



200-Hour Teacher Training & Certification Course

Yoga Inspired is pleased to offer the 200-hour teacher training course from a Christ-centered perspective in Columbus, Georgia.

The mission of Yoga Inspired is to affirm and nurture dignity as we strengthen the body, calm the mind, and open the heart to hear God's voice. Yoga is the tool I use to accomplish that mission. Through yoga one unites all the scattered parts of his/her being into one, unified being who can then "Be still and know" and celebrate being "fearfully and wonderfully made."

Yoga Inspired seeks to create an atmosphere where we listen to our bodies, to our hearts and to the voice of the Holy Spirit who always speaks. It has been a joyful journey, and it is a privilege to invite you into that journey as you learn to share your love for yoga from a Christ-centered context.

The following pages will acquaint you with the schedule and the curriculum, which is one of only a few Christian teacher training programs that meets standards of approval established by the national Yoga Alliance.

I look forward to you joining me for this training!

Doraine Bennett

Location: Training will be held at the Yoga Inspired Studio, 1365 Warren Williams Road in Columbus, Georgia (31901).

Lodging: For those coming from out of town, lodging is available nearby. Columbus, Georgia, has lots of accommodation options. I suggest you do a Google search on “Hotels in Columbus, GA” and choose one that fits your style and budget. None of the hotels will be more than 5 to 15 minutes away from the Yoga Inspired Studio.

Program Format and Schedule: Training activities will be in one group, with a partner, or in practicum dyads and triads. Training days consist of ten weekends (Friday evening, all day Saturday and Sunday afternoon). Meeting days for each month of the 200-hour training are shown on the Yoga Inspired (columbusyogainspired.com) website. Ample breaks for lunch will be provided on Saturday and for snacks on Sunday. You are responsible to bring your own lunch on those days. There are also several nearby restaurant options for lunch near the studio.

Hours of Weekend Training:

Thursday: 6:30pm - 8:30pm (First Weekend Only, dinner included)

Friday: 4:00pm - 7:00pm

Saturday: 8:00am - 6:30pm

Sunday: 1:00pm - 7:30pm

Lead Teacher: Doraine Bennett, E-RYT 200, RYT 500, is the Lead Teacher for the 200 YTT program. She is the founder of Yoga Inspired, has been practicing yoga since 2002, and teaching since 2013. She is a gifted teacher with a deep desire to impart both accurate information and loving affirmation to her students. She is also a published author of children’s books and holds a B.A. in English, Professional Writing.

Doraine currently teaches weekly classes, conducts seminars and workshops, and provides continuing education for current yoga teachers. She recognizes that good teachers are always learning and continues her own studies with advanced level teachers at workshops and online. She completed her 500-Hour Certification in December of 2015 with New Day Yoga.



200-Hour Teacher Training & Certification Course

This application will give you insight into the course you are considering. Yoga teaches us that we have five components to our being: body, breath, intellect, personality, and heart. Yoga then provides a way to bring those different components into “union” (or into yoga). To balance the body, we use the asana (postures). To vitalize the breath, we use pranayama (breathing techniques). To cultivate the intellect, we use dharana (concentration). To refine the personality, we use dhyana (meditation or prayer). To nourish the heart, we use samadhi (contemplation).

Throughout the Teacher Training Course, you will learn how all these aspects of Yoga can be used as a tool to deepen your awareness of the communion you already have with Christ through the Holy Spirit. Your mind will be renewed and your body strengthened as your own personal Yoga practice is refined. Then with the completion of the course, you will be well-prepared to share the gift of yoga from a Christ-centered perspective with others.

Key Elements of YTT

Techniques Training: Over fifty asana will be studied, demonstrated and critiqued in detail. Our main text for studying the asanas will be Hatha Yoga Illustrated. Breathing techniques, actions, chants (songs), mantras (repeated phrases), meditation techniques, and Centering Prayer will be experienced and discussed as ways of growing in our awareness of the presence of the Holy Spirit. You will be trained in current biomechanics of movement. Sequencing yoga elements together in a class will be covered so that you can plan effective practices for different levels of students.

