



## **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 2025 Teacher Training?**

This teacher training is designed to be woven into your life. We will meet in person for four full weekends with virtual sessions run intermittently on Tuesday evenings.

In person weekend sessions will run Fridays 2:00-6:00pm and Saturdays/Sundays 9:00-6:00pm at the Robinwood location. Tuesday evenings will run virtually on Zoom from 5:30-8:30pm. In addition to these training dates, there are 50 self-paced hours that you will complete throughout the training. All dates and times can be found on page three.

### **How much does the program cost?**

The early bird rate is \$2950 until January 31, 2025.

The regular tuition rate is \$3200 from January 31-February 21.

Your application and \$250 nonrefundable deposit (which is applied toward tuition) **must be received by February 21, 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 8, 2025. Please contact the studio to set this up: [info@dharamsalatc.com](mailto: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?**

We are an accredited yoga school through Yoga Alliance. 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.

**Is membership included throughout the duration of training?**

Yes! An unlimited membership is included from February 28-June 8 so you can be an avid student and complete your ancillary hours.

**Are there any additional costs to participate in Teacher Training?**

Books from the required reading list and student insurance are not included in the cost of training.

Required Reading:

- The Science of Yoga - Ann Swanson
- Heart of Yoga - Desikachar
- The Yamas and Niyamas - Deborah Adele
- The Yoga Sutras of Patanjali - Sri Swami Satchidananda

Recommended Reading:

- Yoga Anatomy - Leslie Kaminoff
- Chakra Yoga - Anodea Judith
- Yoga Beyond Belief - Ganga White
- The Breathing Book - Donna Farhi
- Bhagavad Gita - Swami Prabhavananda
- Living Your Yoga - Judith Lasater
- Meditation Made Easy - Lorin Roche

**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, 500 E-RYT is the lead facilitator for this program. Guest facilitators will be peppered in throughout the course.

**How do I apply for the Teacher Training program?**

Fill out the online application and submit your non refundable \$250 deposit (which is deducted from your overall tuition). 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](mailto:info@dharamsalatc.com)**

Day	Date	Time	Location
Prep work	Watch history of yoga video, take ashtanga yoga recording, listen to history of yoga recording		
Reading	book report		
Fri	2/28	2-6	robinwood
Sat	3/1	9-6	robinwood
Sun	3/2	9-6	robinwood
Tues	3/4	5:30-8:30	virtual
Tues	3/11	5:30-8:30	virtual
Sat	3/15 ANATOMY	9-6	virtual
Sun	3/16 ANATOMY	9-6	virtual
Tues	3/18/2024	5:30-8:30	virtual
Tues	4/1/2024	5:30-8:30	virtual
Fri	4/4/2024	2-6	robinwood
Sat	4/5/2024	9-6	robinwood
Sun	4/6/2024	9-6	robinwood
Tues	4/8/2024	5:30-8	virtual
Tues	4/29	5:30-8	virtual
Tues	5/6/2024	5:30-8	virtual
Tues	5/13/2024	5:30-8	virtual
Fri	5/16/2024	2-6	robinwood
Sat	5/17/2024	9-6	robinwood
Sun	5/18	9-6	robinwood
Tues	5/20	5:30-8	virtual
Tues	6/3/24	5:30-8	virtual
Fri	6/6/24	2-6	robinwood
Sat	6/7/2024	9-6	robinwood
Sun	6/8/2024	9-6	robinwood
50 self-paced ancillary hours (self practice, observation, assisting with facilitators), community teaching			



## Teacher Training Application

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Full Address: \_\_\_\_\_

How long and with whom have you been practicing yoga? \_\_\_\_\_

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Please tell us about your interest and goals for the 200hr Teacher Training program:

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**Please submit this page and your \$250 non-refundable deposit (which is deducted from your tuition) to the front desk to complete your application.**