



**Yogatree**
LEARN TO TEACH. TEACH TO LEARN.

TEACHER TRAINING PROGRAM
1 Month Intensive / Weekend Format
Experienced Faculty



Learn the theory and practice of yoga.

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

Technique Training/Practice	125 hrs
Anatomy & Physiology	20 hrs
Teaching Methodology & Introduction to Specialized Yoga Programs	45 hrs
Yoga Philosophy/Ethics	30 hrs
Pranayama/Meditation	10 hrs
Practicum (Teaching & Class Assists)	15 hrs
Personal Practice	35 hrs

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 heated and non-heated environments.

Total curriculum includes both contact hours and personal study.



Master the Art of Teaching

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 will also receive a diploma which is Yoga Alliance compliant, and can use this to apply to the Yoga Alliance at the RYT-200 level upon graduation.

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

- Deepen their practice and understanding of yoga
- Learn how to provide and effectively implement corrections for students using voice, touch, and body language
- Create a cohesive, well-rounded class sequence
- 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 lineages
- Introduction to prenatal, kids yoga, ayurveda and restorative yoga

The one month intensive yoga teacher training includes a 5-month unlimited yoga pass valid at all locations.

Course Descriptions

ASANAS (YOGA POSES)

The Asana component provides a detailed breakdown of over 100 fundamental yoga poses.

This 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)

The Art of Alignment / Approximately 125 hours

TEACHING METHODOLOGY

In this portion of the program, we will focus on the principles of assisting, demonstrating, observing, 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.

The Art of Teaching / Approximately 45 hours

TEACHING PRACTICUM

Opportunities to teach economy classes at Yoga Tree Studios which includes student teaching, class observation, and instructional assistance. You will be required to teach classes with a minimum of 8 people (evaluation forms are required to be filled out per class by attendees).

Practice Makes Perfect / Approximately 15 hours



ANATOMY / PHYSIOLOGY

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 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.

Anatomy for the Yoga Mat / Approximately 20 hours

PRANAYAMA

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 contraindications and benefits. Bandas (energy blocks) and their use in Asana practice will also be covered.

The Art of Breath / Approximately 10 hours

PERSONAL PRACTICE

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.

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

Self Development / Approximately 35 hours

INTRODUCTION TO SPECIALIZED YOGA PROGRAMS

This session will include 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 different 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.

Restorative, Yin Yoga, Prenatal Yoga, and Kids Yoga



Tuition and Application Process

Program Tuition Fee

\$3,600

SAVE \$200!

Early bird rates available until 2 months prior to your session start-date.

Fees include a 4-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/teacher_training.php

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





Jason Lu, Program Director

As the principal instructor, 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.



“The first few days of the course I was terrified I had bitten off more than I could chew. However, as each day passes I see more clearly the journey I am taking. If I never end up teaching yoga in the future, this will still be the most worthwhile experience I have ever had. I am learning more about patience and taking it all in, not worrying about when and if I will ever teach.

The spiritual and emotional connection in yoga is truly incredible. I have always considered myself a spiritual person, but am learning so much about my inner being from this experience. The physical and spiritual are finally coming together for me.”

– Ramona Gellel

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

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