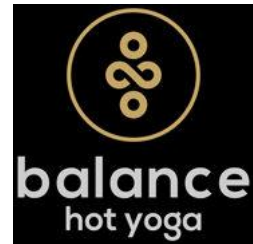




**GLOBAL SOUL YOGA
TEACHER TRAINING
HOSTED BY BALANCE HOT
YOGA 2022**



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

DATES: September 17 – December 4, 2022



1. Weekend Sessions (Saturday's & Sundays) – all weekend hours are 9:15am – 6:15pm

Sept 17 & 18	IN PERSON Renton, WA
Sept 24 & 25	Online
October 1 & 2	OFF
October 8 & 9	IN PERSON Renton, WA
October 15 & 16	Online
October 22 & 23	OFF
October 29 & 30	IN PERSON Renton, WA
November 5 & 6	Online
November 12 & 13	OFF
November 19 & 20	IN-PERSON Renton, WA
November 26 & 27	OFF
December 3 & 4	IN PERSON Renton, WA

2. PLUS 90-min Weekly Zoom Calls

every Wednesday evening
Sept 21 - November 20, 2022
6pm - 7:30pm

3. PLUS ADDITIONAL 2-HOUR Zoom Calls

Thursday evenings 6pm - 8pm
September 29
October 27
November 10
November 17

INVESTMENT: Tuition is \$3450.

- Full tuition includes training, yoga classes during core training hours (Sat & Sun sessions) and Training Manual
- 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 in-person 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 on the event page on the website.
- Along with your application, process your full tuition *or* a min \$500 non-refundable deposit to hold your spot.
 - Process payments:
 - Online with credit/debit or Paypal – [CLICK HERE](#) - (you will be redirected to Global Soul Yoga's online store with Big Cartel)
 - **Tuition must be paid-in-full by September 3 2022**

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
 - Renton Studio Phone: 425.572.0750
 - Idaho Studio Phone: 208.846.5787

TOP 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.

5. What about all things COVID?

As with any training, our number one priority is safety – we will take measures to ensure this is as safe of an environment as possible. We can only control our response – so with that being said – if for some reason COVID impacts our plan in any way we will simply amend as needed.



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