

# 200 hour TEACHER TRAINING

June - October 2012  
St. Louis, Missouri

southtown  
yoga

mb  
MITCHEL BLEIER YOGA

## CURRICULUM

The Southtown Yoga Teacher Training program is one of the most thorough and effective teacher training programs in the country. Led by internationally known instructor, Mitchel Bleier, and assisted by Southtown owner and lead instructor, Brigitte Niedringhaus, students have access to two incredible yogins with over 30 years of combined experience. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga and empower you to share your profound practice with others.

Training is designed for serious students interested in becoming teachers; current teachers that wish to refine their craft; or passionate students that want to further their practice and understanding of yoga. Teachers will learn to be accountable for themselves and their students. Southtown Yoga encourages the thoughtful application of yoga to life rather than blindly prescribed yoga. Through the Southtown Yoga Teacher Training, teachers will learn not only what choice to make for their students, but why they are making it, and how to engage appropriate and optimally in every situation.

## TUITION

### Part 1 & Part 2

If paid in full by May 11, 2012: \$2495

If paid in full after May 11, 2012: \$2700

Students, who don't intend to teach, can take Part 1 without Part 2. **NOTE:** Part 2 CANNOT be taken without completion of Part 1. Students who have already completed Part 1 can take Part 2.

**Part 1 Only Tuition:** \$1400

**Part 2 Only Tuition:** \$1400

### Tuition includes:

- All in-class instruction
- Teacher training manual
- Unlimited pass to Southtown Yoga for the duration of the teacher training.

*Disclaimer: If you have an unlimited membership, it will be put on hold for the duration of training.*

Tuition must be paid in full by the start of training. A \$500 non-refundable deposit is required. Payment plans are available upon request.

## Part 1 → THE YOGA EXPERIENCE

**100+ hours of study into the core teachings of Hatha Yoga that includes:**

- Extensive study of yogic philosophy, theory & history
- Thoughtful exploration of pranayama (breath) & meditation
- Rigorous practice of asanas & proper alignment

June 1 - 3

June 29 - July 1

August 3 - 5

August 24 - 26

Fridays 6:00 PM - 9:00 PM  
Saturdays 9:00 AM - 6:00 PM  
Sundays 9:00 AM - 4:00 PM

## Part 2 → THE TEACHER TRAINING

**100+ hours of study that includes:**

- Analysis of anatomy & biomechanics
- Deeper exploration of pranayama (breath) & meditation
- Extensive review of myths, mantras, sutras & Sanskrit for Yoga Teachers
- The Art of Teaching:
  - Class composition and sequencing
  - Use of voice
  - Observations and hands-on adjustments
  - Themes & demonstrations

September 14 - 16

October 5 - 7

October 26 - 28

Fridays 6:00 PM - 9:00 PM  
Saturdays 9:00 AM - 6:00 PM  
Sundays 9:00 AM - 4:00 PM

Each part will require weekly homework, quizzes and a take-home final exam. A required reading list will be given to you once you are accepted into the program. Books must be purchased separately. At the end of the program, all students who have completed the training hours, all of the required homework and passed the final exam will receive a certificate of completion from Southtown Yoga and will be eligible for Yoga Alliance at the RYT200 hour level.

200 *hour*

**TEACHER  
TRAINING  
APPLICATION**

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**PERSONAL INFORMATION**

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**EMERGENCY CONTACT**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

**COMPLETE (PLEASE USE ADDITIONAL PAPER IF NECESSARY.)**

Is this your first training? If no, list prior training. \_\_\_\_\_

\_\_\_\_\_

How long have you been practicing Hatha yoga? \_\_\_\_\_

Who are your main yoga teachers? \_\_\_\_\_

\_\_\_\_\_

Do you have any injuries, physical limitations or medical conditions (diabetes, epilepsy, pregnancy, etc.)? List. \_\_\_\_\_

\_\_\_\_\_

In your opinion, what qualities embody a good yoga teacher? Explain. \_\_\_\_\_

\_\_\_\_\_

Why do you want to take the Southtown Yoga Teacher Training? \_\_\_\_\_

\_\_\_\_\_

What personal qualities or attributes do you feel you possess that will help you teach yoga? \_\_\_\_\_

\_\_\_\_\_

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### PAYMENT INFORMATION

A \$500 non-refundable deposit is due upon acceptance into the training. In order to qualify for early discount, full payment is required on or before May 11, 2012. All other tuition is due no later than the start of the program, June 1, 2012.

