

Gilbert Yoga

300hr Advanced Yoga Teacher Training

Students may register to begin the program on any of the module start dates (4 opportunities annually)

Students must commit to the entire program

Students have 2 years from start date to complete the entire program

Every other weekend (with exceptions for holidays) on Sat/Sun from 12-6pm:

Module 1 = 84 hrs

Techniques, Training and Practice (TTP): This material shall foster an enhanced understanding and experience as compared to the content of your school's RYS 200 curriculum. Topics in this category include, but are not limited to:

- asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques.
- areas receiving substantial emphasis are: analytical training in how to teach and practice the techniques
- guided practice of the techniques themselves.

Module 2 = 36 hrs

Teaching Methodology (TM): Topics in this category include, but are not limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting.
- Principles of demonstration, observation, assisting and correcting.
- Teaching styles.
- Qualities of a teacher.
- The student learning process.
- Business aspects of teaching yoga (including marketing and legal).

Module 3 = 108 hrs

Anatomy and Physiology (AP): Topics in this category include, but are not limited to:

- human physical anatomy and physiology (bodily systems, organs, etc.)
- subtle (energy) anatomy and physiology (chakras, nadis, etc.).
- study of anatomy and physiology applicable to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

Module 4 = 42 hrs

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (YP): Topics in this category include, but are not limited to:

- Further and deeper study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita)
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma.
- Ethics for yoga teachers, such as those involving teacher – student relationships and community.
- Understanding the value of teaching yoga as a service and being of service to others through yoga (seva).

YTT Required Hours (outside of regular training hours) = 30 hrs:

- **Required Reading (15 hrs)** Students will read the book, *Autobiography of a Yogi* by Paramahansa Yogananda. Together, in class, we will examine the content and discuss the subjects broached by the author.

- **Elective (5 hrs):** Choose one of the following specialty classes for your elective: Bhakti, Prenatal, Chair, Breathwork, Kids/Family or Yoga en Espanol (other specialties/locations with approval) and attend 4 classes of that particular concentration.

- **Karma Yoga (10 hrs):** Seva/Volunteerism of your choice with documentation and impact statement.

- **Observation (5 hrs):** Observe a minimum of 4 classes (at GY or at other studios). Have teachers sign observation form.

Notes:

- All required classes, assistantships, observations, practicum and karma yoga hours must be completed and documentation turned in within 30 days after our last group session date.

- Apart from the required classes/hours listed above, each trainee is encouraged to attend at least 20 yoga classes at Gilbert Yoga. Class passes will be provided at the onset of the program and are included in the price of tuition.

Space is limited, so please register early to reserve your spot.

Contact: Heather Promise, School Director

email: info@gilbertyoga.com

call/text: 480-420-7297

January 2022

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
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April 2022

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February 2022

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March 2022

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June 2022

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July 2022

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October 2022

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August 2022

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November 2022

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September 2022

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December 2022

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January 2023

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February 2023

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