Vinyasa Yoga Flow
200 hour
Teacher Training

Program Overview
Welcome.
etymology: willa = pleasure/desire/choice + cuma = guest

We appreciate that you have many choices when it comes to a yoga teacher training. How to choose? We encourage you to dig deep, to the heart of your desire. Ask us questions. Take our classes. Survey your options. But mostly listen closely for the answers to be revealed from within. You’ll know.

That’s what we teach. In this guide, is the practical information - the nuts and bolts of Sacred’s training. The vision, the passion, the dream, the intuitive pull – is within you. For today, consider yourself a guest at this banquet of possibility.

We promise to give you the tools to unearth the yoga teacher that already lives within. We are: one part practical: discipline, practice, technique and one part woo-woo: mystical, mystery, magic. We value generosity of spirit, compassion, accessibility, expression, connection, curiosity and unlimited potential. Above all we value the SACRED in everything.

The process?
It won’t be easy. The commitment is substantial. But what completely amazing, game-changing life events are?

Welcome to Sacred’s Fall 2014 teacher training – the Rock Steady Class.

Application Requirements

We strongly suggest you submit the application as soon as possible to secure your spot. Our class size is intentionally small to guarantee individualized attention. If you are accepted into the program, the application fee will be included in your tuition price. If you are not accepted into the program or are accepted but opt not to join, your application fee will not be refunded.

Applications can be submitted online at www.sacredbrooklyn.com/teacher-training or dropped of (or mailed) to Sacred Brooklyn, 197 Clifton Place, Brooklyn, NY 11216. If submitting a print application, enclose in a sealed envelope labeled clearly with “your name” and “teacher training application” and leave at the front desk. The $100 application fee must be included by check inside the envelope or paid online in order for the application to be considered.

We will let you know by email within 2 weeks of your application submission, whether or not you are accepted.
Program Requirements

- A minimum of 8 months consistent yoga practice
- A commitment to attend ALL program sessions and complete ALL homework
- If you are not a regular practitioner at our studio, we require an informal interview so we can get to know each other. Please go to www.sacredbrooklyn.com/teacher-training and click on “contact a program advisor” to schedule.

Staff + Support

Director of Teacher Training: Stephanie Battle, E-RYT
Founder and Proprietress: Dara Cole, E-RYT

Sacred’s Yoga Teaching Staff

Guest Teachers:
- Anatomy and Physiology with Kristen Leal
- Yoga Philosophy with Sam Chase
- Meditation with Raquel Rosario
- Kirtan with Kirtan Soul Revival
- Additional Guest Teachers: TBA

Teacher Training Assistant: Danielle Jackson

Yoga Alliance

Sacred is a Registered Yoga School (RYS) with the Yoga Alliance. The Yoga Alliance is a nationally recognized organization that registers yoga teachers and schools that meet set standards. Upon successful completion of the Sacred Vinyasa Yoga Flow 200 hour Teacher Training, we recommend you register with The Yoga Alliance as a Registered Yoga Teacher (RYT). For more information about the Yoga Alliance, please go to www.yogalliance.org
Tuition

**Early Early Bird Tuition:** $2800 Save $400 (paid in full by July 25th, 2014)

**Regular Tuition:** $3200

**Payment Plans:** The payment plan is designed to support you in fitting teacher training into your budget. The schedule is as follows:

**Extended Payment Plan:** $3400 (10 payments)

- Payment 1: $240 (Due upon enrollment into TT) *Note: your application fee of $100 has been deducted from this initial payment*
- Payment 2: $340 (Due: April 25th, 2014)
- Payment 3: $340 (Due: May 25th, 2014)
- Payment 4: $340 (Due: June 25th, 2014)
- Payment 5: $340 (Due: July 25th, 2014)
- Payment 6: $340 (Due: August 25th, 2014)
- Payment 7: $340 (Due: September 25th, 2014)
- Payment 8: $340 (Due: October 25th, 2014)
- Payment 9: $340 (Due: November 25th, 2014)
- Payment 10: $340 (Due: December 25th, 2014)

**Payment Plan:** $3400 (6 payments)

- Payment 1: $500 (Due upon enrollment into TT) *Note: your application fee of $100 has been deducted from this initial payment*
- Payment 2: $560 (Due: September 25th, 2014)
- Payment 3: $560 (Due: October 25th, 2014)
- Payment 4: $560 (Due: November 25th, 2014)
- Payment 5: $560 (Due: December 25th, 2014)
- Payment 6: $560 (Due: January 25th, 2014)

Types of payment accepted: **Tuition paid in full:** Credit, Cash, and Personal Checks **Payment Plans:** Debit or Credit only

We reserve the right to cancel your participation in and graduation from the Sacred Vinyasa Flow Teacher Training if you are unable to complete your payments in full and on time. Prior payments are non-refundable and non-transferable. Please note that there are no refunds or re-assigning of tuition monies once teacher training has started.

Tuition Covers: Teacher Training Sessions, Teacher Training Manual, and 5 months membership at Sacred beginning on the commencement of teacher training and ending 10 days after completion of teacher training.

**Additional Expenses to Expect:**
- Approximately $200 in required reading materials. The reading list will be made available April 1st, 2014. Books available for purchase online.
- Tuition for 3 Off-Site Yoga Classes. Classes range between $15 and $25.
### Schedule + Attendance Requirements

**Class Sessions**  
Thursdays 6pm-9:30pm  
Saturdays 9am-6pm  
Sundays 2pm-6:30pm

Week 1 September 25, 27, 28  
Week 2 October 2, 4, 5  
Week 3 October 16, 18, 19  
Week 4 October 23, 25, 26  
Week 5 October 30, November 1, 2  
Week 6 November 13, 15, 16  
Week 7 November 20, 22, 23  
Week 8 December 11, 13, 14  
Week 9 December 18, 20, 21  
Week 10 January 8, 10, 11  
Week 11 January 15, 17, 18  
Week 12 January 22, 24, 25  
Week 13 February 5, 7, 8

**Attendance** is mandatory at all class sessions. Lateness and absences will be tracked closely in order to meet Yoga Alliance standards. In the case of an emergency, you will have the option to make up missed hours in a future training. Please note that makeups must in the same category as the missed session. For example, if you miss techniques, you will need to make up techniques or if you miss yoga philosophy, you’ll have to make up philosophy. In some circumstances, you may have the opportunity to make up hours with an E-RYT at Sacred in a private session at the rate of $75/hour. However, in cases of guest teachers with specific material, this option will not be available. If you have specific questions about attendance requirements, please speak with Stephanie Battle, program director directly before the start of training.

### Areas of Study

- Techniques + Training + Practice  
- Asana + Pranayama + Meditation  
- Teaching Methodology  
- Anatomy + Physiology  
- Yoga Philosophy  
- Lifestyle + Ethics  
- Subtle Body + Chakra Systems  
- Personal Growth + Transformation
Time Requirements

We strongly suggest keeping your schedule as open as possible during the teacher training. In addition to the scheduled 180 weekend hours, trainees will be required to:

• Attend 2 classes per week on-site at Sacred for the duration of the training
• Complete homework and optional small group study sessions.
  Approximately 5 hours per week
• Attend a total of 3 classes at outside yoga studios from a list during the course of teacher training.
• Two in-studio class observations.
• Teach 2 classes to friends, family, and teacher trainees directly following the training.

Questions

Please email all questions to Stephanie Battle, Program Director. Even if you aren’t sure quite what your question is, ask anyway. stephanie@sacredbrooklyn.com

Thank you.