

500 Level Advanced Training – Fall 2016

Brought to you by Yoga Gyan Jyoti



Eligibility

The criterion for successful enrollment into the 300 level program is:

- 200 level teacher training certification
- Pranayama & Sanskrit Workshops required by all graduates of 200 level program
- Interview with Program Director
- A sincere interest, commitment and desire to grow in Yoga Practice
- A high school diploma or proficiency in reading and writing
- Basic computer skills. Word, emails, documents attachment and internet search

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.

Program Outline

130 Hours of Yoga asana practice consisting of a practice focused on a physical challenge and therapy
36 Hours of Anatomy and Physiology. Understanding imbalances and how yoga and Pranayama can help
16 Hours Vibrational Work: Chakra, reiki and energy work
40 Hours of Philosophy and History of Yoga: Study of Bhagavad Gita, Sankhya Philosophy and other texts
16 Hours of Ayurveda: Understanding the inter-dependence of yoga and Ayurveda, lifestyle and diet.
Living your yoga
35 Hours of Teaching Methodology, Peer Review and Workshop
50 Hours of Homework/ Swadhyaya, research work

Curriculum

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

Passing Grade (65% or greater)

Fulfillment of all homework assignments

Finishing of all reports and teaching assignments

Questions, comments or concerns? Let us know!

P: (331) 684-8406

E: yogateacher.gupta@gmail.com

WWW: Yogajyoti.net

Tardy assignments will impact your overall grade

Attendance requirements

2 or fewer missed classes

3 mandatory workshops

Trip to India is highly recommended but not required

Yoga Gyan Jyoti is committed to maintaining very high standards of training and teachers are required to fulfill all the certification requirements before receiving certification.

Dates & Timing

The training takes place one weekend per month on Saturday and Sunday. From 11 AM to 6 PM on Saturday and 9AM to 4PM on Sunday

Apr 16 & 17

May 21 & 22

Jun 11 & 12

Jul 23 & 24

Aug 20 & 21

Sep 17 & 18

Oct 22 & 23

Nov 12 & 13

Dec 10 & 11

Jan Trip to India

Feb 18 & 19 Graduation

Required Workshops

1. Yoga and Meditation Retreat: Living Your Yoga Retreat will be an opportunity to immerse in yoga practice, kriyas, pranayama, study of Bhagvad Gita, chanting and meditation
2. Ayurveda Essentials for Yoga Teachers: Understanding the Principles and Practices of Ayurveda: July 16 & 17, 2016 Cost: \$225
3. Workshop on Philosophy of Yoga & Bhagvad Gita Sep 24 & 25 \$225
4. Chakra Workshop with Jerry Becker Cost: \$199
5. Trip to India in Feb 2015 (optional)

Trip to India: The cost for the trip to India is additional. This is not mandatory but an additional opportunity for students to experience the land of yoga, meet many masters and traditions and connect to the history of yoga

Tuition

\$100 Registration

\$3200 Tuition prior to 1/25/2016 \$3495 Thereafter

Two payment plan options are available

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Option 1: Full payment before 1st class

Option 2: Ten payments of \$355 each

Additional costs: Three workshops are an additional cost

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

All refund requests must be received by the director of the teacher training in writing. A \$35 fee will be applied to all returned checks.

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