

200-Hour Yoga Teacher Training

January 19th- April 28th 2024

Outline and Objectives

Vive Yoga presents 2024 200 Hour Yoga Teacher Training. We invite you to submerge yourself in a 15 week program led by a group of Yoga Instructors and Doctors who are deeply committed to sharing the roots, philosophy, and practice of Yoga. Whether you are seeking a path to becoming a Yoga Instructor or you simply are looking to deepen your own practice, this training provides you with an opportunity for a powerful personal evolution and prepares you to lead from your mat in any space.

Our 2024 200- Hour Yoga Teacher Training is a hybrid session comprising in person learning, self directed hours, and in studio practice hours. There are no zoom options for this course. **All in person learning must be attended.** Only one make-up session will be available, **if more than one weekend is missed, students will be asked to drop and continue in the next cohort.** Please plan accordingly.

Program Content

The core curriculum of Vive Yoga 200 Hour Teacher Training Program includes:

1. Asana (postures), pranayama (breath work), Meditation, Yoga Philosophy, and Anatomy. Specialty modules in Safe and Inclusive leading, Trauma and Resilience, Creating Inclusive Spaces, Yin and Restorative Yoga. Modifications, Energetic Anatomy (chakra system), Alignment, Hands on Adjustments, and the Business of Yoga are also studied.
2. Practicum in the form of practice teaching is a significant part of the program. There will also be self-directed study in the form of homework, practice, and reading assignments to enhance the learning process in between each bi-weekly module.
3. Teacher Training collective workshop
4. Graduation Ceremony TBA

What you will learn

1. A hands-on introduction to functional anatomy, biomechanics, and proper alignment
2. The art and science of asanas sequencing families and designing a class for all levels of students from beginners to advanced
3. Teaching Pranayama, Meditation Practices, and delivering Hands on Adjustments
4. Principles of tactile cues and specific techniques for guiding students safely in a trauma-informed manner
5. The role of the teacher, how to establish yourself as a professional yoga teacher

Materials Needed (what you will need at every in person session)

1. Bhagavad Gita by Vyasa
2. Yoga Sutras of Patanjali by Patanjali
3. Journal/Pen
4. Mat
5. Teacher Manual

Next Steps

1. Read over this document thoroughly.
2. Register and Pay for your 200-Hour Teacher Training [Register Here](#)
3. Purchase your materials and required books
4. For those of you who meet the qualifications and are interested in applying for tuition assistance, you will receive a link with the application. (takes about 1 minute to fill out) Once you submit the application, you will receive a call from a career advisor for a brief interview. We will be notified if your application was approved and we will notify you right away.
5. Get on your mat! Practice!

Through this training, you'll expand your understanding of Yoga philosophy and unlock its power to make a positive impact in our modern world. Together we will practice the art of listening more deeply for what's possible as we take mindful action towards accessible, inclusive leadership that honors the ancient traditions of Yoga.

Let us go forth with open minds and generous hearts!

RYT-200 Payment Plan Agreement

This is a legally binding agreement delineating the payment plan for 200-Hour Yoga Teacher Training.

Do not sign and do not participate if you do not agree with the terms of this Agreement.

Name/Address:

This Participant Agreement is entered into and effective as of January 19th, 2024 by and between Participant, located at the address written above, and Jacksonville Natural Healing Center LLC, located at 1550 Hendricks Ave Ste. 1 Jacksonville, Florida 32207

In consideration of Participant partaking in the 200-Hour Yoga Teacher Training (the "Training"), it is agreed as follows:

WHAT YOU RECEIVE

Participant hereby retains Jacksonville Natural Healing Center LLC, to participate in 200-Hour Yoga Teacher Training

(a) 200-Hour Yoga Teacher Training will take place from January 19th - April 2024 and includes the following (the "Service"):

- Unlimited physical classes at Vive Yoga Studio for the duration of the training.
- A 15 week training consisting of self-led and in person 200 Hour Yoga Teacher Training.
- Our student training manual

PAYMENT TERMS (a) Cost of Training: In consideration for the Service provided by Company to Participant as set forth in paragraph 1 above, Participant agrees to pay Company a fee of \$3,000 on or before January 1, 2024 or choose a payment option. Company's obligation to render services hereunder is conditioned upon Participant's payment of said fee on a timely basis.

