



RED EARTH YOGA CENTER

— 200-HOUR RYT PROGRAM —

WHAT WE'RE ABOUT

Red Earth Yoga Center's 200-hour RYT program is open to all students who would like to become teachers or deepen their knowledge and practice of yoga.

We believe that the teaching of Yoga is both a science and an art and have created our curriculum accordingly. Our comprehensive program will provide participants the knowledge, practice and experience to become innovative, dynamic, inspiring, well-versed yoga teachers ready to teach from day one.

Our program follows the Yoga Alliance Guidelines and Red Earth Yoga Center is a Registered Yoga School (RYS) with Yoga Alliance. Upon completion of the Yoga Teacher Training program, trainees receive a 200-hour Red Earth Yoga Center Teaching Training Institute Certification, enabling them to become Registered Yoga Teachers (RYT 200) with the National Yoga Alliance.

YOGA STYLES

- Ashtanga Yoga
- Native Yoga
- Vinyasa Yoga
- Hatha Yoga
- Restorative Yoga
- Pre/Postnatal Yoga
- Chair Yoga
- Yin Yoga
- Seva Yoga
- Raja Yoga
- Yoga for Special Populations
- And more!

ADDITIONAL FOCUS

- The 8 Limbs, Philosophy & History of Yoga
- The Language of Yoga (Sanskrit), Pronunciation & Translations
- Ayurveda: The Yoga Diet & Lifestyle
- Our Body-Anatomy Workshop & Energetic Anatomy Workshop
- Yoga as Service (Seva)
- Sequencing, Class Structure & Theming
- Teaching Standing, Balancing, Seated, Twisting, Hip Opening, Back Bending, Forward Bending Postures & Stabilizing Asanas as well as Sun Salutations and Inversions.
- Pranayama techniques, Ujjayi breathing, Drishti & Bandhas
- Yoga Tradition – lifestyle, chakras, koshas, nadis, gunas,
- Class assisting, practice teaching & class observation
- Psychology of teaching, ethics & marketing: the Business of Yoga

WHAT YOU WILL LEARN THE BREAKDOWN

- **ASANA TECHNIQUES & TEACHING METHODS:**

As the most extensive part of the course, you will learn in detail the most common yoga postures.

- Anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, action and form.
- Major families of asanas: Sun Salutations, Standing Poses, Seated Postures, Balancing Postures, Backbends, Forward Bends, Twists, Arm Balances, Inversions, Core Refinement, and Hip Openers.
- Verbally cue another person into proper alignment of the pose as well as explain the benefits of each posture.

- **PRACTICAL YOGA HISTORY & PHILOSOPHY:**

An overview of the Bhagavad Gita, Yoga Sutras of Patanjali (not just the Eight Limbs but Patanjali's philosophy of spiritual psychology), early tantric texts that inform the earliest development of physical yoga (postural) practices, Hatha Yoga Pradipikac (the earliest text on postural yoga), and contemporary yoga philosophy.

- **PRACTICAL YOGA ANATOMY:** Students will study the structure of the body as a whole including the skeletal system, muscular system, cardiovascular system, nervous system and circulatory system.

- Learn how the body works and how the physical asana affects these systems.

- **PLANNING & SEQUENCING CLASSES:** The art and science of sequencing families of asanas and crafting entire classes, including for different levels of students, different intentions, seasons, styles and other considerations.

- Cover pacing, duration, tempo, and vibe for different levels and intentions of classes.

- **TEACHING PRANAYAMA:** Basic and intermediate pranayama techniques, including how, when, and whom to teach basic yoga breathing (ujayi pranayama) and more intermediate pranayama techniques (including kapalabhati, bastrika, sitali, viloma, kumbhaka, and nadi shodhana).

- **SUBTLE ENERGY & ANATOMY:** Awareness and activation of subtle energy, including how to cultivate bandhas and the relationship between pranayama, bandhas, and the elements of yogic anatomy, including koshas, chakras, nadis, vayus, gunas and doshas.

- **MEDITATION PRACTICES:** In demystifying meditation, we explore how to bring meditation into yoga classes and everyday life in way that is simple, accessible and sustainable. We explore several meditation techniques.

- **THE ART OF SEEING & RELATING:** An integral part of the course, here we learn to systematically observe, appreciate, and understand what is happening with different students in each of the asanas, thereby developing the necessary skills for working individually with your students and giving appropriate verbal cues, hands-on adjustments and use of props.

