
200 hour Yoga Teacher Training

HATHA & VINYASA WITH REIKI ELECTIVE



Hapa Yoga
&
Fitness

9 WEEKENDS | FEB. 8 – JUN 2, 2019
INFO@HAPAYOGA.COM | (619) 309-6732





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. 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) *Light on the Yoga Sutras of Patanjali* by BKS Iyengar
- 5) *Bhagavad Gita: A New Translation* by Stephen Mitchell
- 6) *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.

Full Investment without Reiki elective: \$2,320. Includes \$500 deposit.

Early Bird Rate*: Subtract \$200 from either option above. Must be paid in Full by January 8, 2019.

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 2/08/2019. 2nd due 3/08/2019. 3rd due 4/05/2019. 4th due on 5/03/2019.

Pricing includes 4 Months of Monthly membership – VALUED AT \$480! Starts on 2/02/2019 and ends 6/02/2019.

If currently on autopay membership, account will be frozen it on February 2, 2019.

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

Cancellation and Refund Policy: Your \$500 deposit is non-refundable. In the event that you must cancel your participation, we will refund \$1,615 (+Optional Reiki) before Weekend 2 starts. Refund of \$1,415 (+ Optional Reiki) before Weekend 3 starts Refunds will not be given after the start of Weekend 3, however you have the option to attend a future teacher training at Hapa Yoga. If a refund is provided, your free membership will also expire on the date of refund. If you opt to re-take the training at a later date, you will not receive future 3 months of free membership.

INTERNSHIP & MENTORSHIP OPPORTUNITIES

Hapa Yoga offers an optional mentorship program while you are in the 200 HR teacher training program at the student's discretion and cost. In addition, Hapa Yoga has an internship program after the training to provide additional studio teaching. The internship must be completed to be considered for teaching staff at Hapa Yoga. For more information, email info@hapayoga.com.

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.

DATES

Weekend 1: Feb 8-9 (Friday Orientation)

Weekend 2: Feb 22-24

Weekend 3: March 8-10

Weekend 4: March 22-24

Weekend 5: April 5-7

Reiki Weekend: April 13-14 (Optional)

Weekend 6: April 26-28

Weekend 7: May 3-5

Weekend 8: May 17-19

Weekend 9: May 31-June 2 (Finals)

TRAINING HOURS

Fridays 5:00PM-9:00PM

Saturdays 12:30PM-8:30PM / 12:00PM-8:00PM

Sundays 12:30PM-8:30PM



MEET THE TRAINERS



Tina Knight

Hapa Yoga Owner, E-RYT 200, PRYT 85, Reiki Master

Tina is the founder and owner of Hapa Yoga & Fitness. She is passionate about educating and uplifting people through yoga and fitness. Her studios are dedicated to helping others in their life journey; to heal, recover, and transform. She has a degree in Business and is certified in Pre/Post-natal Yoga & Fitness, PiYo, TRX, Barre, and is a Reiki Master.



Miranda Goll

E-RYT 200, Yin Yoga Certified, Kids Yoga Certified, Reiki Master, Massage Therapist 550 Hour

Miranda is a Yoga Alliance Registered E-RYT 200hr Yoga Instructor, International Association of Reiki Professionals registered Intuitive Reiki Master, and 550hr Massage Therapist with a specialization in Asian Therapies, and Vipassana meditation practitioner. Miranda has had a yoga and meditation practice for over 20 years, so she loves to share teachings that help students bring awareness to their breath and to their body. She was attuned to Reiki and began learning massage in Thailand in 2002, so she loves giving hands on adjustments to her yoga students, and offer the benefits of healing touch. Miranda has taught on 3 Hapa Yoga teacher trainings, and is honored to be teaching to a new group of trainees in 2019!



Jennifer Hudgens

RYT 200, DPT, Hapa Yoga Instructor

Jennifer is a Doctor of Physical Therapy and has been a yoga instructor for over 6 years. She was drawn back to yoga following a severe accident in 2009 and has used yoga as healing component both physically and emotionally in her life. She loves sharing that with others through her passions of essential oils and proper alignment all while finding peace on our mats.



Jackie Ibanez

E-RYT 500, Hapa Yoga Instructor

Jackie began her yoga journey in 2009 after graduating from high school. She was drawn to yoga for the physical challenges it entailed. After attending yoga every day for a few months, she realized it was MUCH more than just an exercise. Yoga opened her eyes to a whole new world; a world of self-love, compassion, inspiration, peace and true identity. In 2010, she completed her 200 Hour Yoga Teacher Training at the Chula Vista Yoga Center. From that moment on, she knew that her calling would be to heal and inspire others thru her yoga teachings to live a happy life full of gratitude. Jackie went on to complete her 300 Hour training in India. Yoga helped her overcome many obstacles in her life and allowed her to continue to live with optimism and an open heart. As an instructor, Jackie hopes to inspire, support and encourage each student to live their own yogic path.

TRAINING LOCATION

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

