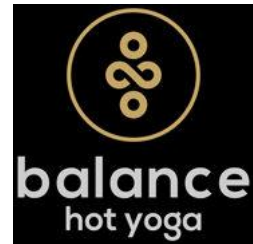




**GLOBAL SOUL YOGA
TEACHER TRAINING
HOSTED BY BALANCE HOT
YOGA 2021**



EVENT: 200-hour Yoga Teacher Training

- Students will receive a 200-hour teaching certificate that they can use to register with the Yoga Alliance as an RYT-200 (Registered Yoga Teacher)

LOCATION: Renton, Washington

- Balance Hot Yoga
4020 NE 43rd Pl
Renton, WA 98056
- Various (4-5) weekday night classes will be hosted at various locations throughout the greater Seattle area (pending Covid allowance)



DATES: October 2 – December 12, 2021

- Saturdays & Sundays for 8 weekends – format 2 weekends on, 1 off
 - Oct 2 & 3
 - Oct 9 & 10
 - OFF: Oct 16 & 17
 - Oct 23 & 24
 - Oct 30 & 31
 - OFF: Nov 6 & 7
 - Nov 13 & 14
 - Nov 20 & 21
 - OFF: Nov 27 & 28
 - Dec 4 & 5
 - Dec 11 & 12
- Core Hours: 8am – 6pm (*some weekend classes may start at 9:30am – refer to specific schedule – sent prior to training start date)
- Zoom Calls – every Wednesday evening 5:30pm – 7pm
 - October 6 – December 8, 2021
- Some (4-5) *weekday night classes will be hosted at various locations throughout the greater Seattle area (pending Covid allowance)
 - *See detailed training schedule – sent prior to training start date



INVESTMENT: Tuition is \$3450.

- Full tuition includes training, yoga classes during core training hours (Sat & Sun sessions) and Training Manual
- Field Trips: Tuition also includes all additional classes hosted at other studios around the greater Seattle area – this is an amazing way to expand your view of what yoga is and experience various styles that you may not have been exposed to yet! (It's one of my favorite parts!!!!)
- Students are responsible for purchase of the required training books outlined in the Orientation Packet and registration directly with the Yoga Alliance at the end of the program.

SCHEDULE: A typical day in the life of a Teacher Trainee...

- We accomplish so much each day in order to complete the teacher training but we also really go with the flow (yoga joke). In order to get the most of the training experience the schedule is outlined in detail – but will also be amended as we move through it to ensure we gain the most from the moments that just make sense!
- Most days will consist of 1-2 hot yoga classes, multiple asana clinics (posture breakdown), teaching practice, various lectures, guest teachers, lunch and a few short breaks

EXAMPLE SCHEDULE:

8am Hot Yoga Class
9am Break
9:15am Daily Group Intro
9:30am Lecture – Energy Systems
11am Posture Clinic
12pm Teaching Practice
12:30pm Lunch
1pm Lecture - Prana
2pm Posture Clinic
2:45pm Break
3pm Guest Teacher/Activity
5pm Teaching & Assisting Practice
6pm Daily Group Close

ENROLLMENT: Enrollment is easy and just a few steps!

- Fill out a training application linked on website and return to:
 - Piper Sandifer at piper@globalsoulyoga.com
 - Along with your application, process your full tuition *or* a min \$500 deposit to hold your spot.
 - Payments may be made in form of cash, check, credit/debit (all major cc's accepted), Paypal (only through link below) or Venmo
 - Process payments:
 - Cash or Check – coordinate with Piper Sandifer by texting/calling 253.468.2664
 - Online with credit/debit or Paypal – [CLICK HERE](#) - (you will be redirected to Global Soul Yoga's online store with Big Cartel)
 - Venmo @globalsoulyoga
- Tuition must be paid-in-full by September 18, 2021**

NEXT STEPS: Orientation Packet

- Once enrolled, you will receive a Training Orientation Packet via email. This will outline pre-requisite assignments for training as well as the list of required books to read. It will also include the Training Agreement to sign and return within 5 days of receipt.

CONTACT FOR FURTHER SUPPORT:

- We are here to support your planning efforts! Reach out with any questions!
- Piper Sandifer – Owner Global Soul Yoga & Training Director
 - Cell: 253.468.2664
 - Email: piper@globalsoulyoga.com
- Angela Papini – Owner Balance Hot Yoga
 - Studio Phone: 425.572.0750

TOP 4 FAQs

1. What yoga experience is needed?

NONE! Whether you are brand new to yoga or have a long-term established practice this training is for everyone. If you have a heart and desire to learn and evolve then this program will meet you where you are.

2. What if I am physically out of shape?

It's ok! We will certainly work hard and push ourselves – but we understand every student will have different physical capabilities and we honor this in training, just as we honor and encourage it for each of our students in a class. Taking care of and listening to your body's needs throughout this process is absolutely important!

3. What if there are some training dates I cannot attend?

Certainly you will gain the most out of this experience by swiping your schedule totally clean and being present for every hour of training – this is the expectation. However we do understand life continues during training – so no more than 2 full days can be missed and will need to be made up with additional work and some make up sessions. All absences must be pre-scheduled and noted on the Training Application.

4. What if I don't want to teach yoga, I just want to learn more?

Great! Yoga is a lifestyle – one that enhances everything in your life and therefore this training is influential whether you decide to teach or not. We do practice teaching throughout and all students will be required to take the final exam and teach a final class – however these serve as amazing growth tools as well as prep for teaching. Everyone will gain no matter what their purpose of attending.

