

Sundance Yoga Studio RYT 200-Hour Yoga Teacher Training Schedule for 2018

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):

Sep (21-23), Oct (19-21), Nov (9-11), Dec (13-16), Jan 2019 (10-13, 31) & Feb 2019 (1-3, 22-24)
Thursday Friday Classes are 6-9 pm, Saturday and Sunday Classes are 9 am-7 pm

Topics of study will include:

Place:

Sundance Yoga Studio (Friendswood)
128 S. Friendswood Dr
Friendswood, TX 77546

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

- * 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

Tuition:

\$2800 if paid by August 20, 2018

\$2900 after August 20, 2018

Ask about our individual payment plan

\$500 deposit by July 23, 2018

Full payment received by November 26, 2018

Application Deadline:

August 6, 2018

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 2018

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, (ie. 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 October 29, 2018 to receive a prorated refund minus the deposit.