

Yoga Teacher Training RYT200

4 week yoga immersion program

Beginning July 10th & Commencing Aug 4

Training will run Tues-Sat 7:30am-5pm*

TOPICS COVERED

Alignment Principles	Ethics incl. Yamas &	Prenatal
Anatomy/Physiology	Niyamas	Power Yoga
Ayurveda	Hatha Yoga	Restorative yoga
Assists	Hinduism	Sanskrit
Bandhas	Injuries & Special Conditions	Sequencing
Bhagavad Gita	Kids Yoga	Sumits Yoga
Bikram Yoga	Krichnamacharya	Surya Namaskar
Buddhism	Mantras	Sutras of Pantanjali
Chakras	Meditation	Vinyasa Yoga
Eight Limbs	Philosophy	Yin Yoga
Kids Yoga	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 incl. dialogue study)
- This is a yoga immersion. Students will attend 1-3 yoga classes each day of training and will be encouraged to continue their practice during their days off. 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 Memphis area yoga studios
- Students will lead one practice class with their classmates before completion of the program.

Tuition

\$3200 paid in full by July 10

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

Registration is non-refundable

Housing

For out of town trainees we can provide housing free of charge or with a small cleaning fee, or for more privacy we offer discounted rates on hotel rooms.

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.

**We reserve the right to modify the schedule as needed. We will provide adequate notice*