

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 yogateacher.gupta@gmail.com 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
 - Quizzes
 - Tests
 - Tardy assignments will impact your overall grade
- Attendance requirements
 - 2 or fewer missed classes
 - 3 mandatory workshops
 - 5 additional Yoga classes with primary instructor
 - 3 Yoga classes with other teachers for observation
- Projects
 - Instruct 5 community classes
 - Video review of yoga class
 - 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)

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