



Dharamsala TC 200 Hour Vinyasa Yoga Teacher Training

Our Teacher Training program is designed for those who wish to become a yoga teacher as well as those who wish to deepen and advance their practice. We will cover alignment, yoga philosophy, anatomy and physiology, sequencing and cueing, and the business and ethics of yoga. Our intent is to create a truly transformational experience that helps you meet your goals but also contributes positively to your lifestyle and relationships.

What is the schedule for the 2024 Teacher Training?

This teacher training is designed to be woven into your life. We will meet roughly one weekend per month (Friday evening, Saturday, and Sunday) with intermittent sessions on Monday evenings.

Mondays and Fridays will always meet from 5:30-9:00p at the Robinwood location. Saturdays and Sundays will meet 10a-4p at the Front St location. In addition to these training dates, 20 classes will need to be taken during the five months of training and several practice teaching sessions and community teaching opportunities will be scheduled based on group availability. The dates and times can be found on page three.

How much does the program cost?

The early bird rate is \$2950 until November 26, 2023.

The regular tuition rate is \$3200 From December 1-January 5.

Your application and \$250 nonrefundable deposit **must be received by January 5, 2024** to participate.

Payment plans are available and can be tailored to each individual so long as tuition is paid in full by the end of the program, June 3, 2024. Please contact the studio to set this up: info@dharamsalatc.com.

What level of yoga experience do I need to participate in Dharamsala TC's 200 hour Yoga Teacher Training?

We require students to have a minimum of one year of consistent yoga practice. All skill levels of yoga capability are welcome.

Is it OK to participate in Teacher Training if I don't want to teach in the future?

Absolutely! Many students take Teacher Training as a way to deepen and enhance their relationship to yoga and to themselves. All paths are welcome.

What if I can't attend some of the sessions?

We will allow a small amount of days to be made up while still being able to receive the certificate.

How do I register for Yoga Alliance after the training?

Once you complete all 200 hours and pass the test out, you will receive a 200hr Dharamsala TC certificate, which will be eligible to register for a Yoga Alliance 200 RYT credential. Dharamsala TC Yoga School is currently in the approval process with Yoga Alliance.

Are there any additional costs to participate in Teacher Training?

Books and membership are not included in the cost of the program.

What style of yoga does the training cover?

The Dharamsala TC 200hr Teacher Training is a vinyasa-based all-levels training that will educate you in leading safe, effective, and fun group and private yoga classes.

Who is leading the Teacher Training?

Jenna Morris and Tina Metropoulos are the lead facilitators for this program. Guest facilitators will be peppered in throughout the course.

Is this program online at all?

We do not offer a virtual option for attendance, however, there may be a handful of sessions that occur on Zoom based on the location of particular guest instructors.

How do I apply for the Teacher Training program?

Fill out the online application and submit your non refundable \$250 deposit. We will be in touch within a week to confirm your enrollment and look forward to welcoming you as a student!

Additional questions can be directed to info@dharamsalatc.com