

Gilbert Yoga

200-hr Yoga Teacher Training - Spring 2022

Starts January 29th - Ends May 1st

Required Hours

- at Gilbert Yoga: 168

8 Weekends: Saturdays 12-6PM, Sundays 12-4:30PM = 84 hrs

13 Weeks of: Tues/Thurs 6-9PM = 78 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

Required Hours

- online: 12

Anatomy Videos, which will be emailed weekly/bi-weekly

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 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 & return them to you immediately. Take a batch pic of these forms & send to me.

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 as many public yoga classes with Cassandra as you can during the training 'term'; these are at no extra charge.

Contact for Questions: Cassandra Bright 480-225-1881

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

Ready to enroll?

1. Register / Pay enrollment fee online or at Gilbert Yoga.
2. Text or email Cassandra to set up a meeting:
CassandraBrightOne@gmail.com
3. Watch for an email 2 weeks prior to start date (with details/materials/book list)
4. Order books
5. Congrats! Arrive on January 29th for our first session!



January 2022						
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						

February 2022						
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 2022						
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 2022						
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 2022						
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					