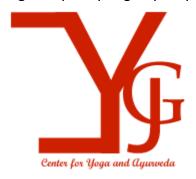
# **200 Level Training – Spring 2015**

Brought to you by Yoga Gyan Jyoti



## **Eligibility**

The criterion for successful enrollment into the 200 level program is:

- A sincere interest, commitment and desire to grow in Yoga
- A minimum of six months of prior yoga practice
- Interview with Program Director
- Completed Teacher Training Application
- Registration Fee (\$100.00) due at time of Application Submission

If you meet the above requirements or have any questions concerning your qualifications, please contact Program Director, Poonam Gupta, at <a href="mailto:yogateacher.gupta@gmail.com">yogateacher.gupta@gmail.com</a> to begin the enrollment process.

#### **Tuition:**

- \$100 Registration
- \$2500 Tuition prior to 4/15/2015
- \$2700 Tuition after 4/15/2015

Three payment plan options are available

Option 1: Full payment before 1st class

Option 2: Three payments in the 1st, 3rd and 6th month of \$900 each

Option 3: Monthly Payments \$270 a month for 10 months

Additional costs: Three workshops are at an additional cost of \$40 each. Students are required to take 5 additional classes with the primary teacher and 3 classes with other teachers for observation. Class passes can be obtained through Universal Spirit Yoga.

Textbooks needed for the program are the responsibility of the student. A Training Manual is included in the cost.

Questions, comments or concerns? Let us know!
P: (331) 684-8406
E: yogateacher.gupta@gmail.com
WWW: Yogajyoti.net

#### **Curriculum**

Successful graduation from the Teacher Program is contingent on completion of the following items.

- Passing Grade (65% or greater)
  - Homework assignments
  - o Quizzes
  - o Tests
  - o Tardy assignments will impact your overall grade
- Attendance requirements
  - o 2 or fewer missed classes
  - 3 mandatory workshops
  - o 5 additional Yoga classes with primary instructor
  - o 3 Yoga classes with other teachers for observation
- Projects
  - Instruct 5 community classes
  - Video review of yoga class
  - o Presentation of chosen yoga topic

### **Dates & Timing**

The spring semester training takes place during:

- Fridays 5:00-9:00PM
- Saturdays 12:00-6:00PM
- Sundays 10:30-2:00PM

The dates for this semester include:

- May 15-17
- Jun 12-14
- Jul 17-19
- Aug 7-9
- Sep 18-20
- Oct 16-19
- Nov 20-22
- Dec 11-13
- Jan 15-17
- Feb 19-21

## **Required Workshops**

- Sep 12: Workshop on Sanskrit Words of Yoga (12:00-3:00PM)
- Sep 13: Pranayama Workshop (10:30-1:30PM)
- May 31: Workshop on Ayurveda (8:00-11:00PM)