



200-HOUR YOGA TEACHER TRAINING SPRING/SUMMER 2017

Thank you for your interest in the Emmaus Yoga teacher training program!

In the Emmaus Yoga 200-hour teacher training, you will learn to teach a modified sequence, with physical assists and variations, based on the Ashtanga Primary Series. Training hours include Anatomy, Philosophy/Lifestyle/Ethics, Techniques, Practicum and Methodology. Other topics included are Sanskrit, chanting, pranayama, Yoga Sutras and the history of yoga. Emmaus Yoga is a registered teacher training school with the Yoga Alliance, which is a recognized and respected yoga certification organization.

The Spring/Summer 2017 200-hour teacher training program consists of contact and non-contact training, as well as homework. In order to satisfy your contact hours, you will be required to attend 65 Ashtanga-style classes at Emmaus Yoga. These classes can be taken at your own pace. During these classes, you will either be practicing, observing, or assisting. Other contact hours are Anatomy, Philosophy, Lifestyle, and Ethics classes, practice teaching five classes, and attending approved workshops at Emmaus Yoga. Refer to "Instructors & Training Dates" below for the scheduled dates of the Anatomy, Philosophy, Lifestyle, and Ethics classes.

Non-contact hours consist of observing other instructors at either Emmaus Yoga or another yoga studio, attending an Anatomy Workshop with Michael Lear, taking three classes and one Vinyasa Sequencing Workshop with Britt Tagg.

Homework assignments range in topics related to anatomy, philosophy, lifestyle, and ethics.

Anatomy, Philosophy, Lifestyle, and Ethics Classes

Instructor: Erica McHugh

Dates: April 14 & 15, May 5 & 7, June 17 & 18, July 15 & 16, August 12 & 13

Anatomy Workshop

Instructor: Michael Lear

Dates: May 19, 20, 21 (mandatory)

Vinyasa Sequencing Workshop

Instructor: Britt Tagg

Date: September 2



What is the cost of tuition?

\$2,500. A deposit of \$250 is due by March 24th. Payments can be cash, check, or credit card (via the EY website). Accompanying your initial deposit, please include a personal payment schedule that suits *your* budget. Payment schedule shall include future payment dates and amounts. Be honest with us, and most importantly, be honest with yourself. Don't stress yourself out, do what works for you.

What is included in the tuition cost?

All Practice/Observe/Assist classes, all observations classes taken at EY, all contact training, and all approved EY workshops.

What is not included in the tuition cost?

Textbooks, any class at EY that does not satisfy the Practice/Observe/Assist requirements.

What textbooks do I need to purchase?

"Ashtanga Yoga and Philosophy" by Gregor Maehle, "The Practice Manual" by David Swenson, "Key Muscles of Yoga" and "Key Poses of Yoga" by Ray Long.

How many students are accepted per YTT program?

EY accepts 4 students per training program. This limited number allows each student to receive the attention and guidance needed to help each student grow.

How do I apply for Teacher Training?

Fill out the attached application. Please scan and email to contact@emmausyoga.com.

Help Wanted!

EY accepts one assistant for each yoga teacher training session. The assistant shall be required to keep track of all trainees' attendance and homework. The assistant shall communicate with their fellow students regarding upcoming training dates and homework assignments. The assistant will periodically meet with Erica to review each student's progress. The assistant should be knowledgeable with Microsoft Excel. The assistant will receive a \$250 discount.

Questions?

There will be a Q&A meeting on March 4 at noon. Otherwise, contact Erica at contact@emmausyoga.com, call the number at the bottom of this page, or feel free to stop in, take a class, and talk to her afterwards.





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SPRING/SUMMER 2017

Application

- Name:
- Address:
- Email:
- Phone:
- Yoga experience:

- Other relevant experience:

- Why are you interested in this training?

- What are your expectations for this training?

- What do you hope to gain, learn or work on?

- Describe your physical and emotional health (major illnesses, surgeries, illnesses, medications or physical conditions we should know about). Indicate if your conditions may result in early withdrawal from this course.

- Describe your diet, health, exercise practices and beliefs.