

# Gilbert Yoga

## 200-hr Yoga Teacher Training

### Spring 2023

Starts February 18 - Ends June 17

#### Required Hours - At Gilbert Yoga: 150

11 Weekends\*: Saturdays 12-7PM, Sundays 12-7PM = 144 hours

2 Elective classes (breath work, chant class, nidra) = 3 hrs

2 Prenatal classes on GY schedule with a senior (RYT 500) teacher = 3 hrs \*Last date is graduation = 4 hours

#### Required Hours - Online: 30

Videos will be released weekly on Tuesdays (1hr) and Thursdays (1hr). This is a self-paced homework component, giving trainees several days to complete the videos at their own pace. Each participant is required to watch, participate and report on their experience during the following in-person meeting (i.e. videos released on [2/21](#), [2/23](#), [2/28](#) and [3/2](#) must be completed prior to the [3/4](#) meeting.)

#### Additional Required Hours: 20

1. Daily practice, logged hours: we will discuss details in class.
2. Observations (at GY or other studios): a minimum of 4 classes, starting in the last 30 days of training. Have teachers sign observation form.
3. Practicums: starting in the last 2 weeks of training, up until 30 days after.

- Students are required to teach 3 one-hour classes, with a minimum of 4 adult, non-family students in each class.
- Have students fill out feedback forms at the end of class & return them to you immediately.
- Take a batch pic of these forms & send to lead trainer.

#### Note:

1. All required classes, observations, practicums, home practice log must be completed & turned in within 30 days after our last group session.
2. Apart from the required classes/hours listed above, it is suggested that you attend at least 20 public classes (20 class passes are provided to you at the beginning of the term at no extra charge).

**Recommended Text:** *Yoga Toolbox for Teachers and Students* by Joseph and Lilian Le Page

Contact for Questions: Kathy Tousek 480-603-5109

Ready to enroll?

1. **Register / Pay enrollment fee** online or at Gilbert Yoga.
2. **Text or email Kathy** to set up a meeting: [kathytousek@cox.net](mailto:kathytousek@cox.net)
3. **Get your books.** *Two Hundred Hour Yoga Teacher Training Manual: A guide to the Fundamentals of Yoga* by *Marta Berry* (More texts TBA)
4. **Arrive on February 18, 2023** for our first session!

February 2023

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	<b><u>18</u></b>	<b><u>19</u></b>
20	21	22	23	24	25	26
27	28					

March 2023

M	T	W	T	F	S	S
		1	2	3	<b><u>4</u></b>	<b><u>5</u></b>
6	7	8	9	10	11	12
13	14	15	16	17	<b><u>18</u></b>	<b><u>19</u></b>
20	21	22	23	24	25	26
27	28	29	30	31		

April 2023

M	T	W	T	F	S	S
					<u>1</u>	<u>2</u>
3	4	5	6	7	8	9
10	11	12	13	14	<u>15</u>	<u>16</u>
17	18	19	20	21	22	23
24	25	26	27	28	<u>29</u>	<u>30</u>

May 2023

M	T	W	T	F	S	S
1	2	3	4	5	<u>6</u>	<u>7</u>
8	9	10	11	12	13	14
15	16	17	18	19	<u>20</u>	<u>21</u>
22	23	24	25	26	27	28
29	30	31				

June 2023

M	T	W	T	F	S	S
			1	2	<u>3</u>	<u>4</u>
5	6	7	8	9	<u>10</u>	<u>11</u>
12	13	14	15	16	<u>17</u> graduation	18
19	20	21	22	23	24	25
26	27	28	29	30		

