

# Gilbert Yoga

## 200-hr Yoga Teacher Training - Spring 2021

### YTT Required Hours (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 teachers sign observation form(s).

- 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 30 days after our last group session date.

- Apart from the required classes/hours listed above, from the scheduled start date to the end date, it is recommended that you 'attend' many of the previously recorded yoga class videos on the Gilbert Yoga Facebook page.

Space is limited to 12 students, so please register early to reserve your spot.

Contact:

February 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
March 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				
April 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		
May 2021						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9