



200 HOUR
YOGA TEACHER TRAINING
HATHA & VINYASA



9 WEEKENDS
March–June 2018

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 lead trainers, Tina Knight or Jennifer Harpin. 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.

REQUIRED READING

- 1) *Teaching Yoga* by Donna Fahri
- 2) *Teaching Yoga* by Mark Stephens
- 3) *The Key Muscles of Yoga* by Ray Long
- 4) *Anatomy of The Spirit* by Caroline Myss
- 5) *Light on the Yoga Sutras of Patanjali* by BKS Iyengar
- 6) *Bhagavad Gita: A New Translation* by Stephen Mitchell
- 7) *The Yamas and Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele

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.

PRICING

Deposit: \$500 deposit due with registration.

Full Investment: \$2,500. Includes \$500 deposit and \$180 elective Reiki training. Paid in Full by March 9, 2018.

Full Investment without Reiki elective: \$2,320. Includes \$500 deposit. Paid in Full by March 9, 2018.

Early Bird Rate*: Subtract \$200 from either option above. Must be paid in Full by February 9, 2018.

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 3/01/2018. 2nd due 4/01/2018. 3rd due 5/01/2018. 4th due on 6/01/2018.

Pricing includes 4 Months of Monthly membership – VALUED AT \$480! Starts on 3/01/2018 and ends 6/30/2018.

If currently on autopay membership, account will be frozen it on 3/01/2018.

*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 March 9, 2018. Amounts paid but not used after March 9, 2018 may be applied to future trainings and/or Hapa Yoga Membership, programs and retail.

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.

SCHOOL RULES / POLICIES

Students are expected to follow all policies and rules. Students are expected to act maturely and ethically. Any student that is disruptive may be terminated from the program at the school's discretion. The School will provide one written warning.

Class Attendance: course completion is based on class attendance. It is your responsibility to make sure you are noted as present.

Class Times: Classes start promptly. Please arrive 5-10 minutes before classes begin. In-class breaks are scheduled at the teacher's discretion.

Missed Classes and Class Make-Up Policy: In the event of a scheduling conflict, students are permitted to do make-up work instead of attending class, for no more than 12 missed hours. Students are permitted to do make-up assignments only with the permission of the Program Coordinator. The Make-Up Policy is for emergency use only. Make-up work may be independent study or private instruction with Teacher Training faculty. Private instruction costs an additional \$50 an hour. Make up sessions can be taken during the following scheduled teacher training.

Dress: Please wear clothing appropriate for yoga practice.

What to bring: writing materials, notebooks and required texts should be brought to class. Students should bring their own yoga mats, food and beverage.

SCHEDULE

March—June 2018

TRAINING HOURS

Fridays 5:00pm—9:00pm

Saturdays 1:00pm—8:00pm

Sundays 1:00pm—8:00pm

DATES

March 9-11, 23-25

April 6-8, 20-22

May 4-6, 18-20

June 1-3, 15-17

(Reiki elective will be held on an off weekend during the training)



MEET THE TRAINERS



Tina Knight

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



Jennifer Harpin

RYT 200



Nathan Briner

RYT 200, Pain Management Specialist and owner of True Balance Sports Therapy Clinic



Miranda Goll

RYT 200, Yin Yoga Certified, Kids Yoga Certified, Reiki Master, Massage Therapist 500 Hour

TRAINING LOCATION

Hapa Yoga Mission Valley
4242 Camino Del Rio N #10
San Diego, CA 92108
(619) 309-6732



Hapa Yoga