

200 Hour Holistic Yoga Teacher Training

WELCOME AND CONGRATULATIONS!

We are so excited that you will be joining us for this journey into holistic yoga and towards yoga therapy!

Pranayoga's 200 Hour Holistic Teacher Training is a nationally recognized yoga teacher training program designed to teach yoga in a holistic sense. Founder Dani McGuire, and yoga therapists Julia Haller and Jennifer Young, with their collective yoga experience of over 40 years are here to guide you on your journey.



At Pranayoga Institute, we move beyond the basic 200 hour program as yoga therapists and ayurveda health educators. During this 9-month study we will delve into the anatomy and physiology, philosophy, tradition, art, and science of hatha yoga. Our aim is to support each individual in embodying their unique teaching style within the tradition of hatha yoga levels I and 2.

WHAT ARE THE GOALS WHEN ENTERING A 200 HOUR PROGRAM? Your personal practice will deepen, as well as embodiment of the foundational postures and sequencing through applied practice and hands on experience, in the teacher labs. We demonstrate giving and receiving adjustments, help you to understand alignment principles as well as learn how to live yoga off the mat with tradition and philosophy. Yoga is a lifelong gift for living with greater ease and joy in real world relationships.





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OUR TRAINING is structured in 7 monthly modules and 2 weekend teaching labs, meeting Saturdays and Sundays, 9:00-5:30pm. In addition to the weekend modules 24 hours directed elective work through Pranayoga therapists are required. (There will be an additional cost averaging \$300-\$450 for electives). Some examples are Meditation, Yoga 101 and 201, and Sattva Vinyasa 2-3 day workshops or retreats. Series are included in Pranayoga's premium membership.

Topics covered include:

- Hatha Yoga Defined and Lineage of Yoga
- Anatomy and Physiology
- Benefits of a holistic yoga practice
- How we adapt traditional yoga to modern day practitioners to make it more accessible to all
- Living Yoga through Yoga philosophy and Ayurveda lifestyle

- The 8 limbs of yoga
- Guided breathing, meditation and relaxation practices
- Group practices and communication to foster self-study and inquiry
- Compassionate space holding for others

A launching pad to teach and share yoga or continue training in the field of yoga therapy.

GROUP CLASSES at Pranayoga are additional cost: students enrolled in teacher training receive 20% off of memberships at Pranayoga. Our premium memberships include many series that could cover electives. You can also take our master courses of Yoga Therapy for elective hours.

OBSERVATIONS: You will complete 10 observations. Sitting in a class and observing the content with Pranayoga teachers. Only in person observations are included in tuition. Pranayoga's Online Sanctuary can be purchased with 20% student discount for virtual class observations and elective series. You will need to pre-register so we only have one student observing at a time. You will also have the opportunity to observe during teacher lab clinics. Observations are done seated and not participating in the class as you will get a whole new perspective of the yoga session.



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WHO IS OUR PROGRAM FOR? This program is for anyone who has the desire to immerse themselves into a yoga lifestyle and/or wanting to share with others, or Yoga Teachers wanting the foundations of holistic yoga that we teach at Pranayoga.

The ideal candidate is one who has been practicing yoga for a minimum of 6 months. We are here to help you make yoga more of a seamless part of your life so that you can share our lineage with others.

We strive to offer the most supportive, holistic, and informative teacher training immersion around. We have had ages 16-72 take and complete our 200 hour program!

> Our own true nature is infinite joy! Always happy, always peaceful, always free. - Swami Satchidananda



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UPON COMPLETION OF THE TEACHER TRAINING PROGRAM:

- Your personal practice of yoga will have deepened.
- You will be qualified to register with the Yoga Alliance at the 200hr level.
- You will understand the philosophy and wisdom of yogic study that many programs skip over.
- You will be able to continue on in our over 800 hours of Sattva Vinyasa and Sattva Yoga Therapy Diploma Program as a stand-alone profession in the health industry.
- You will have the ability to confidently hold a safe, meaningful, and beneficial Hatha I and All-Levels yoga class. Although foundational programs are more about deepening our own practice and relationship to ourselves, each other, and the world, it has been a launching pad for over 95% of our graduates to begin teaching yoga, and others have evolved into yoga studio owners, workshop leaders, and assisting our teacher trainings.
- This foundational knowledge runs deeper than the physical practice of yoga and can be taken into all aspects of living.
- This training can be integrated with other mindbody wellness professions or as an entry level into yoga therapy.

This is your journey.







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PROGRAM SCHEDULE 2022-23

Enrollment dates are flexible to work with your schedule.

YOGA DEFINED

- Learn about yoga lineage (east to west).
- 6 paths of Yoga (What is Hatha Yoga?)
- What is traditional Ashtanga Yoga as the 8 limbs?
- Holistic Yoga and the panchamaya model (human model of experience).
- Yamas and Niyamas as the Ethical Foundation of Yoga.

THE SATTVA HATHA PRACTICE

- Developing a personal practice is one of the best ways to deepen and commit to your asana practice.
- Learn how and why we sequence a hatha yoga beginner flow.
- Explore the benefits of a hatha yoga practice, so that we understand the postures at a more meaningful level for creating health and balance in our life.
- Understand the stages (kramas) for developing ease and stability and learn modifications for the individual.
- Through this weekend immersion you will understand the basic concepts of breath centered movement and yoga as a body, breath, mind practice that you can bring into your daily life and home.