#### I am paying with check

If paying with a check, please drop your completed application and check to Brigette Niedringhaus. You can also mail your check with your application to:

Attn: Teacher Training  
Southtown Yoga  
3719 S. Kingshighway  
St. Louis, MO 63109

*\*Please include driver's license number, state and expiration date on the front of your check.*

#### I am paying with credit card

Mastercard    Visa

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Sec Code \_\_\_\_\_

Name as it appears on the card \_\_\_\_\_

Zip Code \_\_\_\_\_

Is your billing information the same as your mailing address?    Yes    No

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I hereby authorize the above payment of \$ \_\_\_\_\_

Please Initial \_\_\_\_\_

I understand that if I fulfill all the requirements of the Southtown Yoga Teacher Training Program, including in-class hours, mentorship, homework, quizzes and final exam, I will receive a certified form of completion, which can be submitted to the Yoga Alliance or prospective employer as evidence that I have completed a 200-hour teacher training program.

I understand that Southtown Yoga reserves the right to ask me to leave the program if my behavior is inappropriate unethical or violates the Yoga Alliance or Southtown Yoga's ethical guidelines. Under such circumstances I understand I will not be re-funded my tuition. I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future teacher training, and my remaining balance will be refunded. Once the part I of the program begins, tuition for both parts is non-refundable and non-transferable. I understand that all Southtown Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

I have read and accepted the above terms and requirements:    Yes    No

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## 200 Hour Teacher Training Absentee Policy & Frequently Asked Questions

### ABSENTEE POLICY

To get the most out your Teacher Training Program, it is critically important that you attend 100% of the training.

If you miss 12 days: You may still complete the program with your class provided that you schedule a private session (or group session) with a Designated Trainer at some point during the program. A two hour private session equates to one full day (6 hours) or training. The cost of a private session is \$100 per hour. Please contact Southtown to schedule the makeup session. The maximum number of private makeup sessions is two.

If you miss 3 or more days: You will not be able to complete the program with your class, and you will need to make up the classes in the subsequent training. You may choose to make the first two days you miss a private session during the training, but the additional days you will need to take in a subsequent training. The fee is \$100 per hour.

If you miss 5+ days: You will need to retake the program at a discounted price, subject to space availability.

### FREQUENTLY ASKED QUESTIONS

#### What if I miss a class?

To obtain a certification of completion you must attend 100% of the classes to comply with the Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class.

#### How much time should I expect to spend on homework?

Between 5 to 10 hours per week on written assignments and class observations. The homework is designed to support the material covered in class and help you integrated what is presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all of the homework assignments and take the course for noncredit. However, if you wish to receive your certificate of completion for the course, you must attend all the sessions and complete all the homework assignments.

#### Are books and materials included in the price of the training?

Students who are accepted into the training will receive a book list for the training. These are not covered in the cost of the training. All other printed materials handed out during the training are included.

#### When will my unlimited yoga classes begin?

As part of your tuition, you are eligible for unlimited yoga. Yours will begin on the program start date after we have officially accepted you into the program and your payment has been paid in full. If you have a current membership with us, it will be put on hold until the end of training. The unlimited membership ends on the last day of training and any membership on hold will be reactivated. No refunds or extensions will be given on unlimited yoga classes.

#### When will I find out if I have been accepted into the program?

After you submit your completed Teacher Training application, you will be contacted via email or phone within 2 weeks. Your payment will be processed upon acceptance. If you are not accepted into the program, we will guide you on a path that will help you prepare for a future teacher training.

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### FREQUENTLY ASKED QUESTIONS (CONTINUED)

#### **How proficient in yoga do I have to be to participate in the program?**

The Southtown Yoga Teacher Training program included rigorous asana practice. We strongly recommend that applicants have one year of consistent asana practice. If you are new to yoga, this would not necessarily disqualify you from being accepted into the program. However, if you have a regular practice and are looking for a deeper understand of the practice and history of yoga, its postures, alignment and the ability to create and convey a comprehensive, safe sequence to others - this is the program for you.

#### **Do you offer scholarships or workexchange programs?**

Southtown Yoga offers a limited number of partial scholarships each training to prospective students with exceptional circumstances. To apply for a scholarship, please email [info@southtownyoga.com](mailto:info@southtownyoga.com) with your request. Space is limited and not guaranteed to be available.

#### **What is Yoga Alliance?**

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios and fitness clubs across the country are requiring their teachers to be registered with Yoga Alliance, either at the 200 or 500hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently, there are not legal certification requirements to be a yoga teacher.

#### **Will I be qualified to teach yoga once I complete the 200hour Teacher Training Program?**

Yes! With the successful completion of all the requirements of the program, including contact hours, homework and final exam, you will receive your Certificate of Completion evidencing your training at the 200hour level. You make also register with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)) at the RYT 200 level. Graduates of the 200hour program usually begin teaching in small studios, gyms, with private clientele (friends and family), etc. Many new teachers decide to continue their teacher training education as a way to further solidify their skills, knowledge and style as a yoga instructor. Although it is highly recommended path, you do not need to be registered with Yoga Alliance in order to teach yoga.

**\*I agree to all the above (initial) \_\_\_\_\_**

**Please submit completed application to Southtown Yoga.**