



TEACHER TRAINING PROGRAM
One Month Intensive or Weekend Format
Experienced Faculty
Learn to Teach, Teach to Learn

We believe that your personal practice and experience are the foundation for creative teaching. The 250-hour program is designed to deepen and build your personal practice and embark on a transformational journey toward becoming a yoga teacher.

Knowing beyond the physical components of yoga, students will study from the Yoga Sutras of Patanjali. You will begin to learn the fundamentals of meditation and pranayama.

To facilitate a more scientific understanding of the body, you will study functional anatomy, class sequencing, physical adjustments, as well as the physiology of inversions, backbending, breathing, and the nervous system.

YOGA AS A CAREER

Build a career around your passion! Whether your intention is to instruct yoga full-time or supplement your current lifestyle, teaching yoga can offer you flexible and rewarding opportunities. You will be able to use your passion to support others while building a healthy community.

Career opportunities with Yoga Tree include:

- Teaching yoga classes, private classes, and workshops
- Becoming a teacher trainer or studio director
- Student-teacher mentorship



PROGRAM OFFERINGS

Yoga Tree's teaching philosophy is based on three disciplinary lineages – Classical Hatha, Ashtanga, and Hot Yoga. Upon graduation, students will be equipped to teach in both heated and non-heated environments.

125 hrs	Technique Training / Practice
20 hrs	Anatomy & Physiology
45 hrs	Teaching Methodology & Introduction to Specialized Yoga Programs*
30 hrs	Yoga Philosophy / Ethics
10 hrs	Pranayama / Meditation
15 hrs	Practicum (Teaching of classes & class assists)
35 hrs	Personal Practice (taken during the training at Yoga Tree)

At Yoga Tree, we seek to develop teachers who encourage, inspire, and who demonstrate sensitivity to the needs of individuals to build meaningful relationships. By creating a strong foundation, graduates will be able to discover their own unique voice and style.

Students who complete the **250-hour teacher training program** will:

- Deepen their practice and understanding of yoga
- Learn how to provide and effectively implement adjustments for students using voice, body language, and touch
- Create cohesive and well-rounded class sequences
- Study and integrate yoga philosophies drawn from the Yoga Sutras
- Have confidence to begin teaching yoga to various levels of students and with different yoga alignments
- Introduction to prenatal, kids yoga, ayurveda, and restorative yoga

Students will also receive a diploma which is Yoga Alliance compliant, which can be applied to the Yoga Alliance at the RYT-200 level upon graduation.





COURSE DESCRIPTIONS

Yoga Tree Teacher Training Program – 250 hours level

Asanas (Yoga Poses)

The art of Alignment / Approximately 125 hours

The Asana component of our teacher training program provides a detailed breakdown of over 100 fundamental yoga poses. The Asana component will include at minimum:

- Benefits and contraindications of each Asana
- Variations and modifications, including use of props
- Physical alignment of each pose within your own body, as well as recognizing it in your students
- Learn both hands-on and verbal adjustments
- Design classes and understand principles of sequencing yoga postures
- Instruct students on entering and exiting the posture safely, precisely, and with clear instruction
- Teaching principles of various styles including Hatha, Hot Yoga, and Vinyasa (Power)

Pranayama

The art of Breath / Approximately 10 hours

Pranayama is the study of breath control, the “Prana” life force energy. Learn to teach various pranayama breathing techniques such as Ujjayi breath; including their benefits and contraindications. Bandas (energy blocks) and their use in Asana practice will also be covered.

Anatomy / Physiology

Anatomy for the Yoga Mat / Approximately 20 hours

A basic working knowledge of anatomy is not only essential for any Yoga instructor; it is also a profoundly spiritual pursuit. As what we are studying is not an ideology or philosophy, but the most complex and divine creation in the universe. This anatomy intensive component covers the basic anatomy and biomechanics of the human body with direct application to yoga postures and practices. Various anatomy models, props, and tools are used to make the study of anatomy interactive and inspiring.

Teaching Methodology

The art of Teaching / Approximately 45 hours

In this portion of the program, we will focus on the principles of demonstration, observation, assisting, correcting, instructions, teaching styles, qualities of a teacher, and the student’s process of learning. We will explore the ethical aspects of teaching Yoga, and the components that create the “Yoga Lifestyle”. Also includes specialized yoga program methodology.

Teaching Practicum

Practice makes perfect / Approximately 15 hours

Opportunities to teach economy classes at Yoga Tree studios which includes student teaching, class observation, and instructional assistance. In your Teaching Practicum, you will be required to teach classes having a minimum of 8 people per class (evaluation forms are required to be filled out per class by attendees).

Personal Practice Hours

Self Development / Approximately 35 hours

A minimum of 35 hours of your own personal yoga practice is required in addition to training dates - yoga is 99% practice and 1% theory. These practice hours will help retain and review the material learned in the course.

We recommend students to take advantage of the diverse styles of yoga offered at Yoga Tree in order to further grow and learn. Students are welcomed to take any classes at any of the five Yoga Tree locations across the GTA. Classes will be counted once the course begins

Introduction to Specialized Yoga Programs

Restorative, Yin Yoga, Prenatal Yoga, and Kids Yoga

Understanding the needs of a growing group of students. This includes an introductory training for aspiring teachers who want to increase their knowledge of a woman’s body as it transitions through the different stages of pregnancy. Knowledge of pregnancy will enable you to integrate pregnant women into existing yoga classes.

