

INFO SHEET

MI Hot Yoga 2018 Fall Teacher Training

When:

Wednesday, September 12 - Sunday, November 18, 2018

Investment:

A nonrefundable deposit of \$100 is due with the application by September 5th, 2018.

Tuition of \$2500 paid by the first day (\$100 deposit and \$2400 by credit card, cash, or check). There are also options for those who are unable to pay the entire amount prior to training and need to extend the payments for up to 12 months - email patty@eastlansinghotyoga.com

What's Included:

- *Your 200hr certification that will allow you to register with Yoga Alliance as a RYT-200, what studios, gyms, corporations, etc require.*
- *A year of free unlimited yoga at all of our MI Hot Yoga studios (East Lansing Hot Yoga, Firefly Hot Yoga, Haslett Hot Yoga, Lansing Hot Yoga & Mt. Pleasant Hot Yoga).*
- *All required textbooks & MI Hot Yoga 200hr YTT manual.*
- *A weekend yoga retreat in Northern Michigan at Yoga North.*

What to Expect:

Selecting a Yoga Teacher Training program is a very personal and introspective choice. One must connect with the curriculum offered and the instructors on some level, of course. However, one must also consider their reason for diving into such an intense endeavor. This program is designed to give you a light overview of some of what a yogic lifestyle can offer. It will allow you to touch on the history and philosophy, practice a connection of breath to movement to develop a personal practice, and offer an opportunity to dedicate time to dive into a personal exploration journey. This program is designed to start you on a path of discovery. We hope that whether you hope to teach, to take a deeper exploration of a path you are exposed to or just to gain a foundation, you will find an opportunity to walk through the doorway of discovery that opens.

There is no doubt that this is an intense journey in terms of time, commitment and financial investment. One should expect to somewhat immerse themselves in personal time not only during training hours, but with personal time outside of the studio as well. A support system who is behind you can be a huge asset before, during and after this program.

Part of our foundation for this program is Yoga Sutra 1.2: Yoga citta vritti nirodhah. "Yoga is the cessation of the fluctuations of the mind." We hope that you can learn through this connection of mind, body and spirit that you can take your practice off of your mat and into your lifestyle.

The Curriculum

Ashtanga Yoga--learn to practice, cue and teach the short form sequence; throughout we will break down postures for the sake of learning some anatomy as well.

Philosophy and History--incorporated throughout our entire training; strong emphasis on the Yamas and Niyamas (through discussion of the book by Deborah Adele).

Vinyasa Yoga--a strong focus on teaching our MI Hot Yoga style through the connection of breath, movement and gaze.

Weekly Schedule

Wednesday: 6:00pm - 10:00pm

Location: Lansing Hot Yoga

Friday: 6:00pm - 10:00pm

Location: Haslett Hot Yoga

Saturday: 8:00am - 4:00pm

Location: Haslett Hot Yoga

Sunday: 11:30am - 4:30pm

Location: Lansing Hot Yoga

** A short lunch period will be given on Saturday's*

**Please note that these times and/or location are subjected to change during training.*

Testimonials:

1.

I knew that this Yoga Teacher Training would be life changing for me but I was just not sure how much. Now, I could not be happier with how it all unfolded. The people in the course were amazing. I left with many life long friends. With all the information that I received from the instructors it has helped me become so inspired to give back. Not only did we learn how to teach others but also how to deepen our own practice. When I was

done with the program I felt like I left with more than just a certificate. I felt like I had the wisdom, experience and confidence in knowing that we have the tools to teach others. I am so thankful for this experience and would encourage others to share in this journey!
Namaste,
Mindy Medrano

How to Apply

Step 1 - Fill out an application found on our website www.mihotyoga.com or at the studio, located at the front desk.

Step 2 - Return your filled out application to an MI Hot Yoga studio location along with a \$100 deposit - we accept cash, card or check.

Step 3 - You will be contacted by a YTT facilitator to set up a quick meet & greet, go over any questions/concerns you may have, etc. If you are planning to pay in full you are able to receive your books at this time.

Step 4 - Prepare & save the date for our first night of YTT!

How to prepare:

Plan to immerse yourself in the ways of a yoga lifestyle...we will have a strong focus on physical practice (asana), meditation and journaling. Rest, healthy eating habits and hydration will be key to the physical commitment needed for the program.

Communication is also necessary for success. Awareness of any injuries, illnesses or personal issues should be communicated with facilitators. With a relatively limited amount of time, missing sessions will be very detrimental. Please advise Samantha or Maggie of any conflicts ahead of time. Missed sessions once we begin could hinder you from receiving your certificate. Make up hours once the session has finished would be extremely difficult to schedule, given the upcoming holidays.

A support system is key. Your friends and family should be an asset to your commitment. You should plan ahead for any family and career needs--day care, child care, work commitments, etc. We will try to provide an opportunity or two for your support system to participate in our sessions so they can show support, learn about what you are doing and of course ask questions!

There will be homework involved--but for the most part it is very personal and designed for you to look deeper within yourself. We are not trying to be "babysitters" and grade your work. Instead, we would like to offer opportunities for you to learn more about what interests you, to explore yourself and where you can grow. We will give gentle reminders of due dates, etc., but truly, what you put into the program, is what you will get out of it. There are of course certain requirements in terms of the registration process for Yoga Alliance certification, but outside of

that, the expectation is that you can stay on top of the program readings, journals, practicum work and essays.

We are here as a team to open the door for you - remember what you put into this program is what you will get out of it.