The balance is due as follows:

(1) Option 1: Two total payments. First payment of \$1,500 is due at registration. Balance of \$1500 due by January 1, 2024. Payment shall be made in person

(2) Option 2: Three total payments. Payment of \$1,000 due upon registration. Second Payment due by Feb 1, 2024 and final payment of \$1,000 due April 1, 2024. Payment shall be made in person.

(3) Option 3: One payment. Payment of \$3,000 Due upon registration. Payment shall be made through Wellnessliving.

Late and/or missing payments: Payments more than 5 days late are subject to a penalty fee of 10% of the late payment amount. Company reserves the right to cancel Participant registration without refund if all payments have not been made in full by April 1, 2024.

CANCELLATION

1. Cancellation of this Agreement at any time does not alleviate the Participant's obligation to pay training fees in full as specified in Paragraph 2.
2. In the event that Jacksonville Natural Healing LLC cancels this Agreement prior to commencement of the training, Jacksonville Natural Healing LLC will provide a full refund to the Participant.
In the event that Jacksonville Natural Healing LLC cancels this Agreement after the training commences, Company will provide a prorated refund to Participant.
Company is not responsible for any expenses incurred by participants related to the training prior to cancellation by Jacksonville Natural Healing LLC.
3. Once the program begins on January 19th, 2024, no refunds will be issued.

SIGNATURES IN WITNESS WHEREOF, the parties to this Agreement have duly executed it on the day and year written.

Signature/Date

Alejandra Amegin, Owner, Jacksonville Natural Healing LLC

Participant Signature/ Date:

Jacksonville Natural Healing LLC
1550 Hendricks Ave Ste 1-2
Jacksonville, Florida 32207
<https://www.jacksonvillennaturalhealingcenter.com/>

Dear Participant,

Thank you for your interest in our Spring 200 Hour Yoga Teacher Training. We are excited to have you join us and embark on this transformative journey towards becoming a certified yoga teacher.

We would like to inform you that once you have enrolled in our program and paid the fee, there will be no refunds issued if you decide to quit the training for any reason. This policy is put in place to ensure that our training program is well-organized and runs smoothly without disruption.

By registering for the program, you acknowledge and agree that you will be fully committed to completing the training, attending all classes, and participating fully in ALL physical and non-physical required activities. If for any reason you are unable to complete the program, or you are released from the program, you will not be entitled to any refund of the tuition fee paid.

We understand that unforeseen circumstances may arise, and we will do our best to work with you in finding alternative solutions. However, we cannot guarantee that any refund will be issued.

We appreciate your understanding and cooperation in this matter. If you have any questions or concerns, please do not hesitate to contact us.

Sincerely,

Alejandra Amegin

Participant Signature/Date

Ground Rules for Professional Participation in Vive Yoga Teacher Training 200 Hour Intensive:

1. Show up to all sessions: Trainees are expected to attend and actively participate in all scheduled sessions of the Vive Yoga Teacher Training 200 Hour Intensive. This demonstrates commitment and dedication to your personal growth and the training program.
2. Be on time: Punctuality is essential. Trainees are expected to arrive promptly for all sessions to ensure a smooth and uninterrupted learning experience for everyone involved.
3. Gossip of any kind will not be tolerated: In order to maintain a respectful and supportive learning environment, gossip of any kind is strictly prohibited. Trainees are encouraged to communicate openly and respectfully, focusing on positive and constructive interactions. Gossip will be subject to termination from the program.
4. Respect confidentiality: Confidentiality is vital within the training environment. Trainees are expected to respect the privacy and confidentiality of fellow trainees, trainers, and any personal information shared during the training. Confidentiality helps foster trust and creates a safe space for open dialogue and personal growth.
5. Be coachable by your instructors: Trainees should approach the training with a mindset of openness and willingness to learn. Being coachable means actively engaging with the guidance and feedback provided by instructors and incorporating it into personal growth and development. Peer coaching is not encouraged during the training, as the focus should be on receiving guidance from the experienced instructors.
6. Allow individuals to speak for themselves: It is important to respect each individual's unique voice and allow them to express their thoughts, experiences, and perspectives. Trainees should refrain from speaking on behalf of others or assuming their opinions. Active listening and open-mindedness foster a supportive and inclusive learning environment.

