



Black Hills Yoga School :: 300RYT Registration form

Fall 2015/Winter 2016

June 9-12
July 14-17
August 11-14

September 21 - 24
November 10 -13
December 1 - 4

thursday::830-530 friday::830-530 saturday::900-500 sunday::900-500

Our Yoga Teacher Training program is designed to fulfill the requirements necessary to become a Yoga Alliance Registered Yoga Teacher (RYT) Black Hills Yoga School's program is a serious commitment for participating students and teachers. Whether you are interested in deepening your own studies or you want to take the seat of the teacher our program is committed to the personal success of each student. Students will be confident in their knowledge and their ability to communicate the practice of yoga to others with the highest level of skill while honoring their own unique voice and style.

Topics Included::

Training/Practice — certain hours spent in public classes for a broad perspective of all teaching styles and also to get a feel for general concepts and principles involved in teaching a structured/public yoga class in the studio setting

Techniques — Intermediate and Advanced tenets of choreographing a yoga class and holding physical, emotional, mental, and spiritual space in a group setting; class plans; Intermediate and Advanced poses shape & safety.

Anatomy/Physiology — Advanced principles (bones, muscles, myofascial lines); Theory of tensegrity; Inner body (Energetic Anatomy)

Traditional Chinese medicine principles and 5 element theory; chakra system; energy and quantum dynamics; introduction to Kundalini Yoga

Yoga philosophy, lifestyle, and ethics for Yoga Teachers — ethical concepts for balanced living, advanced Ayurvedic principles and Vedic element theory; ethics and standards as a community leader

Practicum — opportunity to teach in a studio setting; ability to apply principles learned in a supportive environment. Learning how to teach to special populations, designing a successful workshop.

Mentorship — before, during, and after training the opportunity for students to express needs or concerns to the trainers; the knowledge that trainers will provide assistance and support for continuing education

Investment:: (space is limited so register soon)

\$3300 :: \$3000 for previous graduates of BHYS (paid in full by June)**

****please contact us if you need to work out a payment plan**

***To reserve your place in the training you must submit your application and deposit which will hold your spot in our program.**

****Mail 3001 Stockade Drive Rapid City. SD 57702 or Drop off at the Yoga Studio**

***** A \$100 deposit is required to hold your spot in the TT.** It is non-refundable. Tuition includes 240 classroom hours 30 hours of attending specific classes at the Yoga Studio (the remaining 30 hours are outside reading, homework assisting and practice teaching). The required reading materials are not included in the tuition. Tuition can be paid by check or credit card.

Name::_____

Phone::_____

Email::_____

How Many Years Have You Been Practicing Asana::_____

Meditation::_____

Why are you interested in this TT::

Who are your current teachers::_____

What do you most want from this TT::_____

What school is your 200ryt from::_____

*****You will be notified of your acceptance into the program within 30 days of application**

For office use only:

Date received:_____

Deposit: _____ check #