Teaching Methodology: You will be instructed in the demonstration principles of Extension, Inversion, Forward Bending, Backward Bending, Twisting, Balancing, and Lateral Bending. You will learn to read your own body and the bodies and movements of your students, recognizing the use of release valves and knowing how to adapt the asana to suit each unique situation. You will acquire skill in hands-on adjustments, the use of props, and verbal cues. The qualities of a good teacher and the student's process of learning will be discussed, demonstrated, and experienced. Differences between the various styles of yoga will be explained, and the business aspects of teaching yoga will be included.

Physical Anatomy & Physiology: We will consider human anatomy as it relates to the practice of yoga asana and pranayama. The Key Poses of Yoga, Vol. II, will be the main text studied. Students will use their own bodies as visual and kinesthetic learning aides. Ways to avoid injury and contraindications of certain asana will be covered, and students will gain knowledge of why certain alignment guidelines are important.

Energy Anatomy & Physiology: The seven chakras (theoretical centers of energy located along the length of the spine) and the psychology connected with the chakras will be explored. You will understand the theory of the role of each chakra, its effect on life, and its relation to other chakras, and the use of the chakras as points from which to establish your life more firmly in Christ and His teaching.

Yoga Philosophy: The most traditional Yoga philosophy, called the "Yoga Sutras," was first recorded two thousand years ago by Patanjali. In order to provide a clear understanding of Yoga, he divided the yoga lifestyle into six different "paths" and the practice of Yoga into eight "limbs." We will study these "paths" and "limbs" in detail and see how they align with the Word of God and how they can be used by a Christian to deepen his/her communion with the Holy Spirit. As we discuss yoga philosophy from a Christ-centered perspective, we will incorporate our faith and the study of Christ's teachings from our Holy Scripture, the Bible.

Practicum: You will be given the golden experience of practice teaching so that when the training comes to an end, you will feel comfortable and well-prepared to teach others. These five practice teaching sessions will include receiving feedback from those you instruct, observing others teach and offering feedback, and assisting students while someone else is teaching.

Certification Requirements

Becoming a Yoga Teacher from a Christ-Centered Perspective is a commitment you make to yourself, to your family, and to God. It is a commitment that touches every aspect of your life - your mind, body, nervous system, habits, thoughts,

emotions, prayer life, and more. It is a commitment to a discipline that brings about an ever-deepening communion with God.

This program is structured to be accessible to people who are unable to take an extended leave of absence from their work. It includes ten weekends (Friday afternoon, Saturday and Sunday afternoon), one Thursday evening, and 40-70 hours of supervised individual practice teaching and homework. ***You will be required to maintain a daily personal practice and attend one regular class each week or its equivalent.***

Throughout the training, you will receive personal guidance and support and have regular personal dialogue with course leaders, as well as peer support.

This 200-hour certification program qualifies students to become a Registered Yoga Teacher (RYT) with Yoga Alliance. Our program meets the necessary standards of approval established by the national Yoga Alliance.

Prerequisite: You do not need to be an advanced yoga student to take the training, but you *must have practiced yoga consistently with a qualified teacher for at least one year*. We are especially interested in your motivation, commitment, and vision.

Registration (Please read carefully.): To be certain that this training is right for you, there is a **Four-Step Process to register for the course**. You have already completed Step One by receiving this information packet.

- Step Two is to respond in writing to the application questions contained in this packet, and to mail your application with the signed forms and \$75 application fee to Doraine Bennett, 4213 Bonnie Drive, Columbus, GA 31907.
- Step Three consists of attending a complimentary class taught by your Lead Teacher and a brief, personal interview at the studio of the training. The interview will be scheduled once your application answers, application fee, and signed forms have been received.
- The final step, Step Four, is to make a \$500 non-refundable deposit to reserve your space in the training. This deposit should be made the day of the interview, if possible, if it is decided that the training is a good fit for you. This \$500 will go toward the overall cost of the training.

