

SCHEDULE

September—December 2017

TRAINING HOURS

Fridays 5:00pm—9:00pm
Saturdays 1:00pm—8:00pm
Sundays 1:00pm—8:00pm

TRAINING LOCATION

Hapa Yoga Eastlake
2334 Proctor Valley Rd #101
Chula Vista, CA 91914
(619) 606-3218

LEAD TRAINERS

Karla Rodas
RYT-200, Reiki 2 Practitioner

Karla is an ambassador of love and hugger of sweaty beings. She found yoga at the perfect time in her life. As a navy spouse and mother of two sons, she felt stressed when her husband deployed. With dedication to her new found practice, she learned tools to help her in her daily life. She's completed several trainings and specializes in yoga for trauma/military communities, restorative-yin, and yoga therapeutics for those suffering from chronic pain and injury. Through yoga and writing, Karla's greatest hope is to help others self-heal and tap into their own inner beauty, strength and limitless potential, always with humor and love.
www.lavidayogaconkarla.com



Tina Knight
Hapa Yoga Owner, E-RYT 200, PRYT-85, Fitness and Prenatal Fitness Certified, Reiki Master

Tina is the founder and owner of Hapa Yoga & Fitness. She is passionate about educating and uplifting people through yoga and fitness. She has a degree in Business and is actively pursuing a MBA in Business Management. Tina is certified in Pre/Post-natal Yoga & Fitness, PiYo, TRX, Barre, and is a Reiki Master.



DATES

September 8-10, 23-25
October 6-8, 20-22
November 3-5, 17-19
December 1-3, 15-17
(Reiki elective will be held on an off weekend during the training)

REQUIRED READING (Tentative)

Teaching Yoga by Donna Fahri
The Science of Yoga by William Broad
The Key Muscles of Yoga by Ray Long
Hatha Yoga by Martin Kirk
Teaching Yoga by Mark Stephens
Yamas & Niyamas by Deborah Dell
Anatomy of the Spirit by Caroline Myss



Hapa Yoga
&
Fitness

200 HOUR YOGA TEACHER TRAINING HATHA & VINYASA with Reiki Elective



BECOME A YOGA TEACHER
DEEPEN YOUR PRACTICE

9 WEEKENDS

September—December 2017

www.hapayoga.com info@hapayoga.com

NAMASTÉ

Hapa Yoga's Hatha & Vinyasa 200 Hour Teacher Training Program is a foundational yoga training designed to provide participants the knowledge and experience to become innovative and inspiring yoga teachers. Upon completion, students will be able to create and teach an all levels Hatha class and a basic Vinyasa class or to deepen their practice and overall understanding of yoga. The Hapa Yoga Teacher Training Program meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200-hour level. Yoga Alliance requires 180 contact hours and 20 non-contact hours.

APPLICATION & REGISTRATION

Applicants should be 18 years or older, in good physical condition, have a regular yoga practice and have practiced yoga for at least a year. Some program correspondence and outside assignments will occur electronically, so applicants should have access to email.



Once your application is received an interview may be scheduled with Karla Rodas, Lead Teacher Trainer. The interview process is an opportunity to have any of your questions about the program discussed. Upon acceptance to the program students must sign the Agreement and Liability Release form. **Register in person at Hapa Yoga studios or online at www.hapayoga.com Teacher Training page.**

COURSE CURRICULUM

Techniques, Training and Practice – 100 Hours

Includes the fundamentals of yoga, bandhas, mantra, meditation, mudras, and pranayama. In depth understanding through practicing and lecture of asana including standing, seated, supine, prone, and inversions. Covers the structuring of a Hatha and Vinyasa class. Also includes other yoga styles such as Yin, Restorative, and prenatal.

Teaching Methodology – 25 Hours

Consists of demonstrating Asana, teaching to all level students, modifications, relationship to students, teaching styles, and the business of yoga.

Anatomy and Physiology – 20 Hours

Overview of the Muscular, Skeletal, Nervous, Sensory and Organic systems, Chakras and Anatomy of Movement.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 30 Hours

Consists of Ayurveda, Yoga Diet and Nutrition, Self-Care, Yogic Literature and Sutras, 8 Limbs of Yoga and Ethics for Yoga Teachers

Practicum – 25 Hours

Personal practice of asana, meditation and pranayama. Practice teaching, observing teachers as well as hearing/giving feedback.



CERTIFICATION

Students will need to have a written record of attendance of 30 hours of public class, written record of 8 hours of independent teaching and complete an exam. Students will be expected to observe at least 4 different classes. Each module will have specific assignments, including creating online content, visual aids and their own personal code of ethics. **Students will receive 4 months unlimited membership** to Hapa Yoga Studios while enrolled in the training to assist with completion of hours.

INTERNSHIP & MENTORSHIP OPPORTUNITIES

Hapa Yoga offers an optional mentorship program while you are in the 200 HR teacher training program at the student discretion and cost. Hapa Yoga also has an internship program to provide additional studio teaching. The internship must be completed to be considered for teaching staff at Hapa Yoga. More information is available at Hapa Yoga.

PRICING

Deposit: \$500 deposit due with registration.

Full Investment: \$2,500. Includes \$500 deposit and \$180 elective Reiki training. Paid in Full by September 8, 2017.

Full Investment without Reiki elective: \$2,320. Includes \$500 deposit. Paid in Full by September 8, 2017.

Early Bird Rate*: Subtract \$200 from either option above. Must be paid in Full by July 31, 2017.

Military Discount*: Save \$100 on Full Investment options above; Military personnel and spouses only.

Referral Discount*: Refer a friend! Upon enrollment, you both save \$100 on either Full Investment.

Payment Plan: 4 installments. 1st Payment due with registration form. 2nd due 9/01/2017. 3rd due 10/01/2017. 4th due on 11/01/2017.

Pricing includes 4 Months of Monthly membership – VALUED AT \$480! Starts on 9/08/2017 and ends 1/08/2018. If they currently have a membership, we will freeze it on 9/07/2017.

*Only one discount may be applied towards registration. Automatic payment plans available by request once \$500 deposit is paid.

Cancellation and Refund Policy: Your \$500 deposit is non-refundable. In the event that you must cancel your participation, future auto payments will be terminated. Payments will not be refunded after September 8, 2017. Amounts paid but not used after September 8, 2017 may be applied to future trainings and/or Hapa Yoga Membership, programs and retail.