

200 Level Training – Trinidad & Tobago

Brought to you by Yoga Gyan Jyoti



Eligibility

The criterion for successful enrollment into the 200 level program:

- A sincere interest, commitment and desire to grow in Yoga Practice
- A high school diploma or proficiency in reading and writing
- Basic computer skills and ability to use Microsoft Word and email communications
- Daily Yoga practice

If you meet the above requirements or have any questions concerning your qualifications, please contact Program Director, Poonam Gupta, at yogateacher.gupta@gmail.com to begin the enrollment process which requires the following.

- Approval from Program director,
- Completed Teacher Training Application,
- Registration Fee (\$2000.00TT) due at the time of Submission of Application

Program Outline

Our teacher training program is a Yoga Alliance and IAYT (International Association of Yoga Therapists) registered. Students receive training in Yog Asana, pranayama, Ayurveda, philosophy, anatomy and teaching skills.

This training will prepare the trainees to teach students with a variety of abilities: from beginners to advanced and from flexible to those with limitations. We focus on how to modify poses based on the needs of the practitioner. How to make it challenging as well as easy. Students learn to use a variety of props that can be used for yoga therapy.

Curriculum

Successful graduation from the Teacher Training Program is contingent on completion of the following items.

Questions, comments or concerns? Let us know!

P: (331) 684-8406

E: yogateacher.gupta@gmail.com

WWW: Yogajyoti.net

Passing Grade in the Final Exam (65% or greater)
Satisfactory demonstration of teaching a yoga class for an hour
Completion of all homework assignments
Passing of all Class Quizzes and Tests
No pending financial obligation
Tardy assignments will impact your overall grade

Attendance requirements

This is an intensive yoga training and students are required to fully focus and commit to benefit from this unique and rare opportunity. Please reduce your commitments and make this a priority.

2 or fewer missed classes
3 workshops
3 Yoga classes for observation
5 community classes (teaching)

Dates & Timing

Dec 27-31
Jan 2 – 10

Classes are held from 9AM to 5PM. Workshops maybe held at a later time.

We are actively involved in providing a rich and authentic training to our students. As such, sometimes there might be additional classes and workshops that trainees are required to take advantage of. These may include trips to local temples, a visit to the studio by a Swami from India or a community class offered to enhance your knowledge and experience.

Required Workshops

- Workshop on Introduction to Pranayama 12/29/19 @ 8AM to 11am
- Workshop on Introduction to Ayurveda 1/3/20 @ 6pm to 9.30pm
- Workshop on Introduction to Sanskrit 1/5/20 @ 6:00PM to 9pm

Tuition

\$2000 TT Registration
\$8000TT Tuition. Early Discount \$200TT before 10/20/2019
Full payment is due on or before the first day of class

Additional Costs:

A Training Manual is included in the cost. Textbooks needed for the program are the responsibility of the student.

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