Your Investment in Transformation

The total cost of the 200-hour course, including tuition and the Teacher Training Manual, is \$2800. As mentioned above a deposit of \$500 will reserve your space in the training. Cash and personal checks are accepted for payment. A 3% service charge will be applied to credit card payments. A Payment Plan is also available and is explained in this packet.

Training Features

- A loving, yet challenging, environment
- Highly committed and passionate leaders
- New perspectives on Yoga from a Christ-centered orientation
- Traditional views of yoga
- Opportunities to Practice Teach - 5 practicums per student
- Opportunities to Build your own Resource for Yoga Asana
- A chance to take your personal yoga practice to a new level
- A notebook of over 350 pages, including philosophy, as well as anatomy, and reproducible handouts for sequencing, and Scripture meditations
- 180 Contact Hours of high-energy learning, fellowship, and fun. The YTT course will only accept up to ten students at a time, providing a very individualized learning experience.
- New friends who will encourage you as you grow in the understanding of teaching yoga from a Christ-centered perspective.

200-Hour Yoga Teacher Training Application

Thank you for choosing this Teacher Training at the 200 Hour Level. Please PRINT AND FILL OUT the following information honestly and thoughtfully, as it is my hope that I may get to know your heart through the answers you offer.

Then **please send in 1) this Cover Sheet, 2) the Answers to the Application Questions, 3) the signed Requirements sheet, 4) the signed Contract, 5) the signed Participation Agreement, and 6) a non-refundable \$75 application fee to: . Thank you.**

YEAR OF 200 HOUR TRAINING you are applying for:

Name: _____

Date _____

Street Address : _____

City/State/Zip: _____

Primary Phone: _____

(Other) _____

Email: _____

Birthdate: _____ Age: _____ Sex: _____

Emergency Contact (Name/Phone/Relationship):

9. How will you meet the financial requirements?

10. Why do you practice yoga?

11. How long have you been practicing yoga? How many times per week do you practice? Do you practice at home and how often?

12. Do you practice meditation and how often?

13. Where have you studied yoga and with whom? May I contact this person(s)?

14. In what other teaching programs, special workshops, or practice intensives have you participated?

15. Are you currently teaching yoga? If so, where and how often?

16. What do you feel the role of a yoga teacher is?

17. What pre-requisites do you think are necessary to qualify one as a yoga teacher?

18. What are your biggest challenges in life? And in teaching if applicable?

19. Describe your current state of health. Do you have any injuries or limitations that would affect your participation to any significant degree?

20. Do you currently see a therapist? List any medications that you've taken over the past year and why you needed to take them.

21. Are you a Christian? If so, how long have you been a Christian?

22. Do you attend church regularly? If so, which one?

23. Are you a smoker? If so, are you willing to refrain from smoking on the YTT weekends?

Nine Requirements of the 200-Hour Yoga Teacher Training

1. 100% Attendance: See Yoga Inspired website for dates of training you are applying for. Write those dates below. If you already have a scheduling conflict, tell me about it below the dates. Minor conflicts can be resolved when we address them ahead of time.

Weekend 1: _____	Weekend 6: _____
Weekend 2: _____	Weekend 7: _____
Weekend 3: _____	Weekend 8: _____
Weekend 4: _____	Weekend 9: _____
Weekend 5: _____	Weekend 10: _____

Conflicts:

2. Outside Reading

- Hatha Yoga Illustrated - Martin Kirk, Brooke Boon, Daniel DiTuro
- The Key Poses of Yoga: Vol. II - Ray Long MD FRCSC

3. Home Study and Class Assignments: Consisting of research, study of yoga postures, breathing techniques, yoga styles, and sequencing.

