

Glenmore Yoga & Wellness Center Teacher Training Programs

2019-2020



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 16 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 and staff, 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 and teaching a yoga class 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 asana from the foundation up and modify asana 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 7, 10:30-6:30, Sept 8, 10:00-6:00
- ☯ Yoga Anatomy for Upper Body, Oct. 19, 10:30-6:30, Oct. 20, 10:00-6:00.
- ☯ Yoga Anatomy for Lower Body. Nov. 16, 10:30-6:30, Nov. 17, 10:00-6:00.
- ☯ Asana – Forward & Backward Bends/ Meditation, Dec. 7, 10:30-6:30, Dec. 8, 10:00-6:00.
- ☯ Asana – Standing & Balance/Pranayama, Jan. 11, 10:30-6:30, Jan. 12, 10:00-6:30
- ☯ Asana – Grounded poses & core, Feb. 15, 10:30-6:30; Spinal Twist & Inversions, Feb. 16, 10:00-6:00.
- ☯ Teaching Methodology, Ethics and Business of Yoga, March 7, 10:30-6:30 & March 8, 10:00-6:00 (Prerequisite: completion of Yoga Anatomy and Asana Modules)

Glenmore Teaching Faculty

- ☯ **Kim Leibowitz**, Yoga Therapist, E-RYT 500, YACEP, Lead Trainer
- ☯ **Sue Agee**, E-RYT 500, YACEP, RN
- ☯ **Jennifer Hays**, M.P.T.

Therapeutically Focused Glenmore Yoga Program 2020

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 therapeutically informed yoga. A 500 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 2020 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 fourteen training modules, accompanying readings and study guides, observations, design and completion of a supervised therapeutic practicum and Project. 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 have the option of taking Foundation Training Modules. The modules include: Anatomy for the upper and lower body and the Asana Modules. The Foundation Training fee is \$425 per module and is to be paid in the month when a module is taken. Refer to 200 hour program dates on other side.

300 Hour Yoga Program Training Modules

- 🌀 Module 1–Intro & Private Yoga Teaching Techniques - Sat. Jan. 25, 2020., 10:30-6:30
- 🌀 Module 2 – Yoga Anatomy from the Ground Up- Sun, Jan 26, 2020, 10-6
- 🌀 Module 3 – Foundations of Ayurveda – Sat, Feb 22, 2020, 10:30-6:30
- 🌀 Module 4–Restorative Yoga – Sun, Feb 23, 2020, 10:00-6:00
- 🌀 Module 5 & 6 – Yoga Philosophy Applied to Our Modern World -Sat, March 21, 10:30-6:30 & Sun, March 22, 10-6.
- 🌀 Module 7 – Yoga for Joint Replacement, Pelvic Floor & Better Breathing – Sat, April 25, 10:30 – 6:30
- 🌀 Module 8 – East Meets West/Chronic Pain & Chakras– Sun, April 26, 10:00 – 6:00
- 🌀 Module 9 –Philosophical Foundations: Integrating Philosophy & Wellbeing– Sat, May 16, 2020, 10:30 – 6:30
- 🌀 Module 10 – Healing Applications of Pranayama & Meditation – Sun, May 17, 2020, 10:00 – 6:00
- 🌀 Module 11 – Assists & Modifications – Sat, May 30, 2020, 10:30 – 6:30
- 🌀 Module 12 –Teaching Yoga to Older Adults– Sun, May 31, 2020, 10 – 6

- 🌀 Module 13 – Tibetan Rites/Yoga on the Ball, Sat, June 13, 10:30 – 6:30
- 🌀 Module 14 – Ethics & Business of Yoga, Sun, June 14, 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

- 🌀**Kim Leibowitz**, Yoga Therapist, E-RYT 500, YACEP, Lead Trainer
- 🌀**Carolyn Hazel**, Yoga Therapist, E-RYT 500, YACEP, CMT
- 🌀**Sarah Thacker**, M.A., ATR-BC, Yoga Therapist, E-RYT-500, YACEP
- 🌀**Sue Agee**, E-RYT 500, YACEP, RN
- 🌀**Jennifer Hays**, M.P.T.
- 🌀**Heather Rutherford**, E-RYT 500
- 🌀**Sandy Axelson**, RYT 500
- 🌀**Chris Riely**, RYT 500

