

Introduction To Our 200 HR Yoga Teacher Training

Hatha Yoga & Fitness

Welcome

Class Manager Teacher is Kristina Reese, RYT-500, Lead Teacher Suzanne Trupin, MD, RYT-500, and other of our regular teachers. Dates Will be from Jan 29-April 2nd, with extension allowed until July 1, 2027. Time is 200 hours of content. During your training you will have Karma Class opportunities. After you complete we encourage you to seek Hatha Yoga and Fitness Employment.

200 hour YTT

According to Yoga Alliance, a 200hour Yoga Teacher Training (YTT) is the foundational level of professional yoga teacher education and the minimum training required for an individual to register as a Registered Yoga Teacher (RYT 200). Yoga Alliance itself does not train teachers. Instead, it sets education and ethical standards that qualifying schools—called Registered Yoga Schools (RYS 200)—must follow. Graduates of these schools are then eligible to become RYT 200 teachers.

This will include 75 hours that cover asana, pranayama, meditation, sequencing alignment and the practice of teaching yoga, teaching you to observe, offer guidance and assistance to students of all levels. 30 hours will be on topics of the humanities of yoga if you will, reviewing yoga philosophy, history, ethical underpinnings, cultural context, classical texts including Yoga Sutras and Bhagavad Gita. Codes of conduct, scope of practice, commitment to equity, inclusion, safety is part of the ethical commitments we undertake. Content will include the rest of the 200 hours in practice teaching, feedback, teaching methodologies, and posing cuing information.

The purpose of a 200hour Yoga Teacher Training (YTT), according to Yoga Alliance, is to provide a foundational education that prepares individuals to teach yoga safely, ethically, and confidently. This entrylevel professional training establishes core competency in yoga practice and instruction through a standardized curriculum that includes yoga techniques and practice, anatomy and physiology, yoga philosophy and history, and professional teaching skills.

Completing a 200hour YTT at a Yoga Alliance—registered school qualifies graduates to register as an RYT 200 and begin teaching general yoga classes in studios, gyms, retreats, and online settings.

Materials and Equipment

Text: Teaching Yoga. Krishnamacharya Lineage, provided with your registration

Supplemental Book Reading List. Most would be available through the library, or from teacher's personal library. Will explore roots of yoga teaching and philosophy.

Handbook, or Curriculum Manual will also be provided.

Additional Materials

Note taking, accumulating handouts and expanding with your studies.

Equipment: Home, in studio. A way to access the virtual content, iPad, iPhone, Laptop

Course Requirements

Agreements as to your requirements will be signed at first class.

Completing the 200 hours. Final Exam. Final full class.

In person meetings , set up over a 6 in person weekends

Virtual content, at your own pace, links will be provided at start of class

Completion will be on schedule as lined out . On line content will be available for at least a year, and your fees cover this full year, permission and specific fees past one year has to be approved by me the lead teacher.

Homework. Individualized study assignments. Maunal and virtual content, follows the chapter as laid out in main textbook, so reading, fulfilling observations, classes, completing self-study tasks, and banked lectures can be to your own pace.

Observation. Short sequence lead practice. Co-Teaching. Leading a class.

Introduction to Content

The three Foci:

- a. **Expand Personal Practice**, to be guided from within, how you develop what to teach will likely reflect how you practice. That inner teacher. Hopefully life long learning.

- b. **Teach (outer teacher) and Help Students Be Safe**

Essential Tools, such as, understanding anatomy both structural and functional, physiology, breath, mindfulness practices, specifically meditation.

Movements are natural, but deepening that understanding to become purposeful
How to effectively dispense the knowledge you want to present in your classes: Teach the class rather than focusing on leading the class.

Expand the flow! Safety and injury prevention. Learn bodies and people

- c. **Learn About Yoga**: Introduction to whole spectrum of practices. What Hatha Yoga means in our setting, yoga history, traditions, introduction to the subtle practices, energy practices, mysticism, spirituality

Costs

Full price \$3000, includes 1 year membership at Hatha Yoga and Fitness (\$1308 value), \$200 non-refundable to hold spot in class. First installment \$500 due 30 days before class starts, and then \$500/month for 4 months, for last payment will be \$300. Full payment before graduation certificate issued.