



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
- View 5 -10 Classes Online (template class – will be sent to you) **** May be done throughout the training or after the training if is an online Training **** The more classes viewed the easier it will be to teach later 😊
- Book work in workbook (will be mailed to you) approximately 20 hours of assignments
- 18yrs of age **with at least one year of a yoga practice** (under 18 not eligible for YA certification)

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 % for CC payments)

Led by Sue Inshaw ERYT500/ ERYT200/ RYPT / FIS

Please contact Sue @ 250-432-9009

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 and 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 or templated Sequence

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:

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

Please fill out the attached registration form and email back to:

sueinshaw@hotmail.com or ekyogaacademy@outlook.com

Registration Form for East Kootenay Yoga Academy Yoga Teacher Training



Location and Date you are registering for (if Online write Online):

City: _____

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?

I have read the Refund Policy: (please initial)