

# Glenmore Yoga & Wellness Center Teacher Training Programs

2023-2024



## 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**



804-741-5267

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

## 200 Hour Teacher Training Program

In its 19<sup>th</sup> year, 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 16 Training Modules which take place Saturdays and Sundays and may be completed in eight months or up to 2 years. The modules are held one weekend a month in studio. 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 at Glenmore, 3 class overviews 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. Students are strongly encouraged to continue a personal practice while in the program.

## Application Process & Program Fees

A 200 Hour Teacher Training Program Application is submitted with a \$325 nonrefundable deposit. A Glenmore staff member is available to meet with each student individually prior to the beginning of the program. Cost of the 200-Hour Program is \$3,725.00 which includes the \$325.00 application deposit and \$425 due by the beginning of each month September-April in which a Training Module is taken. The program fees include: handouts of Power Point Presentations and 50% Discount on classes at Glenmore each month that a Training Module is attended. Required books are an additional cost.

## 200-Hour Training Modules

Sat 10:30 am – 6:30 pm; Sun 10 am – 6 pm

- ☯ Intro to program & Philosophy – Sept 9
- ☯ Intro to Ayurveda - Sept 10
- ☯ Anatomy of Lower Body – Oct 14 & 15
- ☯ Anatomy of Upper Body – Nov 4 & 5
- ☯ Yoga Philosophy – Nov 5, 2 – 6 pm
- ☯ Pranayama – Dec 9
- ☯ Meditation – Dec 10
- ☯ Asana 1 - Jan 6 & 7
- ☯ Asana 2 – Feb 3 & 4
- ☯ Class Sequencing – Mar 2
- ☯ Class Design – Mar 3
- ☯ Student Practicum – April 13 (Prerequisite: completion of Yoga Anatomy and Asana)
- ☯ Business & Ethics – April 14

## 200 Hour Glenmore Teaching Faculty

- ☯ **Carolyn Hazel**, Yoga Therapist, E-RYT 500, YACEP, Lead Trainer, LMT
- ☯ **Sue Agee**, E-RYT 500, YACEP, RN, Lead Trainer
- ☯ **Randi Weiss**, E-RYT 500, YACEP
- ☯ **Mary Lou Bean**, E-RYT 500, YACEP
- ☯ **Kathleen Baker**, Program Director

## Therapeutically Focused Glenmore Yoga Program 2023

### 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 2023 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 sixteen in studio 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 – Dates are TBA

- 🌀 Module 1–Intro & Applied Philosophy
- 🌀 Module 2 – Yoga Philosophy Applied to Modern World
- 🌀 Module 3 – Yoga Anatomy From The Ground Up
- 🌀 Module 4–Teaching Restorative Yoga
- 🌀 Module 5 – Foundations of Ayurveda
- 🌀 Module 6 - Mindbody Wellness
- 🌀 Module 7 – Private Yoga & Tibetan Rites
- 🌀 Module 8 – East Meets West/Chronic Pain & Chakras
- 🌀 Module 9 – Healing Applications of Pranayama
- 🌀 Module 10 –Yoga for Back & Joint Replacement
- 🌀 Module 11 – Yoga for Pelvic Floor & Better Breathing with Yoga
- 🌀 Module 12 – Chair Yoga & Yoga on the Ball
- 🌀 Module 13 –Teaching Yoga to Older Adults
- 🌀 Module 14 – Assists & Modifications
- 🌀 Module 15 – Ethics & Business of Yoga
- 🌀 Module 16 – Healing Applications of Meditation
- 🌀 Module 17 – Chakras
- 🌀 Module 18 – Yin Yoga

### Application Process & Program Fees

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

Therapeutically Focused Glenmore Yoga 300 Hour Program = \$4,555.

(\$325 deposit + 9 payments of \$470.00)

Program payments are due January - Sept. 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 \$225 for a whole day or \$115 half day.

### Glenmore Teaching Faculty

🌀**Carolyn Hazel**, Yoga Therapist, E-RYT 500, YACEP, CMT, Lead Trainer

🌀**Sue Agee**, E-RYT 500, YACEP, RN, Lead Trainer

🌀**Kim Leibowitz**, Yoga Therapist, E-RYT 500, YACEP

🌀**Mary Lou Bean**, E-RYT 500, YACEP

🌀**Randi Weiss**, E-RYT 500, YACEP

🌀**Sandy Axelson**, RYT 500

🌀**Chris Riely**, RYT 500

