

Memphis Yoga Teacher Training RYT200

9 Weekend program

Beginning January 5 & Commencing March 4

TOPICS COVERED

Alignment Principles	Ethics incl. Yamas &	Restorative yoga
Anatomy & Physiology	Niyamas	Sanskrit
Ayurveda	Hatha Yoga	Sequencing
Bandhas	Hinduism	Sumits Yoga
Bhagavad Gita	Krichnamacharya	Surya Namaskar
Bikram Yoga	Mantras	Sutras of Pantanjali
Buddhism	Meditation	Vinyasa Yoga
Chakras	Philosophy	Yin Yoga
Eight Limbs	Pranayama	Yoga Nidra

ADDITIONAL HOURS

- There is suggested reading but no required book purchases. All required material is covered during training.
- Students will be responsible for a minimal amount of self-study (apx 2 hours per week including dialogue study)
- Students will attend a minimum of 3 yoga classes each weekend and will be encouraged to get additional practice in during the week. Your yoga at Sumits Yoga Memphis is at no additional charge from the time you register for training through the completion of the program
- Students will observe at least 2 classes at Sumits Yoga
- Students will lead one practice class with their classmates before completion of the program.

Tuition

\$3200 paid in full by January 5th

\$3500 3-month payment plan

Deposit plus \$1000/month (or less if you received early bird discount)

Note: Tuition includes \$200 registration & \$300 deposit.

Registration is non-refundable

To Register

\$500 Registration & Deposit

Application

Certification

Upon completion of the training, you will be eligible for RYT200 certification through Yoga Alliance. You will also be eligible to teach yoga at any Sumits Yoga studio, at gyms, other yoga studios, schools, nursing homes, private classes, etc.