- **DEMONSTRATING & CUING:** Here we focus on when, where and how to most effectively demonstrate yoga poses while giving the clearest, most understandable verbal and hands-on guidance to students. Qualities of voice, including language, tone and audibility are given close attention.

WHAT YOU WILL LEARN CONTINUED

- **HANDS-ON ADJUSTMENTS:** We go deeply into the full range of hands-on adjustments, an essential skill for all yoga teachers. It begins with an in-depth consideration of the principles of tactile cues, and then looks at specific techniques for guiding students in literally hundreds of yoga poses.
 - Here you will work with one another to learn, practice, and refine your ability to guide students.
- **TEACHING PRE/POST-NATAL YOGA:** Every public yoga teacher is a pre-natal yoga teacher if only because you will definitely have pregnant students in your yoga classes.
 - Here we look closely at maternal anatomy and physiology, adaptation of the practice for each trimester of pregnancy, indications and contra-indications for various conditions, effective use props, emotional and psychological aspects of pre-natal experience, preparation for delivery, delivery, and post-partum reintegration through yoga.
- **WORKING WITH STUDENT INJURIES & SPECIAL CONDITIONS:** Students come to classes with a variety of conditions, including acute and chronic injuries, disease, and other conditions that need to be considered in guiding their practice. We will consider several of the most common conditions: joint issues (ankles, knees, hips, sacro-iliac, spinal, shoulders, elbows, and wrists), scoliosis, osteoporosis and students undergoing chemotherapy.
- **MAKING YOGA MEANINGFUL:** Why do you do yoga? What are the core values at the heart of your practice? How can you best be true to your values while honoring others and their values in your classes? How might you best create an atmosphere in class and provide guidance to students in making their yoga experience more meaningful in the fullness of their lives?
- **CLASS OBSERVATION:** By observing experienced teachers in the act of leading live classes, you will further refine your insights into what different students are likely experiencing in their yoga practices, thereby expanding your own skills in leading classes.
- **PRACTICE TEACHING:** From the very beginning of this course, you will work with other participants to teach classes, starting with working one-on-one and gradually developing the confidence and skill to lead larger and larger classes. Each practice teaching session includes extensive feedback and discussion of teaching techniques and methods.
- **LIFESTYLE & ETHICS:** How we live our larger lives off the mat, including personal yoga practice, nutrition, and sleep, relations with family and friends, and being in community are essential aspects of deepening our yoga and sharing it with dignity and integrity.
- **THE PROFESSION & BUSINESS OF YOGA:** This covers the role of the teacher, getting yourself established as a professional yoga teacher, and being successful in teaching yoga as your source of livelihood.

APPRENTICING

The apprenticeship is an integral component of the Yoga Teacher Certification program. The purposes of apprenticeship are to more closely observe regular classes, get practical experience in public yoga classes, and to work closely with a qualified mentor teacher to further develop the skills and confidence for conducting well-balanced, safe and effective classes on your own. Working directly under the guidance of an approved mentor teacher of your choice, here you will refine your skills in the art of seeing and guiding students in a real world setting.

CERTIFICATION

EXAM

Upon completion of the 200-hour training, you are eligible to take the Certification Exam. Students in the 9-month weekend program must not miss more than one weekend. The overall course prepares you to successfully complete the exam.

Upon completion of the 200-Hour Yoga Teacher Certification, you are qualified to apply to Yoga Alliance for membership in its registry of yoga teachers as Registered Yoga Teacher (RYT 200).

QUESTIONS?

405-714-1454

Redearth yogacenter@att.net

DATES

Sept. 7-9, 2018

Oct. 12-14, 2018

Nov. 9-11, 2018

Dec. 7-9, 2018

Jan. 11-13, 2019

Feb. 8-10, 2019

March 8-10, 2019

April 12-14, 2019

May 10-12, 2019

Fridays: 6-9 p.m.

Saturdays: 9 a.m.- 6 p.m.

Sundays: 9 a.m.- 6 p.m.

COST & DATE INFORMATION

All of Red Earth Yoga Center classes during the RYT 200 program are free for trainees. We encourage class participation to expose trainees to a variety of yoga class styles and teachers.

The annual 9-month program starts on the second weekend of September and continues meeting monthly on the second weekend up through May.

COST: \$2,900 for 200 hour RYT program. Includes nine month unlimited yoga-pass. A \$500 deposit will hold your spot. Balance due the FIRST day of training.

TUITION INCLUDES ALL REQUIRED MATERIALS! PAYMENT PLANS AVAILABLE!