



**Vinyasa Yoga Flow  
200 Hour Teacher Training**

**Program Overview**

**Weekend Module Training  
Winter 2019**

**Sacred Brooklyn**

# 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 the Sacred's **Winter 2019 Weekend Module 200 Hour Teacher Training– The Intuition Class**

## Application Requirements

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Ready? Submit your application as soon as possible to secure your spot. Our class size is intentionally small to guarantee individualized attention. Applications can be submitted online at [www.sacredbrooklyn.com/teacher-training](http://www.sacredbrooklyn.com/teacher-training). Upon acceptance, a \$500 deposit is required to register. This can be paid online, by phone or at the front desk.

## Program Requirements

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- A minimum of 8 months consistent yoga practice
- A commitment to attend all program sessions and complete all homework.

## Staff + Support

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Winter 2019 training will be led by:  
Director of Teacher Training: Stephanie Battle, E-RYT  
Founder and Proprietress: Dara Cole, E-RYT

Supported by:  
Sacred Brooklyn's Yoga Teaching Staff  
Guest Teachers: TBA  
Teacher Training Assistant: TBA

## Yoga Alliance

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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](http://www.yogalliance.org)

## Areas of Study

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

## Reading List

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- MetaAnatomy – Anatomy of a Yogi by Kristin Leal
- The Yoga Sutras of Patanjali by Sri Swami Satchidananda
- The Bhagavad Gita by Eknath Easwaran
- The Gifts of Imperfection by Brené Brown
- Subscription to [www.yogaanytime.com](http://www.yogaanytime.com) for access to [Your Body On Yoga Anatomy Course](#) with Kristin Leal

## Schedule + Attendance Requirements

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Class sessions meet:

Thursdays 6:00-9:30pm

Saturdays 9-6pm

Sundays 11-5pm

Weekend 1: Jan 10, Jan 12/13

Weekend 2: Jan 17, Jan 19/20 (MLK Weekend, includes MLK class)

Weekend 3: Jan 31, Feb 2/3

Weekend 4 February 7, Feb 9/10

Weekend 5 February 15, Feb 16/17 (Class on Friday eve instead of Thursday for Valentine's Day)

No Class Week of February 21, Feb 23/24

Weekend 6 February 28th, March 2/3

Weekend 7 March 7th, March 9/10

Weekend 8 March 14, March 16/17

Weekend 9 March 21, 23/24

Weekend 10 March 28, March 30/31

Weekend 11 April 4, April 6/7

Weekend 12 April 11, April 13/14

**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 or pre-existing conflict a maximum of 20 hours can be made up in private sessions upon approval of the Director of Teacher Training, Stephanie Battle at the rate of \$75/hour. Three teacher training hours are equivalent to one private session hour.

## Time Requirements

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

- Complete homework and online anatomy course.
- Attend a total of 2 classes at outside yoga studios from an approved list within 1 month of completing teacher training.
- Teach 2 classes to friends, family, and teacher trainees directly following the training.

## Tuition

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**Early Bird Tuition:** \$3000 **Save \$400** (A non-refundable \$500 deposit is due upon acceptance). Balance paid in full by November 1, 2018)

**Regular Tuition:** \$3400, A \$500 deposit is due upon acceptance the Balance paid in full by December 15, 2018

**Payment Plans:** \$3550, A \$500 deposit is due upon acceptance to teacher training. An additional \$500 is due one week prior to the start of teacher training, the remaining \$2550 will be divided into 5 monthly payments, beginning January 1, 2019

**Teacher Training Assistant: Application Deadline 11/1/2018**

We will offer one TTA position for this training. The TTA tuition is \$1200 and can be paid with a Payment Plan. TTAs can expect to work approximately 20 hours in preparation of the training at open houses, preparing and packing manuals, participating in social media etcetera, about 1 hour per day during the course of the training, and about 20 hours following. Applications accepted online at [sacredbrooklyn.com/teacher-training/tta](http://sacredbrooklyn.com/teacher-training/tta)

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

**Payment + Refund Policies**

**Cancellation:** All refunds minus the \$500 non-refundable enrollment deposit must be requested a minimum of 2 weeks prior to the start date. There are no refunds beyond 2 weeks prior to the program start date.

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. Additionally, failure to adhere to Sacred Brooklyn's Teacher Training Code of Conduct, may result in dismissal from the program without refund.

**Tuition Covers:** Teacher Training Sessions, Teacher Training Manual, and 5 Months Membership at Sacred.

**Additional Expenses to Expect:**

- Less than \$150 in required reading materials, books are available for purchase online.
- Tuition for 2 offsite yoga classes. Classes range between \$15 and \$25

**Questions**

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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](mailto:stephanie@sacredbrooklyn.com)

**Thank you.**