

Sundance Yoga Studio RYT 200-Hour Yoga Teacher Training Schedule for 2016

Sundance Yoga Studios (SYS), is designed to be comprehensive,
yet individualized enough to meet the needs of all trainees.

SYS Teacher Training is seven weekends of intensive training as well as public class observation.
Yoga Alliance RYT (Registered Yoga Teacher) approved at the 200-hour level for national certification. Limited to 25 students.

Faculty:

Valerie Immore, director of Sundance Yoga Studio Yoga Teacher Training program will do the main portion of the teaching. **Additional Instructors: John Bethscheider, Korin Brody and Afton Mastracchio**

Schedule (Full Attendance is mandatory):

Aug 5, 6, 7 Aug 26, 27,28, Sept 16, 17, 18 Oct 6, 7, 8, 9 Nov 3, 4, 5, 6 Dec 1, 2, 3, 4 Dec 16, 17, 18
Thursday Friday Classes are 6-9 pm, Saturday and Sunday Classes are 9 am-7 pm

Topics of study will include:

- * Yoga history & philosophy
- * Principles of alignment theory and the anatomy of movement as they relate to teaching
- * Breathing, mediation and relaxation techniques
- * Methods of teaching to create a complete yoga experience for students
- * Sequencing and how to design a yoga class

Place: Sundance Yoga Studio, Friendswood.
128 S. Friendswood Dr
Friendswood, TX 77546

Sundance Yoga Studio, Pearland
7501 Fite Rd
Pearland, TX 77584

Tuition:

\$2,800 if paid by July 29, 2016 \$2900 after July 29, 2016
Ask about our individual payment plan
\$500 deposit by June 30, 2016
Full payment received by Nov 3, 2016.

Application Deadline:

July 15 2016

Pre-Requisites:

Not limited to any particular style or system.
One year of continuous study and practice of Yoga

To Register: Fill out Application Form, write a one page essay on, "Why I want to do this training" & mail to:
Sundance Yoga Studio •128 S. Friendswood Dr. Friendswood, TX 77546 • 281-482-YOGA

Sundance Yoga Studio Teacher Training Application Form 2016

Please fill out the following form and return it with your deposit to Sundance Yoga Studio. Acceptance will be based on review of application by our faculty. We are interested in working with people who will, upon completion of the course, be willing to dedicate themselves to furthering the principles behind Yoga and who will seek to teach those ideals in a safe and nurturing way. Feel free to attach additional pages.



Name First _____ Mi _____ Last _____ Address _____
 City _____ State _____ Zip _____ Date of Application _____
 Email Address _____ Phone Number (____) _____
 How long have you been studying yoga? _____ Who is your regular teacher? _____
 Please include location and phone number _____
 What systems of yoga have you studied and for how long? _____
 Please describe in terms of length and frequency your regular yoga practice. (Does it include pranayama, meditation, or prayer?) _____

List any current limitations that may affect your participation _____

REFUND POLICY: Once applicants are accepted, the deposit is Non-Refundable. Anyone who is not accepted into the training will be refunded their full deposit. Those accepted in the program have until Oct 6, 2016 to receive a prorated refund minus the deposit.