



EK Yoga 200 Yoga Teacher Training Online/Distance Fall 2020

Regular Track - 12 Weeks - \$1399 Cdn\$

EARLY PRICING \$1199 Register by August 14

Approximately 15 hours a week of course material. Includes work in manual, watching pre-recorded lesson videos & recording your practice teaching. **Plus**, the virtual group call time(s)

- One Group Virtual call per week approximately 2.5 hours **Wednesday** 5:30-8pm MST ** meetings may run over by max 30mins
- 2 Follow up Teaching / Feedback Assessments (to be booked within 4 months of course competition Optional)

Fall Dates

- September 21 – December 12

PRIVATE - ONE on ONE 8 weeks - \$3499 Cdn\$ Continual Intake

Approximately 20 hours a week of course material. Including work in manual watching pre-recorded lesson videos & recording your practice teaching. **INCLUDING** Virtual Conference Call time(s)

- 1 Virtual Conference pre-scheduled meeting a week - approx 2 hours
- 2 Follow up Teaching / Feedback Assessments (to be booked within 4 months of course competition - Optional)
- Continuous Intake



EKYA 200hr Yoga Teacher Training

Pre-Requirements

- Book – Heart of Yoga by TKV Desikachar – purchase & read (**must be read prior to Start Date**)
- Hatha Yoga Illustrated by Martin Kirk & Brooke Boon – purchase book
- Key Muscles of Hatha Yoga (scientific keys volume 1) by Ray Long - purchase book
- 18 yrs. of age with **at least** one year of a yoga practice

Requirements During Training

- View 5 -10 Classes Online (sequence class – will be sent to you) on your start date **OR** take 5 sequence classes Moksha style & view 5 Classes Online * May be done throughout the training if it is an online Training * The more classes viewed the easier it will be to teach later 😊
- Book work in workbook/manual (will be mailed to you) assignments including YouTube video review & notes. Weekly coursework must be completed prior to virtual meetings
- Attend ALL weekly Conference/Virtual Meetings - pre-scheduled per track
- Recording yourself practice teaching, reviewing & assessing yourself. Uploading to Google Drive for Lead trainer to review & discuss. Instructions will be provided if needed

Refund Policy

- Program cancellation by EKYA – Full refund
- Within 30 days of program start date – 50% refund
- Within 15 days of program start date – No refund

Tuition to **East Kootenay Yoga Academy** - Cash, Cheque, Credit Card and Email transfers accepted (extra 8% for CC payments)

Led by Sue Inshaw ERYT500 / ERYT200 / RYPT / Certified RYC Instructor (Restore Your Core) / FIS

Please contact Sue @ 250-432-9009 or email ekyogaacademy@gmail.com

This is a school recognized by the Yoga Alliance and has met their standards. You will be able to teach and will be recognized worldwide. Some opportunities will include teaching at all-inclusive hotels in Mexico and other countries for you and a companion to stay for free. You will also receive discounts with companies such as Lululemon.

Module 1 – Learning Focus on a Traditional Sequence - to learn how to teach

Module 2 – Learning Focus on Vinyasa Flow OR your own style of interest (Restorative, yin, Ashtanga, Bikram, etc....)

Learning Outcomes

- Further strengthen and deepen your personal experience of yoga



- Confidently teach beginner & intermediate yoga classes for the mind, body and soul
- Learn basic anatomy & physiology and how it relates to yoga
- Understand & teach physical and mental benefits, and energetic alignment cues to put students into their body
- Hone your communication skills and learn Sanskrit fundamentals and names for poses

Entire Program Focus per Yoga Alliance Requirements

Teaching Techniques, Training & Practice

- Asana – guided classes and practice teach
- Pranayama
- Krias
- Meditation
- Mantra

Teaching Methodology

- Business aspects of teaching yoga
- Class management
- Qualities of a teacher
- Principles of demonstration

Anatomy & Physiology

- Anatomy and Kinesiology of Yoga
- Systems of the Body
- Chakras & Nadis
- Bandhas

Yoga Philosophy, Lifestyle, Ethics for Yoga Teachers

- History & Branches of Yoga
- Yamas & Niyamas
- Ethics & Lifestyle
- Traditional Texts
- Sanskrit
- Ayurveda

To Register: Please fill out the attached registration form and email back to: ekyogaacademy@gmail.com

Registration Form for East Kootenay Yoga Academy Yoga Teacher Training



Location: if F2F OR write 'Online' and Date you are registering for:

City/Location/Online?: _____ Date: _____

<u>Name:</u>	
<u>Address:</u>	
<u>Phone:</u>	
<u>Birthdate:</u>	
<u>Email:</u>	

1. What aspects of Yoga most interest you or are part of your practice?

2. Why do you want to take this Hatha Yoga Teacher Training Program?

3. What do you expect to learn?

4. Do you have the time to complete all the requirements of this program? _____

5. I have read the Refund Policy: **(please initial)** _____

FAQ's for Distance Training



When does each course track start & end?

- Each course track starts on a Monday. Video Links will be sent to you the Sunday evening before start date and the track ends on a Sunday where your final coursework must be handed in. For more course info go to www.ekyayoga.com

What books do I need?

- Book – Heart of Yoga by TKV Desikachar – purchase & read (**must be read prior to Start Date**)
- Hatha Yoga Illustrated by Martin Kirk & Brooke Boon – purchase book yourself Amazon
- Key Muscles of Hatha Yoga (scientific keys volume 1) by Ray Long - purchase book yourself Amazon
- EKYA Manual, included in your tuition. Extra shipping charges may occur Location dependent

What I have to complete each week?

- There are specific assignments that will need to be completed each week to keep you on track depending on which track you have registered for. There is a check list for you to work through as well as videos to watch and comment on.

What equipment do I need?

- Internet speed greater than 15 recommended to upload recordings / videos Recommended 300 speed. You can test your internet speed by going to www.fast.com
- Google Drive to share documents OR YouTube Channel to upload your videos for lead instructor to comment on & group discussion. A Gmail account is advisable for ease of upload.
- Facebook Group will be created for discussion all teachers welcome to join the group
- Depending on size of groups conference calls may be done with Zoom or Google Hangouts, you will need a device to take part in conference calls.

What if I can't finish on time in my track?

- Depending on circumstance, you may be able to pick up in the next track for a fee of \$199 or join the slower track for the difference in price for your track. (Except for Private Track \$99 per week extension)

What about Yoga Alliance?

- Yoga Alliance has extended all distance trainings at this time until September 1st, 2020. This course curriculum has met the Yoga Alliance Standards and if you complete all the required assignments and participate you may register with the YA upon completion of your course. Until COVID-19 Yoga Alliance has Not allowed any distance training to be recognized through them.

Do I get a manual?

- A manual is included in your training! There may be extra shipping charges if you live out of Canada or the United states. Location dependent.

How do I register?

- You will book a 30-minute virtual consultation call with Sue Inshaw, Lead Trainer & Founder to determine if this training is a fit for you at this time. You then send in your registration form and payment to secure your spot & order your books!

How do I pay?

- You can EMT to ekyogaacademy@gmail.com or pay credit card via invoice sent by Square for an extra 8%.