

# Glenmore Yoga & Wellness Center Teacher Training Program

2017-2018



## 200 Hour Yoga Teacher Training & 300 Hour Therapeutically Focused Glenmore Yoga Programs

Yoga Alliance Registered School  
Member International Association of  
Yoga Therapists (IAYT)  
Training Yoga Teachers since 1997  
Therapeutic Focus



GLENMORE YOGA &  
WELLNESS CENTER

804-741-5267

[www.glenmoreyoga.com](http://www.glenmoreyoga.com)

## 200 Hour Teacher Training Program

With 14 years of offering this level of training, Glenmore Yoga's 200-Hour Program is designed for aspiring teachers and students of yoga who wish to deepen their yoga practice. Our mission is to provide each Yoga teacher with the foundation to teach therapeutically and skillfully with compassion. This program is designed to meet the standards of Yoga Alliance, allowing our graduates to nationally register as a 200-hour yoga teacher.

The program consists of 7 Weekend Training Modules and may be completed in seven months or up to 2 years. The modules are held each month from September through March. Each class includes experiential practice, lecture, discussion and demonstrations.

The 200-Hour program is made up of 180 hours in contact with the faculty, 40+ hours of independent study including reading and completing study guides for each Training Module, a practicum including 15 class observations, 3 class critiques and designing a yoga class to teach to a group of your choice. Upon completion students will meet the requirements to register with Yoga Alliance at the 200-hour level, deepen their practice and understanding of yoga, have the ability and confidence to design and teach a balanced, cohesive class, increase knowledge of yoga philosophy, yoga anatomy, asana, breathing and meditation techniques, and have the knowledge to build asanas from the foundation up and modify asanas for contraindications.

### Application Process & Program Fees

A 200 Hour Teacher Training Program  
Application is submitted with a \$500

nonrefundable deposit. A member of the Glenmore staff will meet with each student individually prior to the beginning of the program. Cost of the 200-Hour Program is \$3,300.00 for the course which includes the \$500.00 deposit at the time of application, to be applied to the tuition and \$400.00 paid by the first of each month September-March in which a Training Module is taken within that month. The program fees include: handouts of all Power Point Presentations and 50% Discount on classes at Glenmore each month that a Training Module is attended. All students in the 200-Hour program are encouraged to take at least one class per week at Glenmore Yoga.

### 200-Hour Training Modules 2015-16

- ☯ Yoga Philosophy, Lifestyle & Ayurveda, Sept 16, 10:30-6:30, Sept 17, 10:00-6:00
- ☯ Yoga Anatomy for Upper Body, Oct. 21, 10:30-6:30, Oct.22, 10:00-6:00.
- ☯ Yoga Anatomy for Lower Body. Nov. 18, 10:30-6:30, Nov. 19, 10:00-6:00.
- ☯ Asana I – Forward & Backward Bends, Standing & Balance, Dec. 2, 10:30-6:30, Dec. 3, 10:00-6:00.
- ☯ Asana II–Grounded Poses, Core, Spinal Twists, Inversions, Jan. 6, 10:30-6:30, Jan. 7, 10:00-6:30
- ☯ Pranayama, Feb. 24, 10:30-6:30 & Meditation, Feb. 25, 10:00-6:00.
- ☯ Teaching Methodology, Ethics and Business of Yoga, March 24, 10:30-6:30 & March 25, 10:00-6:00 (Prerequisite: completion of Yoga Anatomy and Asana Modules)

### Glenmore Teaching Faculty

Sarah Thacker, M.A.,ATR-BC, Yoga Therapist, E-RYT-500, YACEP, Lead Trainer; Nancy Glenmore Tatum, MS Gerontology, Yoga Therapist, E-RYT 500, YACEP, CMT; Kim Leibowitz, E-RYT 500, YACEP and Jennifer Hays, M.P.T.

## **Therapeutically Focused Glenmore Yoga Program**

### **300-Hour Yoga Alliance Registered**

Therapeutically focused yoga is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga. The Glenmore Yoga 300 Hour Program will provide the practical skills and related knowledge required to become a competent and effective therapeutically oriented Yoga Instructor. Developing a therapeutic relationship with clients is the hallmark of yoga therapy. A 300 hour Glenmore instructor is an experienced yoga teacher with specialized skills and knowledge in the application of yoga in a therapeutic setting.

The program is open to all yoga teachers holding at least a 200-Hour teacher certification from an accredited program. Graduates of 300 Hour Therapeutically Focused Yoga Program will meet the requirements of Yoga Alliance (YA) 500-Hour registration.

The program consists of twelve training modules, accompanying readings and study guides, observations, design and completion of a supervised therapeutic practicum. The program must be completed within 24 months of the program start date.

### **Bridge Training Program & Fee**

Students entering the program with a 200 hour certification from a school other than Glenmore will take four Foundation Training Modules. The modules include: Anatomy I and II and Asana I and II. The Foundation Training fee is \$1,600 and may be paid in four payments of \$400 to be paid in October, November, December and January when modules are offered.

### **300 Hour Yoga Program Training Modules**

- ☯ Module 1–Intro & Therapeutic Intakes  
Sat. Jan. 27, 2018., 10:30-6:30
- ☯ Module 2 – Yoga Anatomy & Physiology  
- Sun, Jan 28, 2018, 10:00-6:00
- ☯ Module 3 – Ayurveda for Therapeutic Applications – Sat, Feb 10, 2018, 10:30-6:30
- ☯ Module 4–Hands On, Hands Off Adjustments & Modifications – Sun, Feb 11, 2018, 10:00-6:00
- ☯ Module 5– Teaching Yoga to Older Adults -Sat, March 10, 2018, 10:30-6:30
- ☯ Module 6 – Yogic Foundations Teachings – Sun, March 11, 2018, 10:00-6:00.
- ☯ Module 7 – Yin/Yang & Tibetan Rites – Sat, April 7, 2018, 10:30 – 6:30
- ☯ Module 8 – Therapeutic Yoga for Special Conditions– Sun, April 8, 2018, 10:00 – 6:00
- ☯ Module 9 – Yogic & Psychological Foundations – Sat, May 19, 2018, 10:30 – 6:30
- ☯ Module 10 – Chronic Pain and Chakras – Sun, May 20, 2018, 10:00 – 6:00
- ☯ Module 11 – Pranayama & Meditation/Protocol Presentation – Sat, June 2, 2018, 10:30 – 6:30

- ☯ Module 12 – Business, Ethics & Marketing – Sun, June 3, 2018, 10:30 – 6:00
- ☯ Therapeutic Practicum & Presentations - TBD

### **Application Process & Program Fees**

Application is submitted with a deposit. Program fees are as follows:

Therapeutically Focused Glenmore Yoga 300 Hour Program = \$4,525.

(\$500 deposit + 7 payments of \$575.00)

Program payments are due January - July. Program fees include: handouts of all Power Point Presentations and 50% Discount on classes at Glenmore each month of training module participation.

All Training Modules may be taken individually for continuing education. The cost for a one day Training Module is \$250.

### **Glenmore Teaching Faculty**

Sarah Thacker, M.A., ATR-BC, Yoga Therapist, E-RYT-500, YACEP, Lead Trainer

Nancy Glenmore Tatum, MS Gerontology, Yoga Therapist, E-RYT 500, YACEP, CMT

Kim Leibowitz, E-RYT 500, YACEP

Kevin Casey, E-RYT 500, CMT

