



**Vinyasa Yoga Flow  
200 hour Teacher Training  
Brooklyn Weekend Modules**

**Fall 2017**

**Program Overview  
The Freedom Class**

# 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 – is 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 2017 Fall teacher training: **The Freedom Class**

## Application Requirements

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We strongly suggest you submit the application as soon as possible to secure your spot. Our class size is intentionally small to guarantee individualized attention. 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](http://www.sacredbrooklyn.com/teacher-training)  
The \$100 application must be paid online, by phone or at the front desk to be considered.

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

## Program Requirements

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- 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, we require an informal interview so we can get to know each other. Please go to [www.sacredbrooklyn.com/teacher-training](http://www.sacredbrooklyn.com/teacher-training) and click on “contact a program advisor” to schedule.

## Staff + Support

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

Supported by:  
Sacred's Yoga Teaching Staff  
Guest Teachers: TBA  
Teacher Training Assistant: TBA

Online Anatomy Fundamentals Course with Leslie Kaminoff and Amy Matthews

## Yoga Alliance

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Sacred is a Registered Yoga School (RYS) with the 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 Registered Yoga Teacher (RYT). For more information about the Yoga Alliance, please go to [www.yogalliance.org](http://www.yogalliance.org)

## Areas of Study

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

# Sacred Vinyasa Yoga Flow 200 Hour TT Application

## Tuition

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**Early Early Bird Tuition** \$2800 Save \$500 (paid in full by July 15th, 2017)  
**Regular Tuition:** \$3300

**Payment Plans:** The payment plan is designed to support you in fitting teacher training into your budget. The schedule is as follows:

**Payment Plan:** \$3400 (6 payments)  
**Payment 1:** \$550 (Due upon enrollment into TT)  
**Payment 2:** \$550 (Due: September 15th, 2017)  
**Payment 3:** \$550 (Due: October 15th 2017)  
**Payment 4:** \$550 (Due: November 15th, 2017)  
**Payment 5:** \$550 (Due: December 15th, 2017)  
**Payment 6:** \$550 (Due: January 15th, 2018)

Types of payment accepted: **Tuition paid in full:** Credit, Cash, and Personal Checks **Payment Plans:** Debit or Credit only

We reserve the right to cancel your participation in and graduation from the Sacred Vinyasa Flow Teacher Training if you are unable to complete your payments in full and on time. Prior payments are non-refundable and non-transferable. 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, Online Anatomy Course and 5 months membership at Sacred beginning on the commencement of teacher training.

Additional Expenses to Expect:

- Approximately \$100 in required reading materials. The reading list will be made available upon enrollment. Books available for purchase online.
- Tuition for 3 Off-Site Yoga Classes. Classes range between \$15 and \$25

## Attendance + Schedule Requirements

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**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.

# Sacred Vinyasa Yoga Flow 200 Hour TT Application

## Class Sessions

Thursdays 6pm-9:30pm

Saturdays 9am-6pm

Sundays 1pm-5:00pm

Week 1 September 14, 16, 17

Week 2 September 21, 23, 24

Week 3 September 28, 30, October 1st

Week 4 October 5th, 7th, 8th

Week 5 October 12th, 14th, 15th

Week 6 October 19, 21st, 22nd

Week 7 October 26, 28, 29

Week 8 November 2, 4, 5th

Week 9 November 9, 11, 12

Week 10 November 16, 18, 19

Thanksgiving Break

Week 11 November 30, Dec 2, Dec 3

Week 12 December 7, 9, 10

Week 13 December 14, 16, 17

## Time Requirements

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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
- Complete homework and optional small group study sessions.  
Approximately 5 hours per week
- 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 classes to friends, family, and teacher trainees directly following the training.

## Questions

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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](mailto:stephanie@sacredbrooklyn.com)

# Thank you.