

Gilbert Yoga

200-hr Yoga Teacher Training - Fall 2021

Starts August 31st - Ends December 12th

YTT Required Hours (at Gilbert Yoga*) = 180 hrs:

7 weekends: Sat. 12-6pm & Sun. 10:30-4:30PM = 84 hrs

14.5 weeks: Tues/Thurs 6-9PM = 87 hrs

2 Bhakti classes or Kirtans (dates TBD) = 4 hrs

2 Prenatal classes on GY schedule = 2.5 hrs

2 Public classes on GY schedule w/ Cassandra = 2.5 hrs

*during Covid times, our meeting hours are reduced on Sundays to 12-4:30pm; the missing 1.5 hrs are dedicated to at-home viewing of Anatomy videos

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

- Logged home practice hrs: we will discuss details in class.

- Observations: a minimum of 4 classes (at GY or at other studios) starting in last 30 days of training. Have teachers sign observation form(s).

- Practicums: starting in the last 2 wks 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 and return them to you immediately.

Notes:

- All required classes, observations, practicums, home log practice hours must be completed and turned in within 30 days after our last group session date.

- Apart from the required classes/hours listed above, it is suggested that you 'attend' many of the previously recorded yoga class videos with Cassandra on the Gilbert Yoga Facebook page.

Space is limited to 9 students; please register early to reserve your spot.

Visit www.gilbertyoga.com Yoga Teacher Training page for enrollment forms with Tuition/Registration Fee/Payment options.

Questions? Contact: Cassandra Bright 480-225-1881

September 2021						
M	T	W	T	F	S	S
AUG	31	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 2021						
M	T	W	T	F	S	S
				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 2021						
M	T	W	T	F	S	S
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 2021						
M	T	W	T	F	S	S
		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		