These ground rules are in place to ensure a professional, respectful, and transformative learning experience for all trainees. By adhering to these guidelines, we create an environment that fosters growth, deepens understanding, and promotes collaboration among all participants.

By signing below, I affirm my commitment to abide by these ground rules and contribute to the positive and professional participation within the Vive Yoga Teacher Training 200 Hour Intensive.

Trainee's Signature: _____

Date: _____

Vive Yoga 200 Hour Teacher Training January 19th - April 28th 2024

In-person training hours 144hrs

Self-Directed Work // 56hrs 7/ week in Homework and Reading pertaining to Modules

**Minimum Practice: 2 class in studio per week //3 classes on non training week
Daily Home Practice (Asana, Meditation, Pranayama, Self-Inquiry)**

*** 60 minute practice will be implemented into every in person training day**

***Schedule is subject to change**

Pework:

Anatomy Terms

Prepare to teach on one thing for 3 minute and be ready January 19th

Books required:

Bhagavad Gita by Vyasa

Yoga Sutras of Patanjali by Patanjali

Meeting hours:

Friday : 5:00pm - 10:00pm with (15 minute break)

Saturday and Sunday 9am-6pm with 30 Minute Lunch Break and 1 Hour practice as a class.

Asana Labs: One lab/in person training weeks

1. Standing poses
 - Externally rotated
 - Internally rotated
2. Folding and Hinging
3. Balancing poses
4. Twists
5. Seated Poses
6. Backbends
7. Inversions
8. The Vinyasa

Week 1 - Jan 19-21: Yoga Humanities (30 hours)

- First Meeting/Ritual Opening
- Setting the Space

- Pre-work Teach for 3 minutes
 - History and Philosophy
 1. Classical Yoga Texts (e.g., Patanjali's Yoga Sutras, Bhagavad Gita)
 2. Schools and Styles of Yoga
 - B. Yogic Lifestyle and Ethics
 1. Yamas (Ethical Principles)
 2. Niyamas (Personal Observances)
 3. Practicing 8 Limbs on and off the Mat
 - C. Sanskrit and Mantras
 1. Basic Sanskrit Terminology
 2. Chanting and Pronunciation
 3. Meaning and Use of Mantras
 - D. Meditation and Mindfulness
 1. Exploring Different Meditation Techniques
 2. Integrating Mindfulness in Daily Life
 3. Benefits of Regular Meditation Practice
- Asana Lab 1

Week 2 - Feb 2-4

Yoga Humanities Continued

- Anatomy and Physiology (30 hours)
 - A. Physical Anatomy
 1. Skeletal System
 2. Major muscles involved in Asana
 3. Respiratory System
 4. Types of muscle contraction
 5. Nervous System
- Asana Lab 2

Week 3 - Feb 16-18

Anatomy and Physiology (30 hours)

- A. Physical Anatomy
 1. Skeletal System
 2. Major muscles involved in Asana
 3. Respiratory System
 4. Types of muscle contraction
 5. Nervous System
- B. Subtle Anatomy
 1. Chakras (Energy Centers)
 2. Prana (Life Force Energy)

