

Start Date: January 19, 2019



Completion Date: May 12, 2019

Program Overview

Lava Yoga Studio, Lawrence, Kansas

Lava Yoga Teacher Training

This program is a 200 hour Yoga Alliance approved curriculum. It is designed in a 16 week format, delivered face-to-face every other weekend. Classes are Saturdays, 10:00 a.m. - 6:00 p.m. and Sundays 10:00 a.m. - 4:00 p.m., with a scheduled hour long lunch break each day.

This curriculum allows for Trainees to get in front of the class, to start vocalizing and hearing their voice as a teacher, and to build a toolbox of meditations and yoga sequences throughout the training. Upon completion of the program, Trainees will be competent to lead a class through Asana, Meditation, and Pranayama practice. In addition, they will gain an understanding of the 8 Limbs of Yoga, recognize what it means to be a Yoga Teacher, and have the needed knowledge to develop an effective and safe class. Of course, training participants will also deepen and strengthen their personal practice!

Key topics covered in the training include:

- Yoga History
- Yoga Philosophy
- Meditation
- Pranayama
- Yoga Poses & Asanas
- Teaching the Poses
- Class Creation and Sequencing
- Qualities of a Yoga Teacher
- Business Aspects of Yoga
- Anatomy & Yoga Poses
- Wellness and Health
- Ayurveda
- Chakras

Training Dates:

January 19, 20 ▪ February 2, 3, 16, 17 ▪ March 2, 3, 16, 17, 30, 31 ▪ April 13, 14, 27, 28 ▪ May 11, 12

Program Requirements:

- ✓ **Daily Meditation and/or Journaling**
- ✓ **Completion of required readings and assigned homework.**
- ✓ **Cultivation of a personal yoga practice** (students receive unlimited yoga during the training period.)
- ✓ **Participation in Two Weekend Workshops** (Four workshops are offered through Lava Yoga Studio during the training period. Trainees must attend two of the four workshops offered and are encouraged to attend all four. These workshops are included in the training tuition, without additional cost to the student.)
- ✓ **Class Assists** – students will observe and assist faculty in leading yoga classes during sessions offered during scheduled training days.
- ✓ **Teaching Classes** – students will have the opportunity to teach class to their peers and also to other guests
- ✓ **Conduct Private Sessions** – students will prepare a one-on-one yoga session with a senior yoga teacher. This serves as a mock private yoga session giving trainees the experience of the differences between teaching in a group class environment and a private session.
- ✓ **Attendance of scheduled classes. No more than 2 absences are permitted.** Trainee needs to read all contents to the lectures out of the Student Manual, gather missed materials, and meet with Lead Teacher.

Complete and pass the certification exam. At the end of the training, participants will be able to complete a certification exam. After they pass the certification exam and finish the other program requirements, they will be granted a Certificate of Completion. This certificate will allow them to register as a RYT-200 with Yoga Alliance.

Your Investment:

\$2,500 Special Discount if paid in full by November 1, 2018
\$2,700 Early Bird Pricing if paid in full by December 1, 2018
\$3,000 Regular Tuition if paid in full by January 1, 2019
\$3,200 Late Registration if paid in full by January 19, 2019

What's included in your Tuition beyond the Training Sessions:

- ✓ Student Manual and Asana Manual (valued at \$250)
- ✓ 4 Weekend Workshop (valued at \$400)
- ✓ Unlimited Yoga During the Program (valued at \$500)

Limited spots available, \$500 deposit reserves your place today! Come transform your practice!
Questions? Email: Lavayogateachertraining@gmail.com Phone: 785-224-6402

Location: Lava Yoga, 1520 Wakarusa Dr., Suite J., Lawrence, Kansas
Lead Faculty: Natalie Savage, M.A., E-RYT 200, 500 RYT, YACEP