

Art Rocks & Healing Yoga

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CANADIAN YOGA ALLIANCE



240 Hour Hatha Yoga Teacher Training Certification Program

Techniques Training/Practice (100 hours-80 contact-20 non-contact)

Teaching methodology (30 hours-20 contact 10 non-contact)

Anatomy and Physiology (30 hours-20 contact 10 non-contact)

Classical Yoga Philosophy (30 hours-20 hours contact 10 hours non-contact)

Ethics, Lifestyle and Karma Yoga (10 hours 5 contact 5 non-contact)

Home study (40 hours)

Within this course, you will receive all the necessary training materials to teach Hatha Yoga, at a Professional Level, as a Certified Hatha Yoga Teacher! This program is structured on the Teachings of Patanjali, we combine the practices of Hatha Yoga with the Foundation of the Eight Limbs of Yoga as set out in the Sutra.

You will learn about asanas, adjustments to asanas, modifications to asanas, contraindications, Yogic philosophy, Yoga teacher methodology, helping students with limited range of motion, anatomy, physiology, and kinesiology. You will learn that not all Yoga is created equal. It is a mistake to believe that everyone in your Yoga class is the

same. This type of thinking can push your students to the threshold of injury. Ahimsa is our goal throughout all our practices. Non-Harm to self as well as to others, this applies to all aspects of our training teaching.

Yoga is more than a physical practice. You will also learn about yamas, Niyamas, chakras, bandhas, mudras, relaxation techniques, meditation, and Yoga teacher ethics. Additionally, you will discover principles of Yoga Business Development. Communication, marketing, and networking are skills every Yoga teacher should have.

Age Requirement:

You must be at least 18 years of age to take this course.

Style:

Hatha Yoga

The practice of Hatha Yoga is the discipline of the body and breath, balancing out the positive and negative energies in the body bringing an overall wellness in mind, body and spirit!

Materials Included:

- **The Complete Yoga Book –James Hewitt**
- **The Seven Spiritual Laws of Yoga –Deepak Chopra**
- **Yoga Anatomy –Leslie Kaminoff/Amy Matthews**
- **B.K.S Iyengar Yoga The Path to Holistic Health**
- **Art Rocks & Healing Yoga Teacher Training Manual**
- **Out of the Darkness-Audrey O'Marra**

Also Included In Your Course

- e-Mail & Phone support
- Yoga Teacher Exam
- Practical Exam
- Yoga Marketing

We meet for the following weekends, Saturdays from 8 am to 4 pm, Sundays from 8 am to 4 pm (exception for the Weekend with Tony Murdock which is usually scheduled until 5 pm in October)

September 16th & 17th

October 21st & 22nd

November 18th & 19th

January 20th & 21st

February 24th & 25th

March 23rd & 24th

April 20th

Cost of the program which includes Material is \$3500.00 + HST

Application for Registration deadline is August 01, 2023

Year of Program 2023-24 Starts in September 2023

First Name

Last Name:

Phone Number

Cell Phone Number

Email address:

Address:

Date of birth:

Please briefly describe your background in Yoga, teachers, and mentors.

Please list any injury/brief medical history

In a short paragraph, briefly explain your interest in taking the Yoga Teacher Training.

To complete this program you will need to be dedicated to daily practice and study. Are you able to carve in the time needed to complete it successfully?

Refund Policy | Payment Policy ~ 240 HOUR PROGRAM

Currency

All Prices **QUOTED** in Canadian Funds

Application & Deposit Fee

Upon Application for the program an Application Fee is due & payable.

All prices + HST

Upon acceptance into the program students are required to submit a non-refundable deposit within 30 days of \$200.00 dollars

Refund Policy

The Application & Deposit Fees are non-refundable. If a student opts to withdraw from the program at any point, the fees will not be refunded.

Balance of Program Fees

The Full balance of program fees is due 30 days prior to the start date of the program unless other arrangements have been made.

All prices +HST

Refund Policy

Final date to withdraw from a program and not be responsible for the final payment is **30 days** prior to the start date of the program.

No refunds will be granted 29 days or less, prior to start date of program, or thereafter.

Student will provide written notice via email, to **audrey.omarra@gmail.com** to request withdrawal from the program. The email must arrive within the period of 30 days or more before the program start date, to be deemed official notice and to not be charged for the program.

Payment Forms

Visa, MasterCard, E-Transfer, Cash, Bank Transfer (all funds in Canadian dollars)

Other

* FULL REFUNDS of ALL fees will be issued if Art Rocks & Healing Yoga Teaching Training cannot move ahead for any reason that is of no fault or not related to the students applying (i.e. minimal attendance, studio cancels the program etc.).

* In case of a student's medical emergency any time prior to the start of program, full CREDIT will be issued with official documentation from a Medical Doctor, to be used for future programming.

* In case of a student's medical emergency at any time during the program, fees credit will be granted, and the student may continue during an upcoming scheduled program. If you are on a payment plan, payments will be processed accordingly.

* Graduation Certificates will be issued 10 days post-program, and when all payments have been received.

The Certificate will extend for 2 years from completion, upon which time to renew you will have to submit an independent study assignment which is included in this program along with an \$85.00 admin fee~ you will then receive another certificate that will be good for an additional 5 years. This is to ensure continued education and on-going diligence in the practice of Yoga.