- 3. Koshas (Sheaths of Existence)
 - C. Physiology of Breathing
 - 1. Pranayama in Asana
 - 2. Breathwork Techniques and Ujayi Breath mechanics
 - 3. Pranayama and the Nervous System
 - D. Common Injuries and Precautions
 - 1. Understanding Common Yoga Injuries
 - 2. Preventive Measures and Safety Guidelines
 - 3. Modifications for Pre-Existing Conditions
- Asana Lab 3+4

Week 4- March 1-3

- Continued History and Modalities
- Anatomy-A step further Spinal Care and ContraindicationsI. Techniques, Training, and Practice
- Asana Lab 5+6
- Pranayama (Teaching Techniques)
 - 1. Dirga Pranayama (Three-Part Breath)
 - 2. Nadi Shodhana (Alternate Nostril Breathing)
 - 3. Ujjayi Pranayama (Victorious Breath)
 - 4. Kapalabhati (Skull Shining Breath)
- Meditation
 - 1. Mindfulness Meditation
 - 2. Loving-Kindness Meditation
 - 3. Chakra Meditation
 - 4. Mantra Meditation
- Bandhas (Energy Locks)

Week 5 - March 15-17

- Sequencing
 - 1. Creating Well-Balanced Yoga Classes
 - 2. Vinyasa Flow Sequencing
 - 3. Restorative Yoga Sequencing
- Adjustments and Modifications
 - 1. Hands-On Adjustments
 - 2. Verbal Cues for Alignment
 - 3. Props and Modifications for Different Bodies
- Review all material covered and Begin Practice teaching
- Asana Lab 7+8

Week 6- March 29-31

- Leadership and Leading an Impactful Class
 - A. Leadership Skills for Yoga Teachers
 - 1. Inspiring and Motivating Students
 - 2. Cultivating Confidence and Presence
 - 3. Effective Verbal and Non-Verbal Communication
 - B. Creating a Transformational Experience
 - 1. Setting Intentions and Themes for Classes
 - 2. Skillful Sequencing for Optimal Impact
 - 3. Incorporating Philosophy and Wisdom Teachings
 - C. Creating Inclusive and Accessible Classes
 - 1. Adapting Yoga for Different Body Types and Abilities
 - 2. Offering Modifications and Variations
 - 3. Cultivating an Inclusive Environment
 - D. Assisting and Adjusting with Intention
 - 1. Enhancing Student Experience through Physical Support
 - 2. Developing Sensitivity and Awareness in Adjustments
 - 3. Consent and Boundaries in Assisting
 - E. Fostering a Sense of Community
 - 1. Building Connection and Trust among Students
 - 2. Facilitating Group Activities and Partner Work
 - 3. Creating Opportunities for Student Interaction

Week 7 - April 12-14

Leadership Continued

- Professional Essentials (50 hours)
- Teaching Methodology
 - 1. Effective Instruction and Communication Skills
 - 2. Class Planning and Sequencing
 - 3. Creating a Safe and Inclusive Environment
 - 4. Time Management and Class Transitions
- B. Teaching Practicum
 - 1. Practice Teaching Sessions with Feedback
 - 2. Observing and Assisting Experienced Teachers
 - 3. Developing Personal Teaching Style
- C. Classroom Management
 - 1. Establishing Boundaries and Guidelines
 - 2. Handling Student Challenges and Difficulties
 - 3. Building Rapport and Connection with Students
- D. Trauma Informed Teaching
 - 1. Cultural and LGBTQ Sensitivity
 - 2. Affirming and Inclusive language

3. Balancing Teaching and Self-Care

Week 8- April 26-28

- Professional Ethics and Boundaries
 1. Maintaining Confidentiality and Professionalism
 2. Handling Student-Teacher Relationships
 3. Ethical Considerations in Marketing and Promotion
- Business and Marketing for Yoga Professionals
 1. Business Planning and Strategy
 2. Marketing and Branding for Yoga Teachers
 3. Building and Managing Clientele
- Final Exam

Make-up Session and Graduation Ceremony Date TBA