We will also introduce methods of both teaching and practicing restorative yoga adjustments. Various techniques of support will be explored, as well as the physiological impacts of Restorative Yoga. Introduction to Kids Yoga will also be provided.





APPLICATION PROCESS

TUITION FEE: \$3,400 **SAVE \$200**
Early bird rates available until 2 months prior to your session start-date

Fees include a 5-month unlimited pass for our one month intensive program and a 6-month unlimited pass for weekend intensive formats. This Teacher Training membership can be used as early as one month prior to your session start-date. All passes will be activated on the start-date of your session if request for early activation is not received.



Two weeks before the start-date

To effectively process your application and manage your course materials, we require applications and tuition fees to be submitted at least two weeks before the start-date of your course.



\$500 deposit

A non-refundable deposit is required with your application. Registrations are processed on a first come, first serve basis and we recommend early submission to reserve your spot. Payments can be made by bank draft, debit card, money order, or certified cheque.



Download application online

Application forms are available for download on our website and can be submitted with your deposit at any Yoga Tree studio location. Deposits are refundable if you are not admitted into the program. Once accepted, the \$500 deposit will be used towards your tuition fees.

Please refer to our website for registration dates:

www.yogatree.ca/teachertraining/

Program Prerequisites

- Be at least 18 years of age
- The desire to deepen your knowledge and love of yoga
- Have been practicing yoga for at least 6 months
- Complete application for admission*

*Application to the program does not guarantee acceptance. Candidates are scheduled for a brief review with faculty and are evaluated for academic and physical ability, personal character, motivation, ability to manage time, and meet financial obligations for tuition.

Program Requirements of Certification

- Attend all modules in addition to personal practice
- Hours as specified on program outline
- Complete all required readings (provided upon acceptance)
- Successfully complete and pass final exam; written and practical

Sessions / Summer, Fall, and Winter

Curriculum / Teaching asana, meditation, pranayama, anatomy, yogic anatomy, yogic history and philosophy, yogic diet and lifestyle.
Certified at 250 hours level.

Location / Yoga Tree Vaughan, Yonge & Eglinton, and Bay & Dundas studio





Jason Lu, Program Director

As the principal instructor at Yoga Tree, Jason is best known for his authentic and no-nonsense approach to yoga. Jason offers unique seamless-sequencing, challenging his students to reach their full potential in each yoga practice. Jason is also an ambassador for Lululemon Athletica promoting yoga benefits to the greater community.



Ali Alexander, Faculty Member

Having first encountered yoga as a child, Ali returned to the practice in 2002 and sampled various styles including Iyengar, Viniyoga and traditional Hatha before finding Jivamukti Yoga. Ali completed her Jivamukti Yoga Teacher training and apprenticeship in 2005 and began teaching in Toronto. In late 2007, Ali spent the next two years travelling, studying, teaching and practicing yoga in Australia and New Zealand. She studied all aspects of yoga – including Sanskrit, meditation and yoga philosophy – and has additional certifications in both Restorative and Yin Yoga.



Mary Foran, Faculty Member

Mary believes no matter what age, size, agility - everyone can benefit from a regular yoga practice. Mary teaches yoga classes in a non-competitive and accepting atmosphere. Mary's classes offer a mindful based exercise that increases focus, flexibility and strength to promote your overall health and well-being. In Mary's classes, you can expect to learn proper physical alignment, greater self-awareness while healing, expanding, and excelling the capabilities of your body and mind.



Karin Charuz, Program Director

Karin's classes focus is on staying connected to the inner self with emphasis on breathing, developing body and mind awareness, as well as core strength, muscle tone, improved posture, balance, and inner confidence. She is a senior instructor and teacher training faculty member at Yoga Tree Studios. Karin leads spiritual retreats and various workshops.



Kim Hasselfeldt, *Guest Lecturer*

Kim has been practicing yoga since 2004. She has an extensive background in dance, and was seeking an alternative form of exercise when she discovered yoga. What started out as a quest for a fitness activity has evolved into something much deeper and more meaningful. Kim has training in many styles of yoga, but specializes in Ashtanga, Vinyasa, and Yin. Witnessing and being involved in the practice of others everyday fuels her passion for the depths and many aspects of her own practice.



Elysia Baldassarra, *Faculty Member*

As a Certified Yoga Instructor at Yoga Tree, Elysia combines her medical knowledge with the physical and mental rejuvenation of yoga practice, giving her students the unique opportunity to fully work towards optimal health. She aspires to motivate and educate her students to achieve their personal health goals while attaining the benefits of mind and body awareness.



Jason, Karin, and all the other guest instructors were not only knowledgeable, but were kind, approachable, and supportive. Yoga Tree's Teacher Training provided me with the information and practical experience necessary to further my own personal yoga practice, and also to comfortably share my passion for yoga with others. I unexpectedly undertook a journey of self-discovery and made friendships that will last a lifetime. Yoga Tree was an excellent choice for me, and I am sure it will be for you as well!

- Emily,
250 HOUR STUDENT

BAY & DUNDAS
123 Dundas Street W.
416.205.9642

RICHMOND & SPADINA
140 Spadina Avenue
416.603.9642

YONGE & EGLINTON
40 Eglinton Avenue
416.322.9642

RICHMOND HILL
360 Highway 7 E.
905.882.9642

VAUGHAN
9141 Keele Street
905.553.8733