

Glenmore Yoga & Wellness Center Teacher Training Program

2018-2019



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

200 Hour Teacher Training Program

With 15 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 \$325

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 \$325.00 deposit at the time of application, to be applied to the tuition and \$425.00 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 in order to continue a personal practice.

200-Hour Training Modules

- ☯ Yoga Philosophy, Lifestyle & Ayurveda, Sept 15, 10:30-6:30, Sept 16, 10:00-6:00
- ☯ Yoga Anatomy for Upper Body, Oct. 20, 10:30-6:30, Oct. 21, 10:00-6:00.
- ☯ Yoga Anatomy for Lower Body. Nov. 17, 10:30-6:30, Nov. 18, 10:00-6:00.
- ☯ Asana I – Forward & Backward Bends, Standing & Balance, Dec. 1, 10:30-6:30, Dec. 2, 10:00-6:00.
- ☯ Asana II–Grounded Poses, Core, Spinal Twists, Inversions, Jan. 12, 10:30-6:30, Jan. 13, 10:00-6:30
- ☯ Meditation, Feb. 9, 10:30-6:30 & Pranayama, Feb. 10, 10:00-6:00.
- ☯ Teaching Methodology, Ethics and Business of Yoga, March 9, 10:30-6:30 & March 10, 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; CMT; Kim Leibowitz, Yoga Therapist, 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.

This program commencing January 2019 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 are encouraged to take four Foundation Training Modules. The modules include: Anatomy I and II and Asana I and II. The Foundation Training fee is \$1,700 and may be paid in four payments of \$425 to be paid in October, November, December and January when modules are offered.

300 Hour Yoga Program Training Modules

- ☯ Module 1–Intro & Private Yoga Teaching Techniques - Sat. Jan. 26, 2019., 10:30-6:30
- ☯ Module 2 – Yoga Anatomy/Special Conditions- Sun, Jan 27, 2019, 10-6
- ☯ Module 3 – Ayurveda for Therapeutic Applications – Sat, Feb 23, 10:30-6:30
- ☯ Module 4–Adjustments & Modifications – Sun, Feb 24, 2019, 10:00-6:00
- ☯ Module 5– Yogic Foundations Teachings -Sat, March 23, 10:30-6:30
- ☯ Module 6 – Teaching Yoga to Older Adults – Sun, March 24, 2019, 10-6.
- ☯ Module 7 – Yogic & Psychological Foundations – Sat, April 13, 10:30 – 6:30
- ☯ Module 8 – Yoga on the Ball/Yoga for Joint Replace & Pelvic Floor– Sun, April 14, 2019, 10:00 – 6:00
- ☯ Module 9 – Therapeutic use of Pranayama & Meditation – Sat, May 18, 2019, 10:30 – 6:30
- ☯ Module 10 – Chronic Pain and Chakras – Sun, May 19, 2019, 10:00 – 6:00
- ☯ Module 11 – Business, Ethics & Marketing – Sat, June 8, 2019, 10:30 – 6:30
- ☯ Module 12 –Tibetan Rites/Practicum Work– Sun, June 9, 2019, 10 – 6

Application Process & Program Fees

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

Therapeutically Focused Glenmore Yoga 300 Hour Program = \$4,525.
(\$325 deposit + 7 payments of \$600.00)

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 Training Module is \$250 for a whole day or \$125 half day.

Glenmore Teaching Faculty

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

Kim Leibowitz, Yoga Therapist, E-RYT 500, YACEP, C-IAYT, Lead Trainer

Carolyn Hazel, E-RYT 500, YACEP, C-IAYT, CMT

Sue Agee, E-RYT 500, YACEP

Sandy Axelson, RYT 500