BREATH AND BANDHAS

- Pranayama (breathing) techniques
- Bandhas (retention and suspension of breath)
- Anatomy of the breath
- Variations of postures, linking breath and movement



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PROGRAM SCHEDULE 2022-23 continued

MEDITATION AND RAJA YOGA

- Meditation techniques.
- Yoga sutras study.
- Higher practices (concentration, mindfulness, connection).
- Yoga nidra (deep relaxation).

TEACHER LAB I

- Student Teachings Lab (Teacher lab occurs every 6 months optional).
- A great way to get observations and give feedback to your class mates!
- Personal Practice teaching level 1-2 sattva hatha class.

CHAKRAS AND CHANT

- Chanting to strengthen our immune system.
- Subtle body anatomy.
- Chakra philosophy and psychology.

ANATOMY AND ASSISTS

- Key muscles and actions of poses.
- Biomechanics of movements.
- Therapeutics, modifications and vinyasa krama.

LIVING YOGA: AYURVEDA AND YOGA

- Study of Ayurveda and the 4 aims of life.
- Yoga philosophy: Intro to the Yoga Sutras and Bhadavad Gita.
- Taking our yoga off the mat and into the world.

TEACHER LAB 2

- Student Teachings Lab (Teacher lab-occurs every 6 months-optional).
- A great way to get observations and give feedback to your class mates!
- Personal Practice teaching level 1-2 sattva hatha class.



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READING LIST

REQUIRED READING FOR YTT 200 HR CERTIFICATION:

(Estimated Cost Approximately \$150-\$200.)

The Heart of Yoga - T. K.V. Desikachar

Yoga Teacher's Toolbox - (available at Pranayoga)

Bhagavad Gita - Stephen Mitchell

Meditations from the Mat - Rolf Gates (daily devotional)

The Key Muscles of Yoga - Ray Long

"Sattva Vinyasa Hatha Manual" - (included in tuition)

The Path of Joyful Living - Dani McGuire (available at Pranayoga)

OTHER RECOMMENDED BOOKS:

The Secret Power of Yoga - Nischala Joy Devi

Anatomy and Asana - Suzi Hately Aldous

Light on Yoga - B. K. S. Iyengar

Light on Pranayama - B. K. S. Iyengar

The Language of Yoga - Nicolai Bachman

The Secret of the Yamas - John McAfee (short but intense reading on the Yamas)

The Value of Values - Swami Dayananda Saraswati

ADDITIONAL RESOURCES:

Pranayoga Online Sanctuary https://online.pranayogaschool.com/product/36696

Pranayoga Membership. (Additional \$100 off tuition when signing up for membership at enrollment) - Virtual or in-person option.

Just \$150 non-refundable application and deposit fee reserves your space!

Learn more & apply online: https://pranayogaschool.wufoo.com/forms/ggkggvg1b7gci4 Pay application & deposit fee online: https://pranayogaschool.com/reserve/#/pricing/ buy/r/412/loc/431?type=plan&id=3026





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WELCOME TO PRANAYOGA'S SATTA VINYASA 200 HOUR HOLISTIC YOGA TEACHER TRAINING

Program Agreement and Tuition Payment Plan

AGREEMENT DATE: _____

STUDENT NAME:
OPTION ONE: 10 Month Payment Plan at the rate of \$280.00/month for our 200 HF
Teacher Training (non-refundable/transferable, and does not include monthly unlimited
membership, or application and deposit fee).
PLEASE READ AND SIGN BELOW:
agree to the payment plan of \$300.00/month for 9 months. The payment will come out
on the 1st or 15th of each month prior to the beginning of training and ending nine months
following. I agree to complete the training within 18 months of starting the program. I certify
that I am the holder of the credit card. I agree to keep all of my credit card information cur
rent and up to date and if my credit card is rejected for any reason I agree to a \$10.00 late
fee. Application and Deposit Fee of \$150.00 is additional and required to reserve your space
OPTION TWO: Pay in Full Option
agree to the pay in full amoun
for \$400.00 off of my tuition and give Prana Yoga LLC permission to charge my card for this
amount.Total of \$2450.00 (savings of \$400.00).
**Program tuition \$2850.00 includes teaching manual, training hours, and class observations
Online classes, group classes - even those for make-up, required reading and electives are
additional cost. No refunds or exchanges will be made on tuition.



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Program Agreement and Tuition Payment Plan continued

signature:	
DATE:	_AMOUNT:
CREDIT CARD NUMBER:	
EXP:/ CID: _	

REFUND POLICY:

Pranayoga Institute has a three (3) day cancellations policy. An applicant who provides a written notice of cancellation within (3) days of signing up for training and paying the initial deposit or tuition payment is entitled to a refund of all monies paid. No later than 30 days after receiving the notice of cancellation Pranayoga Institute shall return all monies exception of the application fee. After 3 days all monies and auto-pay agreements are non-refundable and non-transferable.

I understand this Policy _____ (initial here)

Just \$150 non-refundable application and deposit fee reserves your space!

Learn more & apply online: https://pranayogaschool.wufoo.com/forms/qgkggvq1b7qci4
Pay application & deposit fee online: https://pranayogaschool.com/reserve/#/pricing/buy/r/412/loc/431?type=plan&id=3026

WELCOME TO PRANAYOGA INSTITUTE. WE ARE HAPPY YOU ARE HERE.
YOU WILL LOVE THIS JOURNEY TO WELLNESS.

