

## Gilbert Yoga

### 200-hr Yoga Teacher Training - Spring 2022

Starts February 5th - Ends May 5th

#### 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. Text or email Cassandra to set up a meeting:

[CassandraBrightOne@gmail.com](mailto:CassandraBrightOne@gmail.com)

2. Register / Pay enrollment fee online or at Gilbert Yoga.

3. Watch for an email 2 weeks prior to start date (with details/ materials/book list)

4. Order books

5. Congrats! Arrive on February 5th for our first session!



February 2022						
M	T	W	T	F	S	S
	1	2	3	4	<b>5</b>	<b>6</b> **
7	<b>8</b>	9	<b>10</b>	11	<b>12</b>	<b>13</b> *
14	<b>15</b>	16	<b>17</b>	18	19	20
21	<b>22</b>	23	<b>24</b>	25	<b>26</b>	<b>27</b>
28						

March 2022						
M	T	W	T	F	S	S
	<b>1</b>	2	<b>3</b>	4	5	6
7	<b>8</b>	9	<b>10</b>	11	<b>12</b>	<b>13</b>
14	<b>15</b>	16	<b>17</b>	18	19	20
21	<b>22</b>	23	<b>24</b>	25	<b>26</b>	<b>27</b>
28	<b>29</b>	30	<b>31</b>			

April 2022						
M	T	W	T	F	S	S
				1	2	3
4	<b>5</b>	6	<b>7</b>	8	<b>9</b>	<b>10</b>
11	<b>12</b>	13	<b>14</b>	15	16	17
18	<b>19</b>	20	<b>21</b>	22	<b>23</b>	<b>24</b>
25	<b>26</b>	27	<b>28</b>	29	<b>30</b>	

May 2022						
M	T	W	T	F	S	S
						<b>1</b>
2	<b>3</b>	4	<b>5</b>	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					

\* 'shaded' dates will have unique meeting times, TBA.