



200 Hour Teacher Training Program Information

Program Structure

Sage Yoga & Wellness is a Registered Yoga School (RYS 200) with the Yoga Alliance. The following steps are required to qualify for the Yoga Alliance 200 Hour RYT certification:

200 HR Requirements:

180 Contact Hours (The teacher trainer is physically with the student.)

Core Modules: (120 Hours)

The seven Core Modules in this program ensure that you not only gain important tools for effective teaching, from deeper applied anatomy to workshop design skills, but that you also gain the ability to coach and lead others. From this platform, any yoga teaching niche is elevated. Core Modules account for 120 contact hours of the required 200 hours. Please refer to the website for all program dates.

Core Modules:

1. Hands on Yoga, January 6 - 8, with Marisa Weppner
2. Yamas and Niyamas, January 20 - 22, with Naomi Jones **OR** Yoga Psychology, Philosophy and Nonduality, July 14 - 16, with Marisa Weppner & Dr. Michael Sapiro
3. Creating a Yoga Class, March 17 -19, with Marcy Midnight
4. Advanced Asana & Pranayama, May 12 - 14, with Marcy Midnight & Marisa Weppner
5. Meditation Immersion, May 19 -21 **OR** Oct 20 - 22, with Dana Menlove
6. Anatomy & Physiology, June 16 - 18, with Dr. Jen Dorn

Elective Modules: (40 Hours)

We've brought together the best in the business to share their expertise in our Elective Modules. You can choose to specialize in a particular niche, or diversify your learning. Elective Modules account for 40 hours of the program. Most Modules are on the weekend and count for 20 - 40 contact hours.

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

Practice Teaching and Assisting: (10 Hours)

You will be required to teach three 60 minute classes to your small group of teachers-in-training, which includes 2 hours of prep time for your classes.

To gain experience in holding space for a yoga class and learning to work with various levels of practice you will need to assist for 7 hours of yoga class time. Assisted classes will be led by one of the Sage Yoga & Wellness Yoga Teacher Training teachers and you will be there to provide hands-on assists for the students.

Yoga Class Attendance: (10 Hours)

Attend yoga classes with any of the Sage Yoga & Wellness YTT faculty and review the class with a short feedback form of the class. We will discuss how to assess a public yoga class with you once enrolled.

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.

20 Non-contact Hours

Independent study, homework, reading, prep time for practice teaching and assisting, study groups without a teacher present.

Program Expectations

While each module may have 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 course materials for your 200 HR YTT manual, as well as an outline for any required work for that course. Make up sessions are available.

Certification Criteria & Transcripts

Formal completion of the program and the right to apply for certification through the Yoga Alliance is based on the assessment of your attendance, review of homework assignments, and the evaluation of practice teaching sessions. Once you have completed the 200 HR YTT with Sage we hope that you have confidently gained the following teaching qualities:

1. A basic understanding of the principles underlying the yoga system, as well as the philosophies, teachings, techniques, and methodology essential to teaching yoga in the modern world while honoring the traditional roots of yoga.
2. Competency in the full range of practical skills required to safely teach yoga to others.

3. A level of emotional maturity, mental stability, and personal integrity and professionalism sufficient to create and maintain a safe and sacred environment that allows the personal transformation of students to occur.

Transcripts can be requested in writing with 5 business day's notice to info@sageyogaboise.com.

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 200.

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

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 200 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. In order to make up that time, you will need to schedule time directly with Marisa in the exact number of training hours you missed.

Required 200 HR Program Reading

The Four Agreements by Don Miguel Ruiz

The Heart of Yoga: developing a personal practice by T.K.V Desikachar

The Yoga Sutras of Patanjali, translated by Alistair Shearer

Yoga Anatomy by Leslie Kaminoff

Additional 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.

Tuition & Payment Expectations

Registration Fee: \$100

If not paying in full, **registration deposit is \$500, due by Jan. 6th, 2017.**

Tuition for the 200 HR YTT is \$2700, which includes 120 hours of Core Modules. Please read the refund policy and understand it fully. A zero interest payment plan is available.

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

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 exceeded 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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Dear Aspiring Student,

Thank you for your interest in the Sage Yoga & Wellness 200 Hour Yoga Teacher Training. We are excited to work with dedicated and curious yogis who are ready to expand their reach as teachers and leaders. Upon successful completion of this program you are eligible to apply for the Yoga Alliance 200 Hour RYT designation.

The Sage Yoga & Wellness 200 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 foundational aspects of yoga including asana, alignment, adjustments and safe bio-mechanics. Our course also delivers much more than the physical and will explore the history and philosophy of yoga as well as advanced techniques in pranayama and meditation. You'll get plenty of practice teaching and the opportunity to develop your own voice as an instructor. Your personal yoga and meditation practice will also improve greatly. Most importantly, you'll begin to understand the deeper meaning and broader context of yoga, which is far beyond a physical exercise.

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