

2014

200-hour RYT Teacher Training



Deb Wolfe

Urban Oasis Yoga & Wellness

1/1/2014

About Program:

Urban Oasis Yoga & Wellness offers a **RYT 200-hour** accredited Teacher Training Program that **includes a one-on-one mentorship** for serious students of yoga as well as aspiring yoga teachers.

This **three month training** is inspired by the eight constituents of Patanjali's Astanga-Yoga that lead to self-realization and liberation. These include yama (respect for others), niyama (respect for yourself), asana (body postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (harmony with thoughts), dhyana (meditation), and samadhi (enlightenment). The program honors the Iyengar method for learning yoga postures and there is great emphasis on anatomy and basis yoga therapeutics. Included in this training are weekly observations and private mentorships with Deb Wolfe.

This comprehensive training follows Yoga Alliance foundational curriculum with an emphasis on Anatomy, Alignment-base yoga and Yoga Therapeutics. The training consists of an initial 5 day intensive followed by 4 intense three day weekends (Fri, Sat, & Sun).

Below is an outline of everything you need to know about the program as well as an application that will need to be submitted should you choose to take the training.

Curriculum Outline:

Techniques Training/Practice.....100 hours
Includes asanas, pranayamas, meditation and other traditional yoga techniques.

Teaching Methodology.....25 hours
Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, and qualities of a teacher, the student's process of learning and business aspects of teaching yoga.

Anatomy and Physiology.....20 hours
Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology. Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers.....30 hours
Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers.

Practicum.....10 hours
Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

Electives- Basic Therapeutics.....15 hours

Includes learning basic yoga therapeutics for common injuries with tools such as The Great Yoga Wall™, prop use (block, strap, bolster, blankets and chairs) and set series for injuries.

55 Remaining Contact Hours.....55 hours

These hours are distributed among three sections; Techniques Training/Practice, Teaching Methodology & Anatomy and Physiology.

Total Hours.....200+ hours

Training Information:

Training Dates:

- 2014 - Winter Session Training Dates:

February 5 th –9 th	March 7 th –9 th	April 4 th –6 th
February 21 st –23 rd	March 21 st –23 rd	Mentorship w/ Deb Wolfe

- 2014 - Spring Session Training Dates:

April 30 th –May 4 th	May 30 th – June 7 th	June 13 th – 15 th
May 16 th –18 th	June 13 th – 15 th	Mentorship w/ Deb Wolfe

- 2014 - Fall Session Training Dates:

September 17 th –21 st	October 17 th –19 th	November 14 th –16 th
October 3 rd –5 th	October 31 st –Nov. 2 nd	Mentorship w/ Deb Wolfe

Training Times:

- Week Intensive: 8:00am–6:00pm with a 1 hour lunch & two 15 minute breaks
- Weekends: 8am–6pm with a 1 hour lunch & two 15 minute breaks
- Once a Week mentorship with Deb Wolfe E-RYT-200/RYT-500 & CYT

Training Cost:

- \$500 Deposits due with application
- Early Bird Special \$2950
- Full Tuition \$3200
- **Urban Oasis Yoga Members receive 10% off full tuition so their cost is \$2880**

Program Eligibility:

- You must have a consistent yoga practice over the last year and a basic understand of alignment-base yoga. **If you do not regularly practice at Urban Oasis, please let Deb know the studio(s) and teacher(s) you have practice with on a regular basis.**
- You will also have to attend class with Deb and meet with her as a part of your application process. This is so you can get to know Deb and she will get to know you.
- You must commit to attend all program sessions and complete all homework assignments. If there are attendance conflicts (other than illness), please notify in advance so you can make suitable arrangements.

Acceptance In To Training & Yoga Alliance Registration:

- We are accepting students on a rolling basis. If you have been accepted into our program, we will let you know within two weeks of your application submission.
- At the end of the Teacher Training, you will receive a diploma and Letter of Completion which you may use to register with Yoga Alliance at the RYT-200 level.

