



2023 Yoga Teacher Training INTRODUCTION

Dear Yogis,

Each time we have offered a Yoga Teacher Training (YTT) has been a unique experience. Over the years our approach has evolved while one aspect – our commitment to honoring and teaching the rich tradition of yoga – has not changed. We've continued to find creative ways to offer yoga to our community, and now, we are imagining a teacher training that brings our team together in new ways to honor our commitment to share the gift of yoga. Like many of our YTT cohorts before, we invite you to join us in this creative endeavor keeping these two truths in mind:

1. We will try new things together – some things will work and some things will not – but if we view everything as part of the practice, we will all learn and grow through this experience.
2. We promise to share our experience and wisdom with you and to prepare to teach yoga to others as fully as we possibly can.

Please see the syllabus following this introduction for program requirements and structure. We plan to begin our weekend workshops on Saturday, April 29th, 2023 and the program will take a minimum of four months to complete.

The cost of the program will be \$2,500. This tuition will cover your enrollment in the program and any yoga classes you take at the studio during your course of study. Additionally, you will be required to purchase textbooks to complete the program. Tuition paid in-full (by check to 229Yoga or cash) is required before beginning the program. Please contact Penny with any questions you may have. We are excited to have you join us.

Love, Serve, Remember.

Namaste,

The 229Yoga Teacher Training Team

Penny Gregorio, *Owner & Lead Trainer – Anatomy/Physiology & Practicum*

Jamie McCullough, *Lead Trainer – Social & Emotional Learning*

Anna Mettrick, *Lead Trainer*

2023 Yoga Teacher Training

TERMS & CONDITIONS

Cancellation Policy – If, for any reason, you must cancel your enrollment, the following conditions apply:

- If cancellation occurs within the first 7 days of starting the program, you will receive a refund minus a \$200 processing fee.
- If cancellation occurs more than 7 days after the program begins, there will be no refund.
- 229Yoga YTT Lead Trainers retain the right to cancel the program due to lack of interest. We will discuss with any pre-registered participants prior to finalizing this decision.

Certification Requirements – In order to receive your Yoga Teacher Training Certification, your tuition must be paid in-full. You must also fulfill the requirements as outlined in the course syllabus.

Attendance at the program sessions and completion of program components is mandatory for certification. All planned absences must be discussed with faculty prior to missing a session and excess absences may result in removal from the program. Students in the 229Yoga Teacher Training Program will not teach classes – except for those required by the Lead Trainers for practicum – throughout the duration of the program or at least 6 months. Students are not authorized to teach unsupervised classes until they have received their certificate of completion.

Code of Ethics - The nature of yoga (union of body, mind and spirit), on or off the mat, is to open the body and psyche through which profound transformation can occur. As teachers of yoga, we are stewards of the trust our students place in us. It is our responsibility to uphold and foster a safe and sacred environment in which to allow this work to happen. It is essential that anyone teaching yoga have a high degree of personal integrity and maintain clear boundaries in the role of serving students. Serving as yoga teachers places us in a position of power over our students, however subtle or obvious. We become their mentors, facilitators and helpers. Some students may idealize us or project that we are wiser or more evolved than they are. As professionals, we must remain aware of this power dynamic and never exploit the vulnerability of students for personal gain or gratification. This includes, but is not limited to, an attraction that begins in a mentor/student context. Students need to have a place where they can safely open their heart, observe their own deeper dynamics and be free from distractions (sexual, personal, or otherwise). Because of this, we ask that yoga teachers be highly conscious of the relationships formed with students and the visibility of these relationships in the studio/class setting. By signing this document, the YTT Program applicant agrees to act as a steward of safe and sacred space by creating conscious boundaries in relationships with students.

I have read and understand the terms and conditions as outlines in this document and I agree to be bound by these conditions. I understand that I must meet the criteria detailed here in order to receive certification. I agree to honor this code of ethics.

Printed Name: _____ Date: _____

Signature: _____

2023 Yoga Teacher Training

SYLLABUS

Overview – Our Yoga Teacher Training program is designed to prepare participants to teach yoga in the studio (group & private class) setting, as well as online. Requirements are met by attending weekly classes (of which a majority should be taken under the instruction of the 229Yoga trainers) and training workshop sessions and completing assignments given by the program instructors.

Class Attendance – Attend at least 2 yoga classes each week. Participants will be required to keep a log of classes attended and any comments/questions. To complete the training, you need to log at least 20 classes and a minimum of 10 classes with the program lead trainers.

Workshop Attendance – There will be at least four full-weekend, full-day workshops. Attendance is required. Saturdays will start with observing the 9 am yoga class. Sunday's start time and daily end times TBD. Current Weekend Dates are April 29 & 30, May 27 & 28, June 24 & 25, and July 29 & 30.

Social & Emotional Learning Workshop – Participants will be able to attend a new, educator-focused Social & Emotional Learning weekend workshop will be provided in August (date TBD).

Practice Teaching – Students will practice teaching classes in order to complete the training.

Required Texts – Students should purchase the books and begin reading as soon as possible. During their independent study, students should journal their thoughts and questions over the reading material – these will be discussed throughout the training.

- ***The Heart of Yoga*** – TKV Desikachar
- ***Yoga & Ayurveda*** – David Fawley
- ***Yoga Anatomy*** – Leslie Kaminoff
- ***Bhagavad Gita*** – Stephen Mitchell

Suggested Texts – These additional, recommended books, along with others suggested throughout the training are not required for the completion of the YTT program.

- ***The Myths of the Asanas*** – Alanna Kaivalya
- ***The Wisdom of Yoga*** – Stephan Cope
- ***Teaching Yoga Beyond the Poses*** – Sage Rountree & Alexandra DeSiato
- ***The Four Agreements*** – Don Miguel Ruiz
- ***The Language of Yoga*** – Nicolai Bachman

2023 Yoga Teacher Training

PROGRAM CONTENT

These are the categories of information that will be covered during the training program. We strive to ensure that each group of teacher trainers receive a tailored experience to meet their unique knowledge and skill sets, as well as their unique areas of interest.

Yoga Humanities

- A Student's Mind & Heart
- Yoga History & Philosophy
- Mudra & Mantra
- Pranayama
- Meditation
- Energetics & Subtle Anatomy
- Introduction to Ayurveda
- The Bhagavad Gita
- A Teacher's Mind & Heart
- Independent Study (Reading & Journaling)

Yoga Anatomy/Physiology & Practicum

- Basic Human Anatomy
- Physiology of Movement
- Anatomical Variations
- Asana Practice
- Assisting
- Yoga in Your Own Body
- Avoiding & Working with Injury
- The Art of Adjusting
- Cueing
- Working with Props
- Independent Study (Reading & Journaling)
- Observation
- Practice Teaching

Social & Emotional Learning

- Identifying Difficult Emotions
- Helping Children Through Difficult Emotions
- Increasing Mental Health of Students & Educators

If there is something you are interested in that you don't see here, please discuss with the training leaders.