

Inspired Thrive yoga Teacher Training

**UNLEASH the student
UNCHAIN the teacher**
Deepen your practice both on and off the mat

Brought to you by Jennifer Fujii & Shannan Donovan

The Inspired Thrive Teacher Training Program (IT TTP), is a 200-hour, advanced studies offering an intuitive method for teaching effective, breath - centered curriculum.

This program is Yoga Alliance - Certified.

OUTLINE OF CURRICULUM &

BREAKDOWN OF HOURS

Yoga Techniques: Training & Practice (100 hours)

- Asana
- Pranayama
- Meditation
- Bandhas
- Yoga Nidra
- Sound Healing

Yoga Philosophy and Lifestyle & Ethics for Yoga Teachers (30 hours)

- Yoga history and philosophy
- Yoga Sutras
- The 8 Limbed Path

Teaching Methodology (25 hours)

- Developing your voice and teaching philosophy
- The Keys to Confidence
- Principles of Asana Sequencing
- Teaching Pranayama
- Verbal and physical adjustments
- Your role/responsibility as a yoga teacher

Anatomy & Physiology (22 hours)

- Anatomical Terminology
- The 11 Systems of the Body
- Chakras

Practicum (25 hours)

- Practice Teaching
- Observing
- Hearing and Giving Feedback

Electives (10 hours)

- Prenatal Teaching Overview
- Teaching Yoga to Seniors Overview
- Sanskrit Names and Study
- The business of yoga and how to market yourself as a yoga teacher

ELIGIBILITY

There is no minimum requirement to enroll in the Inspired Thrive Teacher Training Program. What we do request is that you have a strong commitment to the principals and practice of Yoga.

PROGRAM COST

Cost: \$ 3,500

Early Bird Special: \$3,200 before June 1st
**Payment plans available upon request and approval

***Non-refundable deposit \$500 is due at time of registration

Dates

Our unique training schedule includes one weekend a month:
(Friday 5:30pm-9:00pm, Saturday 8am- 6pm and Sunday 9am- 6pm).

August 24-26

September 7-9

October 5-7

October 19-21

November 2-4

November 16-18

December 1-2*

*Graduation weekend. No Friday night.

ATTENDANCE AND GRADUATION POLICY

Please only enroll if you have looked at the dates and can work them all into your schedule. That said, if you must miss one day, we will do our best to accommodate your schedule within reason, helping you to make up missed class activities and homework and/or scheduling make-up days if necessary.

Please visit our website for full program description and teachers'



PROGRAM LOCATION

Inspired Fitness Training Center 2000 Gravenstein Hwy N, Suite #104 Sebastopol, CA 95472 | TEL: 707.329.6948

THE INSPIRED THRIVE TEACHER TRAINING PROGRAM

NAME _____ BIRTH DATE ____/____/____ TODAY'S
DATE ____/____/____ MAILING
ADDRESS: _____ EMAIL _____
CITY/STATE/ZIP _____ BEST PHONE(____) _____
EMERGENCY CONTACT:
NAME _____ PHONE(____) _____

Your relationship with Yoga. Please briefly answer the following questions:

1. How long have you practiced yoga & how frequently do you practice?
2. Who are your teachers?
3. Why do you wish to participate in an advanced course of study at this time?
4. Do you teach, or wish to teach yoga, and why?
5. If you presently teach yoga, what are your goals in joining the program? 6. Do you have any medical or physical conditions that we should know about?

Payment Information:

- Full Program Cost (including retreat fees): \$3,500
 Early Bird Cost (paid IN FULL by June 1st) \$3,200

**Payment plans available upon request and approval

***Non-refundable deposit \$500 is due at time of registration

Type of Card: VISA MC AMEX DISCOVER Card Number: _____ Exp. _____
Code: _____ Name on Card: _____
Phone: _____
Signature: _____

Cancellation policy: Tuition is refundable less a \$100 processing fee until December 15, 2016. After that date, refund is 25% of full tuition fee unless we are able to fill your spot in which case cancellation fee will be \$100. If you depart the program once it has begun there is no refund.

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