



INFO SHEET

## 2019 Teacher Training

30 day - 200 hour Yoga Teacher Training with Yoga Alliance led by Maggie Olds, ERYT 200 & Samantha Corbit, ERYT 200/RYT 500

### When:

**Start date:** Monday, June 3rd, 2019

**End date:** Tuesday, July 2nd, 2019

*Meets everyday consecutively for 30 days.*

### Investment:

A nonrefundable deposit of \$100 is due with the application by **April 30th, 2019.**

#### Two options for tuition:

##### **Option 1:**

Tuition of \$2750 paid by the first day (\$100 deposit and \$2650 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 - reach out to us if you have any questions on this.

##### **Included in Option 1:**

- Your 200hr certification that will allow you to register with Yoga Alliance as a RYT-200, what studios, gyms, corporations, etc require.
- MI Hot Yoga 200hr YTT manual.

##### **Option 2:**

Tuition of \$3500 paid by the first day (\$100 deposit and \$3400 by credit card, cash or check). There is the same option for payment plan as well - reach out with questions.

### Included in Option 2:

- 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).
- All required textbooks & MI Hot Yoga 200hr YTT manual.
- A weekend yoga retreat in Northern Michigan at Yoga North.
- Workshops taken as a group during training

### Daily Schedule (Subject to change)

- Meeting times will begin at 6:00am, 7:00am, or 8:00am - just depends on the day - plan to start usually at 8:00am.
- 1 Hour set aside for lunch break.
- 6 Hours of scheduled in person contact hours each day, the earlier we start the day, the earlier we end the day.
- Class location will alternate between Haslett Hot Yoga & Lansing Hot Yoga.

### 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.

## How to Apply

- **Step 1** - Fill out an application found on our website [www.mihotyoga.com](http://www.mihotyoga.com) or at the studio, located at the front desk. - This has not been updated yet but will soon - stay tuned!
- **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!

## Testimonials:

*"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 lifelong 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

*"The YTT200 training that I received from East Lansing Hot Yoga under Maggie Olds and Samantha Corbit was absolutely, without a doubt, imperative to my success as a teacher. The training outline incorporated the history of yoga, Ashtanga short form series, Vinyasa yoga and slow burn, along with anatomy and adjustments. But on top of what was in the training outline, Maggie and Samantha were crucial to making my training a positive one. During teacher training they pushed me. They pushed me outside of just the physical practice of yoga- pushed me physically, emotionally, and mentally. Maggie and Samantha went above and beyond as mentors during my training. They answered any questions that I had, took time out of their very busy lives to sit and chat whenever I was feeling anxious or unsure, and always had a shoulder for me to lean on. They were attentive to my feelings and supported me throughout my time in training and beyond. I am forever grateful for taking my YTT200 training at East Lansing Hot Yoga with Maggie and Samantha. Through my training not only did I form a foundation as a teacher but I have gained life long friends, mentors, and family.*

*Maggie and Samantha say, "our goal is to give you confidence, knowledge, experience, self-love, and authenticity to help you become a yoga teacher, but more importantly, a wonderful person." I would encourage anyone who is considering the YTT200 East Lansing Hot Yoga offered by Maggie and Samantha to dive right in. Leave all your fears behind, trust in the process, but most importantly leave room for more love to enter."*

Namaste,  
Sarah Belanger

## 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. 30 days is a challenge - let's immerse ourselves in all things yoga & do it 100%!

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.

IF this is something you are interested in - let us know ASAP - the summer program will only run with a minimum of 10 students.

Namaste,

Maggie Olds, ERYT 200

Samantha Corbit, ERYT 200, RYT 500