most studios require teachers to hold a minimum of 200-hour certificate in order to teach.

TRAINING PROGRAM ACCREDITATION

Integrated Transformation School of Yoga is a registered Yoga Alliance accredited school and operates as an affiliate school of The Yoga Professional™. Lead instructors have been trained by Katie Brauer, industry leader and creator of The Yoga Professional™. Our training program curriculum is provided by The Yoga Professional™, and not only meets the pre-determined criteria set forth by Yoga Alliance but also holds a 5-star rating. Participants in our program can rest assured that the training they receive is of the highest quality, and the result of participation will equip them to lead a safe, effective yoga class with confidence and great skill.

TUITION

REDUCED TUITION FOR 2021: COVID-19 RELIEF TO SUPPORT YOU

Early Bird Tuition - \$2900, by January 23rd, 2021

Standard Tuition - \$3400, after January 23rd, 2021

Payment Plan Standard Tuition - \$ 3700

*Tuition includes online yoga with Integrated Transformation School Of Yoga March 19th, 2021.

*In addition students are required to take 24 yoga classes & observe 6 throughout the program.

REQUIREMENTS FOR ACCEPTANCE

- You must be at least 18 years of age.
- You must demonstrate English-language competency.
- You must demonstrate medical and mental-health readiness.
- Applicants may be denied if it is determined that his/her participation would in any way jeopardize a safe and cohesive learning environment.
- The Yoga Professional may request additional documentation and/or clinical evaluations to evaluate medical and/or mental-health preparedness.
- Practicing yoga for at least one year and have had a regular yoga practice for at least six months. It is vital that this practice involve ongoing yoga classes as opposed to studying only with books, videos, or in workshops.



PLEASE NOTE: ALL TIMES ARE IN EASTERN STANDARD TIME

*In addition students are required to take 24 yoga classes and observe 6 classes throughout the program.

WEEK	DATE	DAY	BEGIN	END	TOPIC
WEEK 1	Mar 19th	Friday	6:00 PM	9:00PM	Welcome- The Journey Begins
	Mar 20th	Saturday	11:00AM	6:00PM	History of Yoga & Philosophy
	Mar 21st	Sunday	11:00AM	6:00PM	Pranayama & Posture Clinic
WEEK 2	Mar 26th	Friday	6:00 PM	9:00PM	Philosophy & Living Yoga
	Mar 27th	Saturday	11:00AM	6:00PM	Teaching Methodology
	Mar 28th	Sunday	11:00AM	6:00PM	Posture Clinic
WEEK 3	Apr 9th	Friday	6:00 PM	9:00PM	The Art of Assisting
	Apr 10th	Saturday	11:00AM	6:00PM	Posture Clinic
	Apr 11th	Sunday	11:00AM	6:00PM	Practice Teach 1
WEEK 4	Apr 16th	Friday	6:00 PM	9:00PM	Teaching Skills in Action
	Apr 17th	Saturday	11:00AM	6:00PM	Anatomy Part 1
	Apr 18th	Sunday	11:00AM	6:00PM	Anatomy Part 2
WEEK 5	Apr 30th	Friday	6:00 PM	9:00PM	Meditation Techniques
	May 1st	Saturday	11:00AM	6:00PM	Posture Clinic
	May 2nd	Sunday	11:00AM	6:00PM	Practice Teach 2
WEEK 6	May 7th	Friday	6:00 PM	9:00PM	Sequencing Methodology
	May 8th	Saturday	11:00AM	6:00PM	Posture Clinic
	May 9th	Sunday	11:00AM	6:00PM	Integration / Practice Teach Prep
WEEK 7	May 21st	Friday	6:00 PM	9:00PM	Intro to the Chakras
	May 22nd	Saturday	11:00AM	6:00PM	Posture Clinic
	May 23rd	Sunday	11:00AM	6:00PM	Posture Clinic
WEEK 8	May 28th	Friday	6:00 PM	9:00PM	Teaching Skills and Prep
	May 29th	Saturday	11:00AM	6:00PM	Practice Teach 3
	May 30th	Sunday	11:00AM	6:00PM	Ethics & Business of Yoga/Ceremony

REQUIRED READING & ADDITIONAL COST

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguetty
3. The Anatomy of Exercise and Movement by Jo Ann Stugaard-Jones
4. Stargirl by Jerry Spinelli



YOGA TEACHER TRAINING F.A.Q.'S

WHAT TYPE OF YOGA CAN I TEACH AFTER COMPLETING THE TEACHER TRAINING?

Graduates from our 200-hour yoga certification program are able to teach Hatha, Vinyasa and Hot yoga classes for students of all levels. Because of our empowered teaching methodology, intelligent sequencing and focus on body mechanics, our yoga teacher training develops teachers who have the technical skill and capacity to safely and effectively teach and inspire their students. As a Yoga Alliance Accredited School, you can rest assured that the training and certification you receive through Integrated Transformation is respected and recognized by the yoga community.

WHAT IF I MISS A SESSION? AM I ABLE TO MAKE IT UP AT A LATER DATE?

This Yoga Teacher Training program is highly interactive, and many modules depend on the consistent and collective energy of the group. For this reason we do not recommend missing any sessions. That said, life happens. Students who miss a session can make it up by completing additional homework assignments related to the missed class topics. Each day is considered a session, and the maximum amount of missed time allowed is 3 sessions. Attendance and participation in the practice teaching days (of which there are 3 throughout the program), is required for certification. In the event a student misses a practice teaching day, a make-up session must be scheduled and payment of \$100 per session is required (Each day is considered a session). For Virtual YTT, parts of sessions will be recorded and accessible via the student portal.

HOW DOES THE VIRTUAL FORMAT WORK FOR LEARNING YOGA?

This Yoga Teacher Training program is led either in-person or Live through online streaming. In either format it is interactive and participation is key. The virtual format is lead through a student portal with access to all home-study content, and recording of sessions incase anything is missed or if you need to revisit anything. Recorded sessions will be available for replay for 7 days following the scheduled session. Yoga classes are taken in-person at your local yoga studio or online via shared recorded yoga classes. Computer/tablet and Internet is required for virtual format of YTT. Office hours will also be established throughout the program duration for students to connect directly with lead facilitator for assistance or inquiries.

DO I HAVE TO BE AN ADVANCED YOGA STUDENT TO TAKE THE TRAINING?

No, not at all! Our training is about diving deeper into the study and practice of yoga. Anyone interested in learning more about yoga will get a lot of value from this experience.

WHAT ARE THE BENEFITS OF TEACHER TRAINING BEYOND CERTIFICATION?

There are numerous benefits beyond the obvious for participants of our Yoga Teacher Training Program. These include the opportunity to connect deeply with yourself and others through the training process, challenge yourself in new ways, expand awareness, acquire new skills, learn about your body, mind and heart and ways to attune and create greater harmony on all levels of your life.

WHAT IF I AM NOT SURE I WANT TO TEACH YOGA?

About 30% of students who sign up for yoga teacher training program have no intention of teaching. Many students enroll in teacher training to further develop their own personal practice of yoga and learn more about themselves and this ancient tradition.