

BOTTEGA YOGA

200-HR YOGA TEACHER TRAINING

Bottega Yoga 200-hr Yoga Teacher Training ~ January 2023

Welcome! Congratulations on your interest in improving self and inspiring others by becoming an authentic and confident yoga teacher. Bottega Yoga is pleased to announce our 200hr Yoga Teacher Training Program. This program will transform you into an inspirational leader in your community through the true connection, a deep understanding of yoga and its core principles.

6 Weekends in 4 Months

Our 200hr yoga teacher training program is perfect for your busy life, as it allows you to balance your personal life while applying the techniques and principles of teaching yoga. This program is suitable for those looking to teach yoga classes as well as those who simply want a deeper understanding of the practice.

Students should plan on attending all weekend intensives.

Month	Friday 1:00 p.m. - 6:00 p.m.	Saturday 8:00 a.m. - 6:00 p.m.	Sunday 8:00 a.m. - 6:00 p.m.
January	20 th	21 st	22 nd
February	3 rd	4 th	5 th
	24 th	25 th	26 th
March	10 th	11 th	12 th
	24 th	25 th	26 th
April	14 th	15 th	16 th
Additional Zoom Hours and Independent Study Required. One virtual weekend TBD			

Throughout this experience you will master the aspects of becoming a certified yoga teacher including:

- The anatomy of Asana - Learn the key elements of yoga postures. Gain a concrete knowledge of proper pose form and alignment.
- Pranayama – the use of breath and energy control and movement in the body.
- Yoga philosophy and the 5,000-year old history of yoga including the 8 limbs and the Bhagavad Gita.
- Exploring your own personal relationship to yoga on and off the mat. The Journey within.
- Yoga and the Body - Become more aware of how the body reacts to yoga and injury prevention.
- Unseen anatomy (Chakras, Bandhas, & Nadis) deepen your personal practice and skillset.
- Knowledge of the human anatomy in the classroom. Ability to identify abnormalities and provide corrective modification. Applying Effective and Respectful Assisting Methods.
- Asana Practice including but not limited to: Baptiste Power Vinyasa, Iyengar Yoga, Kundalini Yoga, Ashtanga Yoga, Bikram Yoga and Special Populations.
- Understand teaching to special populations, including language, sequence, and purpose.
- Meditation and Awareness, connection with yourself and your community. Build awareness of personal impact in and outside the yoga room.
- Understand variations in the body and practices.
- Master transitions and sequencing building powerful flows for both beginner and intermediate populations that are safe and inspired.
- Understand the Traits of an impactful Leader. Connecting with students through voice, body, and energy.
- Learn the Key Aspects of a Professional Yogi (Business of Yoga). Build a resume for a professional yoga career.
- Yoga lifestyle and ethics, the precept of non-violence (ahimsa), and the concepts of dharma and karma. Understand the value of teaching yoga as a service and being of service to others (seva).

INVESTMENT

This training is an investment in yourself and the world; as you will learn life skills that will be used inside and outside the yoga studio.

Investment: \$2,500.00

Being a yoga teacher: PRICELESS!

AS A MEMBER OF THE YOGA TEACHER TRAINING PROGRAM YOU WILL ALSO HAVE ACCESS TO UNLIMITED YOGA AT BOTTEGA YOGA AND SPECIAL DISCOUNTS ON WORKSHOPS AND PURCHASES!

PAYMENT OPTIONS:

\$500 deposit is required with Application by January 7, 2023

Payment Plans Available - 4 payments of \$500 + Initial Deposit

10% off when Paid in Full by December 1, 2022

*Required texts are not included in tuition

Please complete the following application and submit with deposit to secure your space in the program. Understand space is limited to ensure the best learning environment for all.

Applications can be submitted at Bottega Yoga, 730 Kingstown Rd, Wakefield, RI 02879 or emailed to BottegaYoga@gmail.com

Application – January 2023

Name: _____ Phone Number: _____

Address: _____

Email: _____ Current Occupation: _____

Why do you want to enroll in the Bottega Yoga teacher training program?

When did you begin practicing yoga?

What style of yoga do you practice currently and historically?

What initially brought you to yoga?

What do you hope to gain from this yoga teaching training journey?

Do you hold and certificates or advanced degrees? _____

Are there any injuries or medical conditions of which we should be made aware?

▶▶ Yes ▶▶ No

Please provide an Emergency Contact

Name: _____ Phone Number: _____

Relation: _____

We look forward to welcoming you into the Bottega Yoga Teaching Team! Please feel free to reach out by email to BottegaYoga@gmail.com with any questions or concerns.

Signature

Date