



Sacred
the way you move

**Vinyasa Yoga Flow
200 hour
Teacher Training**

**Program Overview
and Application**

Sacred Vinyasa Yoga Flow 200 Hour TT Application

Welcome.

etymology: willa = pleasure/desire/choice + cuma = guest

We appreciate that you have many choices when it comes to a yoga teacher training. How to choose? We encourage you to dig deep, to the heart of your desire. Ask us questions. Take our classes. Survey your options. But mostly listen closely for the answers to be revealed from within. You'll know.

That's what we teach. In this guide is the practical information; the nuts and bolts of Sacred's training. The vision, the passion, the dream, the intuitive pull – that's within you. For today, consider yourself a guest at this banquet of possibility.

We promise to give you the tools to unearth the yoga teacher that already lives within. We are: one part practical: discipline, practice, technique and one part woo-woo: mystical, mystery, magic. We value generosity of spirit, compassion, accessibility, expression, connection, curiosity and unlimited potential. Above all we value the SACRED in everything.

The process?

It won't be easy. The commitment is substantial. But what completely amazing, game-changing life events are?

Welcome to Sacred's Fall 2013 teacher training – the Courage Class.

Application Requirements

We strongly suggest you submit the application as soon as possible in order to guarantee placement as our first teacher training will be intentionally small. If you are accepted into the program, the application fee will be included in your tuition price. If you are not accepted into the program or *are* accepted but opt not to join, your application fee will not be refunded.

Applications can be submitted online at www.sacredbrooklyn.com/teacher-training or dropped off (or mailed) to Sacred Brooklyn, 197 Clifton Place, Brooklyn, NY 11216. If submitting a print application, enclose in a sealed envelope labeled clearly with "your name" and "teacher training application" and leave at the front desk. The \$100 application fee must be included by check inside the envelope or paid online in order for the application to be considered.

We will let you know by email within 2 weeks of your application submission, whether or not you are accepted.

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Program Requirements

- A minimum of 8 months consistent yoga practice
- A commitment to attend ALL program sessions and complete ALL homework
- If you are not a regular practitioner at our studio and we are not familiar to the Sacred practice, we require an informal interview with the program director so we can get to know you and you can get to know us. Please go to www.sacredbrooklyn.com/teacher-training and click on “contact a program advisor” to schedule.

Staff + Support

Director of Teacher Training: Stephanie Battle, E-RYT
Founder and Proprietress: Dara Cole

Sacred’s Yoga Teaching Staff: Rachel Costello, Chichi Egbuna,
Nico Pickerstein, Kami Jones, Francine Taylor, Katharine James,
Belinda Levychin, Morisha Shuey

Guest Teachers:

Anatomy and Physiology with Kristen Leal
Yoga Philosophy with Sam Chase
Meditation with Raquel Rosario
Teaching to the Core with Aimee Meredith Cox
Teaching to a Theme with Rochelle Schieck
Additional Guest Teachers: TBA

Teacher Training Assistant(s): TBA

Yoga Alliance

The Yoga Alliance is a nationally recognized organization that registers yoga teachers and schools that meet set standards. Upon successful completion of the Sacred Vinyasa Yoga Flow 200 hour Teacher Training, we recommend you register with The Yoga Alliance as a RYT (Registered Yoga Teacher). We are a Registered Yoga School (RYS). For more information about the Yoga Alliance, please go to www.yogalliance.org

Tuition

Early Early Bird Tuition: \$2800 Save \$400 (pay in full by July 15th)
Regular Tuition: \$3200
Flexible Payment Plan: \$3400 (up to 5 payments - completed by 12/20/13)

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Explanation of Flexible Payment Plan: The flexible payment is designed to support you in fitting teacher training into your budget. The schedule is as follows:

Payment 1:\$580 (Due upon enrollment into TT) *Note: your application fee of \$100 has been deducted from this initial payment)*

Payment 2:\$680 (Due: September 20th, 2013)

Payment 3:\$680 (Due: October 20th, 2013)

Payment 4:\$680 (Due: November 20th, 2013)

Payment 5:\$680 (Due: December 20th, 2013)

Types of payment accepted: Cash, Checks, and Cards are acceptable forms of payment. For ease of processing, the flexible payment plan is limited to debit or credit cards as a payment method. We reserve the right to cancel your participation in and graduation from the Sacred Vinyasa Flow Teacher Training in the event that you are unable to complete your payments in full and on time. Prior payments are non-refundable and non-transferable.

Teacher Training Assistant: We will offer one TTA position for this training. The TTA tuition is \$1200 and can be paid with a Flexible Payment Plan. TTAs can expect to work approximately 8 hours/week during the course of the training, two weeks leading up to the training, and two weeks following. Applications and additional information about how to apply for the TTA position are available at www.sacredbrooklyn.com/teacher-training.

Please note that there are no refunds or re-assigning of tuition monies once teacher training has started.

Tuition Covers: Teacher Training Sessions, Teacher Training Manual, and 4 months membership at Sacred (One week preceding training and 3 weeks following)

Additional Expenses to Expect:

- A maximum of \$200 in required reading materials. The required reading list will be made available to you beginning July 1st, 2013. Books will be available to buy online through Amazon or you may opt to buy elsewhere.
- Tuition for 3 Off-Site Yoga Classes. Most classes range between \$15 and \$25.

Schedule + Attendance Requirements

Class Sessions

Fridays 6pm-10pm

Saturdays 9am-6pm

Sundays 2pm-6pm

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Week 1 September 20-22
Week 2 September 27-29
Week 3 October 4-6
Week 4 October 11-13
Week 5 October 18-20
Week 6 October 25-27
Week 7 November 1-3
Week 8 November 8-10
Week 9 November 15-17
Week 10 November 22-24
Break for Thanksgiving
Week 11 December 6-8
Week 12 December 13-15
Week 13 December 20-22

Attendance is mandatory at all class sessions. Lateness and absences will be tracked closely in order to meet Yoga Alliance standards. In the case of an emergency, you will have the option to make up missed hours in a future training. Please note that makeups must be in the same category as the missed session. For example, if you miss techniques, you will need to make up techniques or if you miss yoga philosophy, you'll have to make up philosophy. In some circumstances, you may have the opportunity to make up hours with an E-RYT at Sacred in a private session at the rate of \$75/hour. However, in cases of guest teachers with specific material, this option will not be available. If you have specific questions about attendance requirements, please speak with Stephanie Battle, program director directly before the start of training. After training commences, these questions will be directed to the Teacher Training Assistant.

Areas of Study

- Techniques + Training + Practice
- Asana + Pranayama + Meditation
- Teaching Methodology
- Anatomy + Physiology
- Yoga Philosophy
- Lifestyle + Ethics
- Subtle Body + Chakra Systems
- Personal Growth + Transformation

Time Requirements

We strongly suggest keeping your schedule *as open as possible* during the teacher training. In addition to the scheduled 180 weekend hours, trainees will be required to:

- Attend 2 classes per week on-site at Sacred for the duration of the training.

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- Complete homework and small group-study session. We anticipate that this will take approximately 5 hours per week. However, it could take more or less depending on your learning style, appetite for the material, and availability.
- Attend a total of 3 classes at outside yoga studios from a list during the course of teacher training.
- Two in-studio class observations.
- Teach 2 community classes following the training.

Questions

Please email all questions to Stephanie Battle, Program Director. Even if you aren't sure quite what your question is, ask anyway.

stephanie@sacredbrooklyn.com

Thank you.