

Welcome to Willow Wellness Teacher Training Info Session!

We are so excited that you are curious about this journey to grow your practice, dive further into meditation and engage in self-inquiry. Over the course of your training you will experience connection, community, growth, and self-awareness. You will learn about yoga and more importantly - you will learn how to present and lead from the center of your being as your authentic self both as a yoga teacher and in all the roles you take on in life.

If you choose to take on this training, it will change your life! It is a great gift you are giving yourself. We will be honored to share this space with you and look forward to our time together and support you every step of the way!

In love & light,
Leah, Monica, and our entire leadership team

What former students share about their experience in the training:

TESTIMONIAL

This was one of the best decisions I have ever made. Through these classes I learned to love who I am in a way I never had before, to find joy in the little things that I had never taken the time to notice and meet people who will be forever friends. This isn't just about yoga, it's about self-exploration and finding your place in the world.

From Amy Fasano

Testimonial! I completed the 200-hour training lead by Leah & Monica at Willow Yoga in 2022. It was something I always wanted to do, and it ended up being one of the best things I ever did - something just for me. Fact: I wasn't even sure if I wanted to be a yoga teacher. It turned out to be so much more than a deep dive into the philosophy and physical practice of yoga, but a carefully curated conduit to community resources - introducing students to very cool local gems - much to our delight, people sharing specialized knowledge and skills creating participative learning experiences! These two beautiful teachers made sure to foster an inclusive & supportive environment that was a sanctuary of sorts during our training weekends. Several of my fabulous classmates from the '22 cohort agreed that we'd like to take the training all over again...

What will I learn??

Technique Training and Practice

- Asana Lab – alignment & modifications of common poses
- Clear verbal cueing & modeling
- Pranayama techniques
- Teaching across populations and levels
- Use of props
- Explore meditation from leading and experiencing it

Teaching Methodology

- How to teach vinyasa yoga
- How to level a sequence to suit various skill levels
- How to teach a private yoga class
- Finding your teacher voice
- Theme weaving- how to bring quotes, personal experience and yoga philosophy into an asana practice
- Find your core values to guide your unique teaching style

Anatomy and Physiology

- Joint health and mobility
- All about fascia!
- Chakras and Mudras
- Science of yoga on the various body systems
- Yoga's impact on the Vagus nerve
- Yoga and Spinal Health

Philosophy, Lifestyle and Ethics

- Patanjali's Yoga Sutras
- Self study- inward perspective of what drives and inspires you
- Eight Limbs of Yoga
- History of Yoga
- Yamas/Niyamas
- Business & Ethics of Yoga

- Building Community – Ongoing training, staying inspired, keeping in touch
 - Designing an opportunity – provide a yoga class for the community
- Who is eligible to participate?

Anyone who is committed to personal growth and learning more about yoga and its benefits!

What does the time commitment look like?

Our 9 training weekends consist of Friday evenings 6pm-9pm, Saturdays 8:30am -5pm, and Sundays 8:30am - 3:30pm. In between training sessions there are zoom calls and mentoring sessions that require a time commitment of about 2 hours per week. Students are expected to maintain a regular yoga & meditation practice which requires a minimum of 3 hours per week time commitment. Additional homework and reading varies between 0-2 hours per week. The training weekend dates are 9/6, 10/4, 11/1, 12/6, 1/10, 2/7, 3/7, 4/4, and 5/2. Graduation ceremony takes place on Sunday 5/4.

Tuition

Tuition for this program is \$3100. If you sign up before **Jul 15, 2024** you will receive the early bird discount of \$500 off!

A down payment of \$250 is due upon acceptance to the program. If you pay in full, the due date is August 25. If you prefer, payment plans are available and spread over the course of the training from September through May (9 monthly payments). A small monthly admin fee is included in the payment plan options. Payment options are available below

	Full Tuition	Early Bird
\$250 down	\$321	\$267
\$500 down	\$294	\$238

Down payments are non-refundable. Tuition is refundable on a prorated scale if you are unable to complete the program