4. Daily Personal Yoga Practice: Consisting of asana, pranayama, meditation and/or chanting.

5. Two Presentations: One on a yama or niyama, and one on a hatha yoga style.

6. Practice Teaching: Consisting of three 20-Minute Teaching Drills, one 75-Minute Teaching Practicum, and three Teaching/Assisting Experiences.

7. Evaluation of Yoga Studios/Classes/Styles: Consisting of one visit to six different yoga studios or classes.

8. Final Evaluation: Consisting of a 30-Minute Teaching and a Written Assessment

9. 100% Financial Obligation

*It is strongly recommended for all yoga teachers to have CPR (cardiopulmonary resuscitation) and first aid training; however, CPR and first aid training hours cannot be counted toward satisfying the minimum YTT curriculum hour requirements.

I understand and agree to fulfill the above 200-Hour Yoga Teacher Training Requirements.

Signature of Applicant: _____ Date: _____
 Printed Name: _____

I understand that if I fulfill *all* the requirements of the Yoga Inspired Teacher Training and Curriculum, I will receive Level 1 Certification which complies with the national Yoga Alliance standards for 200-Hour registration.

Belated Contact/Non-contact Hours

I further understand that if I fail to meet all the requirements *for any reason*, I may or may not have the option to retake parts of the program. *If I do have the option to retake parts of the program, there is an additional cost involved.*

Untimely Dismissal

I understand that Doraine Bennett of Yoga Inspired reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. In these unusual circumstances I understand I will not be refunded the portion of fees unused.

I also understand that if I should choose to leave the program for any reason, I will still be required to pay the full amount and fulfill my financial obligation to Doraine Bennett and Yoga Inspired. If any outstanding balance remains, full payment is due immediately.

In the highly unusual event where a refund is issued, Yoga Inspired will retain the minimum non-refundable fee of \$500 for administrative costs.

Signature of Applicant: _____

Printed Name: _____

Date: _____

Participation Agreement for 200-Hour Yoga Teacher Training at Yoga Inspired

I, (name:) _____, am familiar with the yoga instruction, programs and activities of Yoga Inspired, and the facilities and equipment provided by Yoga Inspired. I am physically able to participate in those programs and activities, and use the facilities and equipment provided by Yoga Inspired. I have noted below any medical history, conditions, diseases, or other limitations which might affect or restrict my participation in yoga instruction. I also authorize Yoga Inspired to render first aid to me in any medical emergency which may arise during any yoga instruction, program or activities.

In consideration of the instruction, programs, activities, facilities, and equipment to be provided to me, I agree that all yoga instruction, programs, and activities will be undertaken at my own risk, and I release Yoga Inspired from liability for any injuries, claims or damages.

SIGNED (Participant): _____ **Date**_____

PRINTED NAME: _____

MEDICAL HISTORY, CONDITIONS, DISEASES OR LIMITATIONS WHICH MIGHT AFFECT OR RESTRICT MY PARTICIPATION IN YOGA INSTRUCTION, PROGRAMS OR ACTIVITIES:

200-Hour Teacher Training Payment Plan at Yoga Inspired

Name: _____

Street Address: _____

City, State, Zip Code: _____

Email: _____

Phone(s): _____

Payment Type	Payment Amount	4- Payment Plan	Payment Due Date	Amount Paid	Date Payment Received	Check Number/ Cash
Application Fee	\$75		On receipt of application			
Deposit to hold space in YTT	\$500		At personal interview			
Balance of Total Payment after deposit	\$2300					
1 st Payment		\$575	Weekend 1			
2 nd Payment		\$575	Weekend 2			
3 rd Payment		\$575	Weekend 3			
4 th Payment		\$575	Weekend 4			
Totals	\$2875	\$2300				

I agree to the above payment plan. I recognize that my agreeing to this plan is my commitment to pay the full amount even if I should fail to complete the program.

Signature of Applicant: _____ Date: _____

Printed Name: _____