



## YOGA TEACHER TRAINING ADDITIONAL INFORMATION AND FAQ

**Course:** Yoga Instructors Certification Course (YICC)

**Dates:** January 17<sup>th</sup> through February 21<sup>th</sup> 2015

**Times**

- ✚ Saturdays: 1:30 – 8:30 PM
  - ✚ Sundays: 12:30 – 7:30 PM
- 30 minute lunch/dinner break included

**What does “200 hour” Yoga Teacher training include?**

Theory	25
Practice	44
Exam, Presentations & miscellaneous	15
Report	20
Internship	56
Karma Yoga + First Aid/CPR Training	40
<b>Total</b>	<b>200 hours</b>

**Yoga Theory Topics include:**

- ✚ Unity in Diversity
- ✚ What is health?
- ✚ Anatomy
- ✚ Raja Yoga
- ✚ Karma Yoga
- ✚ Kriyas (chanting)
- ✚ Pancha Kosha
- ✚ Surya Namaskar (Sun Salutation)
- ✚ Food and Nutrition
- ✚ Bhakti Yoga
- ✚ Jnana Yoga
- ✚ Cyclic Meditation

**How much is the Yoga Teacher Training?**

\$1600: Early registration (before Nov 22nd)

\$1800: Tuition after Nov 22nd

Student Discount: \$100 off

**Where can I sign up?**

Online at <http://www.awakensanctuary.com/Events.html> under the Yoga Instructors Certification Course OR in person at the Sanctuary Wellness Center and Yoga Studio

**What type of certification will I earn from this course?**

Upon completion, students will be certified by the *Council for Yoga Accreditation International* (CYAI). Although different from the RYT certificate, this is recognized in most yoga studios in the US as well as internationally.