



# teacher training

## 200 HOUR TEACHER TRAINING

**This training is an in-studio training.**

Teacher Training is what we call it, but it's so much more!

You are only the teacher when you are standing in front of a class. All of the concepts that are taught in Teacher Training can also be used to expand your practice while you are a student on your mat.

Come join us for Teacher Training in January 2022!

**Applications due no later than December 20, 2021.**

## 2022 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 DATES				
January 15 & 16 2022	February 12 & 13 2022	March 12 & 13 2022	April 9 & 10 2022	May 14 & 15 2022
January 29 & 30 2022	February 26 & 27 2022	March 26 & 27 2022	April 23 & 24 2022	

Our program will include, but not be limited to, the following Yoga Alliance Standards for a 200-hour program:

CATEGORY	HOURS	DESCRIPTION
Techniques	100	Asanas, pranayama, mantra, bandhas, meditation, and teaching techniques
Teaching Methodology	25	Demonstrating, observing, assisting, sequencing, class planning, themes, use of props, and teaching language
Anatomy & Physiology	20	Anatomy of the spirit, chakras, nadis, musculoskeletal systems and biomechanics.
Philosophy, Ethics and Lifestyle	30	Study of sutras, Sanskrit, Bhagavad-Gita, history of yoga, yogic lifestyle and ethics
Practicum	10	Students will assist, teach, and observe classes throughout the training
Electives	15	Electives pertaining to the previous categories mentioned.
Contact Hours with ERYT	105	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.





## 200 HOUR TEACHER TRAINING APPLICATION

Name	
Address	
Phone (H)	
Phone (C)	
Email	
<b>EMERGENCY CONTACT</b>	
Name	
Phone	
Relationship	
<b>BASIC INFORMATION</b>	
How long have you practiced Yoga?	
What is your motivation for joining a 200-hour Teacher Training Program?	
How did you hear about this Teacher Training Program?	
<b>PERSONAL INFORMATION</b>	
Please tell us about yourself.	

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



## 200 HOUR TEACHER TRAINING WITH VIBE YOGA: PROGRAM DETAILS

### PAYMENT PLAN

There is a payment plan available. Please see the payment form on page four. Payment forms are due with deposit and application.

### PAYMENT PLAN: \$2800 includes all required books for training

- \$500 deposit due with program application (**Application must be turned in by December 20, 2021 – Reading assignment will be discussed on first day of class**)
- Balance of \$2,300 paid in five monthly payments (\$500, \$500, \$500, \$500, \$300)
- Auto payments on the 15th of each month, for five months

### PAID-IN-FULL by December 1, 2021: includes all books for training (discount of \$200 off tuition)

### DEPOSIT: \$500

Due with program application

### PROGRAM REQUIREMENTS

- Completion of all homework and exams
- Completion of nine-week modules
- Completion of individual practicum hours
- Completion of five hours of Karma yoga

### ADDITIONAL BENEFITS

- Studio offered workshop discounted 30%
- Nine free months of unlimited yoga membership
- Vibe instructor workshops included in program

### REQUIRED READING

Applicants will be sent a reading assignment for first weekend of training discussion. **Books are Included in Teacher Training Fee.**

### Yoga Alliance

Teacher Training fee does **not** include fee registering with Yoga Alliance.

## HOW TO APPLY

Complete and submit the payment form to [gayla@vibeyoga.com](mailto:gayla@vibeyoga.com)

**Once you make a decision,  
the universe conspires  
to make it happen.**

~Ralph Waldo Emerson

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

469.640.1107 | VibeYoga.com

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

- Payment Plan: \$2,800
  - \$500 deposit due with program application (**Application must be turned in by December 20, 2021 – Reading assignment will be discussed on first day of class**)
  - Balance of \$2,300 paid in five monthly payments (\$500, \$500, \$500, \$500, \$300)
  - Auto payments on the 15th of each month, for five months
  - includes all required books for training
- Paid-in-Full before December 1, 2021: \$2,600
  - includes all required books

## 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 cancel before the completion of the first day of training by 12:00 midnight in writing to receive deposit back.
- No refunds or credits will be given after completion of the first module
- Withdrawal from the program does not cancel or void this agreement. Any outstanding balance is still due and will be charged on the dates indicated above.

## 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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Complete and submit the payment form to [gayla@vibeyoga.com](mailto:gayla@vibeyoga.com)