



teacher training



300 HOUR TEACHER TRAINING

Vibe 300 CYT Teacher Training is designed to take you from teaching your sequence to being able to skillfully teach THEIR class. Our program is designed to move you from studio teacher to a place where you are comfortable teaching one-on-one, workshops and having the skills to teach a large group. We will dig deep into the ancient teaching of yoga and then expand into the current trends and concerns within our industry. Becoming comfortable with physical adjustments, a deep understanding of the Chakra system and learning to love physical anatomy will make you more confident in your yoga pants.

2022 - 2023 TEACHER TRAINING SCHEDULE

All weekends will be conducted on **Saturdays & Sundays from 8:00am to 6:00pm** unless otherwise noted with a one-hour lunch.

2022 – 2023 DATES				
September 10 & 11 2022	November 5 & 6 2022	January 28 & 29 2023	March 18 & 19 2023	May 20 & 21 2023
September 24 & 25 2022	December 3 & 4 2022	February 11 & 12 2023	April 22 & 23 2023	June 3 & 4 2023
October 8 & 9 2022	January 14 & 15 2023	February 25 & 26 2023	May 6 & 7 2023	

Our program will include, but not be limited to, the following Yoga Alliance Standards for a 300-hour program:

CATEGORY	HOURS	DESCRIPTION
Techniques, Training & Practice	75	Chanting, mantra meditation, kriyas, asanas. Analytical training and how to teach. Guided practice of the techniques themselves
Teaching Methodology	50	Address special needs, time management, boundaries, assisting etc.
Anatomy & Physiology	35	Physical anatomy and physiology. Energy anatomy
Philosophy, Ethics and Lifestyle	60	Traditional texts, yoga lifestyle. Meditation, lifestyle, values of service.
Practicum	40	Lead instructor, assisting students etc
Electives	40	40 Hour Project
Contact Hours with ERYT	285	Contact hours are defined as being in the presence of the teacher trainer physically. Non-contact hours may include homework, independent study, study groups, observing classes, etc.

Please be advised that many of the required hours will be obtained through reading, homework, personal practice, and workshops.

vitality | integrity | balance | evolution



300 HOUR TEACHER TRAINING APPLICATION

Name	
Address	
Phone (H)	
Phone (C)	
Email	

EMERGENCY CONTACT

Name	
Phone	
Relationship	

BASIC INFORMATION

Where and when did you get your 200 CYT?
Are you a 200 RYT? Yes/No
What are you looking for in a 300 CYT?
How did you hear about this training?

PERSONAL INFORMATION

Use this space or the back of this page to tell us about yourself and why you want to take this training. There are no wrong answers here and no judgment. It is helpful for us to design the curriculum if we know where you are headed. You are welcome to type this out and include it on a different piece of paper.

Office Use Only	Acceptance Date:	TT Session ID:
	Agreement Signed?	



300 HOUR TEACHER TRAINING WITH VIBE YOGA: PROGRAM DETAILS

PROGRAM QUALIFICATIONS:

- Must have completed a 200 CYT program
- Must have at least 50 hours of class/studio teaching hours or if you have less than the required in studio teaching hours then submit a one-page paper explaining where you want to take your training and how you think this training can benefit you.
- Must attend all of scheduled contact hours or be willing to make up hours as discussed during the first class.

PROGRAM REQUIREMENTS

- Completion of all homework and exams
- Completion of all modules and contact hours
- Completion of all practicum hours
- Completion of Karma classes and 40-hour project.

TEXT BOOKS INCLUDED IN TUITION:

- Anatomy of the Spirit. Caroline Myss PhD.
- Ashtanga Yoga. David Swenson
- Yoga Adjustments. Mark Stephens
- The Yamas & Niyamas by Deborah Adele
- Yoga Nidra. Swami Satyananda Saraswati
- The Pain Management Workbook by Rachel Zoffness, MS, PhD.

COST/PAYMENT PLAN: \$E800 includes all required books for training

- Cost of the 300 CYT program is \$3800.
- Deposit is \$500
- If tuition is paid in full before the first day of class then class cost is \$3300 (\$500 DISCOUNT)
- If deposit of \$500 is made before August 20, 2022 then class cost is \$3300 (\$500 DISCOUNT)
- You can make one payment of \$3300 at any time before the first day
- We welcome a payment plan.
 - Make a down payment of a minimum of \$500
 - You are welcome to make monthly payments of a minimum of \$250 per month. Payments are due the 15th of every month. You will not be able to attend training if the monthly payment is not made.
 - If you are unable to make the monthly payment during training, please make arrangements with Gayla to see if you will be able to attend the next training.
- After deposit is made, the balance is welcome any time before training starts to take advantage of the discount or talk to Gayla to make payment arrangements.
- Deposit/payment is due with application.

HOW TO APPLY

Complete and submit the payment form to gayla@vibeyoga.com

602 East Main Street | Suite C | Allen, TX 75002

469.640.1107 | VibeYoga.com



PAYMENTS OPTIONS (CASH, CHECK, VISA AND MASTERCARD ACCEPTED)

- Payment plan
 - \$500 deposit due with application
 - Balance to be paid in monthly payments of \$250 until balance paid
 - Payments can be made in cash, post dated checks, or credit card.
- Paid-in-full before the first day of training
 - All \$3300 is paid in full before the first day of training and no more money is due. Money can be paid in cash, check, or Credit Card
- Paid-in-full on the first day of training.
 - All \$3800 is paid in full the first day of training and there is no longer a balance due on the account. Money can be paid cash, check or credit card.

PAYMENT FORM

Name				
Address				
City	State		Zip	
Home Phone	Work Phone		Cell Phone	
Email				

Payment Method Check Visa Mastercard

Name on card				
Debit/CC #	Exp Date		CW Code	
Billing Address				
City	State		Zip	

CANCELLATIONS/WITHDRAWAL (PLEASE CHECK ALL BOXES TO INDICATE AGREEMENT)

- You must speak with Gayla or Heather and withdraw from the program before the completion of the first day of training by 12:00 midnight. Follow up after verbal withdrawal must be in writing via email to receive a full refund.
- No refunds or credits will be given after completion of the first module (2nd day of training).
- Each withdrawal of this program will be discussed and considered. There is NO MONEY RETURNED policy after the first 10 hours of training. Please note that each situation will be addressed and an agreed upon conclusion will be negotiated and by signing this application you understand that there is NO guarantee of a refund policy in place.

AGREEMENT

I understand the payment options listed above and agree to make the payments on or before the due date. I understand that non-payment may result in my dismissal until the payment has been made.

Signature		Date	
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