



## **300 Hour Teacher Training Program Information For Completion of the Yoga Alliance 500 HR RYT Designation**

### **Program Prerequisites**

Sage Yoga & Wellness is a Registered Yoga School (RYS 300) with the Yoga Alliance. Acceptance into this program requires proof of completion of a Yoga Alliance RYS 200-Hour Program and does not guarantee acceptance. The program may also be attended by those who have not taken a 200 HR YTT but wishing to enhance their personal life through immersion in advanced yoga study.

### **Program Structure**

Upon acceptance into the program, you will complete the following steps to qualify for the Yoga Alliance 500 Hour RYT certification:

#### *Start Anytime, Finish on Your Own Time:*

You may start this program anytime with the module of your choice. To receive credit for any program, you must have registered for the 300 HR Advanced Yoga Teacher Training with Sage Yoga & Wellness. Submit the Registration Form when you are ready to begin.

You have 3 years from the date of your first module to complete the required 300 hours of Advanced Yoga Study, unless granted an extension by the Program Director due to unexpected circumstances.

#### *Course Modules: (220 hours)*

We have brought together expert instructors to share their wisdom in our course modules. In these Modules you will learn to teach principles and techniques of yoga that are more advanced, more detailed, and/or subtler, and to teach with greater skill. You can choose to specialize in a particular niche, or take a variety of offerings to diversify your learning. Modules account for 220 hours of the program. Most Modules are on the weekend and count for 20 - 40 contact hours.

An example schedule is:

Friday 1 - 4 pm and 7-10 pm (6 hrs)

Saturday 1 - 8 pm, or 11 am - 6 pm (7 hrs)

Sunday 8 am - 3 pm, or 10:30 - 5:30 pm (7 hrs)

Some Modules will be offered on weeknights. For example, Tuesdays from 7 - 9 pm for 10 weeks. Please refer to the [sageyogaboise.com](http://sageyogaboise.com) website for current 2017 & 2018 module dates. Modules will be held at Sage Yoga & Wellness unless otherwise specified.

*Project/Thesis: (80 hours)*

As part of the Advanced Teacher Training certification you will display an in-depth understanding of an aspect of yoga that you are most passionate about. Examples for the Project/Thesis include:

- Creating a yoga program for a Women's Shelter;
- A research paper on any specific area of yoga that you would like to learn more about and become fluent in communicating, for example *Yoga for...(Back pain, depression, children, etc)*, *Yoga as a Path of Self-Awakening...*;
- The creation of a blogsite;
- A business plan for a yoga studio;
- A talk on Meditation for Practices for Better Sleep;
- A yoga or meditation community service project or outreach program.

These are all only examples. The sky's the limit. You may begin the program knowing exactly what you would like to do or you may need time immerse yourself in the training before deciding.

Before you begin, your project must be approved by your Mentor. Final approval for the completion of this 80 hour portion of your training will be given by your Mentor. You can begin the project/thesis at any time you like, however we recommend you wait until you have completed some/all of the training modules to gain exposure to a breadth of knowledge that may help you select an area of study that truly appeals to you.

*Dharma Talks: (Bi-Monthly)*

Twice a month we will gather as a group to center ourselves as a community, to support each other in our individual and collective awakening and to experience some of the various branches of yoga in an intimate setting outside of the modules. Participation is optional though highly recommended. During these evenings we will explore chanting, pranayama, meditation, group readings and discussion, asana practice, and have time for individual sharing with the group. Thursdays, 5:30 - 7 pm at Sage Yoga & Wellness.

## **Program Expectations**

While each module has a different schedule, the expectation for each course is your full participation. The Yoga Alliance certification is in large part determined by contact hours with the trainers. This means you are required to be at each program for the entire time the course

runs in order to successfully complete each module. For each module you attend, you will receive a registration packet that outlines the course expectations, materials and required work for that course.

### **Assessment & Transcripts**

Formal completion of the program and the right to apply for certification through the Yoga Alliance is based on the following:

- Successful Completion of all Modules (220 hours of contact time)
- Successful Completion of 80 hour Personal Project/Thesis

Each module will use any or all of the following assessment methods: quizzes, an exam, assessment rubrics, graded writing work & observation of your teaching.

Transcripts can be requested in writing with 5 business day's notice to [info@sageyogaboise.com](mailto:info@sageyogaboise.com).

### **Attendance & Student Conduct**

The scheduled training days are incredibly important, not only for your learning and to fulfill the Yoga Alliance requirements, but also for the group. Our community energy, sharing and discussion creates the richness and context for growth that the program can offer. In short, you matter in each module you take on.

