

Gilbert Yoga 200-hr Teacher Training - Fall 2020

YTT Required Classes (at Gilbert Yoga) = 180 hrs:

- 8 weekends (Sat. 12-6pm / Sun. 10:30-4:30PM) = 96 hrs
- 12.5 weeks of Tues/Thurs 6-9PM = 75 hrs
- 2 Bhakti Classes or Kirtans (dates TBD) = 4 hrs
- 2 Prenatal classes of your choice = 2.5 hrs
- 2 classes of your choice (pref. w/ Cassandra) = 2.5 hrs

YTT Required hours (outside of Gilbert Yoga) = 20 hrs:

- Logged home practice hrs: We will discuss details in class.
- Observations: Observe a minimum of 4 classes (at GY or at other studios) starting in last 30 days of training. Have teacher sign observation form.
- Practicums: Starting in the last 2 wks of training, 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 and return to you immediately.

Notes:

- All required classes, observations, practicums, home log practice hours must be completed and turned in within 60 days after our last group session date.
- Apart from the 'required classes/hours listed above, from the scheduled start date to the end date, you may attend any regular yoga class with Cassandra at no charge, and any other instructors regular yoga class for a \$5 cash drop-in fee. *(plz give \$5 cash to the teacher; don't put in the payment box)*

Please visit www.gilbertyoga.com yoga teacher training page for links to our course catalog and enrollment forms.

Contact Cassandra Bright for details and registration:
480-225-1881 or info@gilbertyoga.com

(Space is limited to 12 students, so please register early to reserve your spot :)

September 2020						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
October 2020						
Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
November 2020						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
December 2020						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			