

Strongsville Yoga 200-Hour Yoga Teacher Training Program



Tuition:

\$2750: paid in full after August 1, 2019 or payment plan available. Payment Plan: \$343.75 due at registration. Credit card will be charged monthly each of the remaining months, October-April.

Early Bird Discount: \$2500 if registered and paid in full by August 1, 2019.

The first month's payment or tuition paid in full is due at time of registration to reserve your spot. A non-refundable application fee of \$25 is included in the deposit. If you withdraw prior to the start of the training, you will be refunded the deposit minus the application fee. If there are any questions regarding acceptance into the program, please contact Denise or Meghan prior to registration.

Tuition includes 180 classroom hours, required reading materials, and unlimited yoga classes during enrollment. 20 non-contact hours are also required.

Refund Policy:

Refunds will be given prior to the start of the program less the \$25 application fee. No refunds will be given after the start of the program. Special circumstances will be reviewed on an individual basis.

Registration Deadline:

All applications and deposits are due by August 25, 2019. Program is limited to 12 participants.

About The Lead Trainer:

Meghan, E-RYT-200, has been teaching yoga since 2011 and has accumulated over 3800 hours of teaching. She obtained a bachelors degree in Exercise Science from Kent State University in 2001. By continuing to learn from many teachers since completing her own teacher training, Meghan continues to grow and learn as both a teacher and student. Her classes focus on safety and proper alignment while also having a light and fun atmosphere. She believes there is a yoga style and teacher for everyone.

Program Requirements:

Participants must be at least 18 years old.

One year or more of yoga practice experience and a regular yoga practice during program.

Fully completed and signed application and tuition (first month or paid in full) is due at time of registration.

Attendance in all sessions is required. Make up assignments may be given on participant's own time. Make ups requiring time with teacher will be assessed a fee of \$30/hour. If you expect to miss dates, please discuss with lead trainer or director prior to enrollment. Missing too many contact hours or assignments (more than 10% of total contact hours) may result in not receiving certificate of completion.

Dates of Program:

Wednesday evening sessions will run from 5:45-9pm.

Saturday sessions will run from 8:30am-5:30pm with a one hour lunch on own. Sunday sessions will run from 9:30am-5:00pm with a 30 minute lunch on own.

9/4/2019	10/9/2019	12/4/2019	2/5/2020	4/1/2020
9/7/2019	10/26/2019	12/14/2019	2/22/2020	4/4/2020
9/8/2019	10/27/2019	12/15/2019	2/23/2020	4/5/2020
9/18/2019	11/6/2019	1/8/2020	3/4/2020	4/15/2020
9/28/2019	11/23/2019	1/25/2020	3/14/2020	4/25/2020
9/29/2019	11/24/2019	1/26/2020	3/15/2020	4/26/2020

Program Curriculum:

- Learn how to design and teach vinyasa, yin, and restorative classes and meditation
- Learn how to sequence, pace, and deliver classes to different levels of students
- Learn proper alignment, contraindications, and injury prevention
- Learn how to give and receive constructive feedback
- Learn how to give safe and effective hands-on adjustments
- Learn anatomy and physiology and how it relates to the practice of yoga
- Explore the ethics and lifestyle of yoga
- Explore the history and philosophy of yoga

Contact Info:

Denise Lengal- 440-580-3260 ext 5275 or denise.lengal@strongsville.org