Each student will also be held to high standard of conduct, demonstrating respect for their peers and maintaining confidentiality for each person in the training. Any form of bias, sexual harassment, violation of state or federal laws, or proven dishonesty will be grounds for dismissal from the program and refunds handled according to the school's refund policy. Failure to attend all required hours, or failure to complete all required work, means you will not receive a certificate of completion and not be eligible for the 300 hour Yoga Alliance RYT certification.

The Yoga Alliance Certification is based in large part on the number of contact hours you have with pre-qualified instructors. All scheduled training days are required to account for your hours. We understand that emergencies may arise, and will work with you as required to account for missed training hours

### **Required 300 HR Advanced Program Reading**

Required reading will be determined by each Module. When you enroll for each Module you will receive a book list.

### **Training Amenities**

Sage Yoga & Wellness offers a centrally located, beautiful learning space in the heart of downtown Boise. The majority of the modules are held at Sage Yoga & Wellness where you have access to showers and the tea lounge. We provide a Training Manual, worksheets, study guides, hand-outs from powerpoint presentations and more.

Contact hours can be earned through participation in special workshops and retreats. The cost for these events are outside of the program tuition.

The Modules require 4 students to run, and will not exceed 25 students.

### **Program Calendar Registration:**

Registration occurs on a rolling basis. Please submit your registration and registration fee with at least two-weeks notice prior to the start of the first module you plan to attend.

Modules: All of the dates and information for the Modules can be found online. Modules are continually being added. Please check the website [www.sageyogaboise.com](http://www.sageyogaboise.com) for updates and registration deadlines. Workshop details will also be available on the Student Facebook group.

### **Tuition & Payment Expectations**

Registration Fee: \$100

If not paying in full, down payment is \$500

Tuition for the 300 HR Advanced YTT is \$3500, which includes 220 hours of Modules, plus supervision of the Personal Project/Thesis. Please read the refund policy and understand it fully. Zero interest monthly payment plans are available on the remaining balance, to be paid off in 12 months.

Sage Yoga & Wellness will provide letters of recommendation for those applying for teaching positions who complete the program in good standing.

### **Included in Tuition:**

1. 50% off of the regular cost of classes at Sage Yoga & Wellness
2. In-person training Modules
3. Handouts and Manual
4. Individual mentoring
5. Reduced tuition costs for retreats that are included in the program
6. At the completion of the program students will receive a certificate of completion and be eligible to register with Yoga Alliance as a Registered Yoga Teacher as a RYT 500.

### **Cancellation and Refund Policy:**

1. The school must refund all money paid if the applicant cancels within 5 business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
2. The school may retain an established registration fee of \$100 if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.

3. If training is terminated after the student enters classes, the school may retain the registration fee established under (2) of this subsection, plus a percentage of the total tuition to cover Modules taken. Individual 20 hour Modules are \$290 each.
4. If a student is on a payment plan and has not paid the amount in payment plan to cover the cost of Modules taken, the payments will continue until the cost is covered.
5. If a student is on a payment plan and has exceed the cost of Modules taken, a refund will be issued for the payment over the cost of the Modules taken.
6. All refunds must be paid within thirty calendar days of the student's official termination date.

**Contact:**

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Instagram: <https://www.instagram.com/sageyogaboise/>

Twitter: <https://twitter.com/SageYogaBoise>



Dear Aspiring Student,

Thank you for your interest in the Sage Yoga & Wellness 300-Hour Advanced Teacher Training. We are excited to work with dedicated and curious yogis who are ready to expand their reach as teachers, leaders or just looking to further their knowledge of Self. Upon successful completion of this program you are eligible to apply for the Yoga Alliance 500 HR RYT designation.

The Sage Yoga & Wellness 300 HR program has been thoughtfully designed to give you flexibility both in the time it takes for you to complete the program, and allowing you to specialize in areas of personal interest, while maintaining consistency through core teachings. We are especially excited about the fact that we have brought together an amazing team of teachers and specialists in the areas of yoga, meditation, Ayurveda, and more to provide you with access to some of the best instructors in Idaho.

Teacher training with Sage Yoga & Wellness is an immersive personal experience of self-inquiry as well as the launch pad for a part or full-time career as a yoga teacher. Our goal is to offer you the tools, training and support necessary to teach high quality yoga classes with confidence.

Our commitment is that this training will not only make you a more effective you teacher, but a more present and aware human being. You will discover a connection to the core of your being, to your authenticity, truth, and joy and the ability to translate that knowing into your teaching and presence in life. The world needs awake humans. The world needs you.

We greatly look forward to working with you, and appreciate the opportunity to teach, share and grow right alongside you.

Namaste,  
Marisa Weppner  
Lead Instructor  
Sage Yoga & Wellness Teacher Training