Application Requirements:

- Please submit the completed application form and your \$500 deposit to Urban Oasis Yoga & Wellness. Space is limited per training as mentorship is included in the three month training. Your deposit will be applied towards your tuition upon acceptance. If you are not accepted into the program your deposit will be returned less a \$50 administration fee.
- Applications can be dropped off (or mailed) in a sealed envelope to Deb at Urban Oasis Yoga & Wellness, 3310 E. Lake Sammamish Pkwy SE, Suite I, Sammamish, WA 98075. Please note that incomplete applications will not be considered for acceptance. Please answer all questions authentically; we are looking for **your** answers, not the "right" answers.



200-Hour Application Form (turn in):

Please complete the registration information below and provide a brief description (200 words or less) of your Yoga background and goals for this training.

Personal Information:

Name _____

Address _____ City/State/Zip _____

E-mail _____ Birth date: ____ / ____ / ____

Home Phone: (____) _____ Cell Phone: (____) _____

Medical History:

Describe any areas of bodily concern/injury/pain (e.g., knees, wrists, low back, etc) _

Are you treated by a physician for any medical conditions that may affect your yoga practice?

Emergency Contact:

Name: _____ Phone (____) _____ Relationship: _____

Q & A Section:

Please answer the following questions on a separate sheet of paper and submit with your application.

1. How long have you been practicing yoga? _____

2. What is your experience with the yoga, what styles have you practice? _____

3. Do you currently practice at Urban Oasis Yoga & Wellness? Yes/No _____

a. If NO, where do you practice at? _____

4. What is your favorite style of yoga to practice? _____

5. Is this your first teacher training? Yes/No _____

If the answer is No: Please list other training programs you completed, along with the number of hours & dates. _____

6. List three reasons you want to take this particular teacher training.

a. _____

b. _____

c. _____

7. Please share any highlights of your professional career to date. _____

8. What skills do you have that are most transferable to the craft of teaching yoga?

9. Do you want to teach yoga? Yes/No _____

If you answered YES: Please be specific to your experience and avoid answers like "yoga has helped me so much, I want to bring it to others." This is clarity of intention now will guide your experience in the training program. _____

If you answered NO: Please let know why you are taking the training and what you are hoping to get out of it. _____

10. Do you have any teaching/training experience? (Not just with yoga - for example, do you lead training's in your workplace? For instance do you teach math as a tutor? Are you the one at work that teaches everyone how to do new thing?) Yes/No. If the answer is Yes: please briefly describe. _____

11. What skills are you looking to gain from our teacher training program? _____

12. How are you working in team settings? Please be honest. _____

13. Can you commit to the attendance and homework obligations outlined in the program description? If you have conflicts, please describe them so we can make alternative arrangements. _____

Release of Liability:

NOTICE: This is a legal document releasing our liability. Please read.....

By signing this document you are state that you are **RELEASE OF LIABILITY** and under the following: 1) In consideration for the opportunity to participate in this activity and the services provided by Urban Oasis Yoga & Wellness, and their DESIGNATED INSTRUCTORS, I (on behalf of myself, my family, heirs, assigns, and legal representatives) release Urban Oasis Yoga & Wellness, and their DESIGNATED INSTRUCTORS from any liability whatsoever arising out of my participation in or presence in the Urban Oasis 200-hour Teacher Training Session. 2) **MEDICAL RESTRICTIONS:** To the best of my knowledge, I have no physical or medical restrictions, which would prevent me from participating in the Urban Oasis 200-hour Teacher Training Session.

Participant _____ **Date** _____

Please mail completed release of liability form, your application and a check for \$500 to:
Urban Oasis Yoga & Wellness 3310 E. Lake Sammamish PKWY SE, Suite I Sammamish, WA 98075

Question: Contact Deb Wolfe E-RYT 200hr, RYT-500 & CYT at deb@urbanoasisyoga.com or 425-677-8403 with any question.