

300 Hour Yoga Teacher Training

Transform your own life and help others do the same

MODULAR FORMAT

This course is designed for those wanting to take their 200 Hour Yoga Certification and teaching to the next level for a 500 Hour Certification, for those on a personal journey to deepen their understanding of yoga as well as for those who are simply interested in one particular topic and would like to know more. It is meant to be flexible to accommodate a variety of needs and goals.

REQUIREMENTS FOR TEACHER TRAINING

TRACK CERTIFICATION:

- *24 of the 32 Teacher Training Sessions (Thursday evenings and Saturday mornings)
- 16 weekend workshops from the list at right (Saturday afternoons 1pm-6pm and Sundays 12pm-8pm)
- Completion of outside assignments and final project.

The Teacher Training sessions are required for the 300 Hour Teacher Training Track and **limited to just 10 students. The training is open to anyone who has completed a 200-hour certification, regardless of when or where it was completed.*

- These highly interactive 3 hour sessions will cover and review yoga models, history, sutras and techniques, give students a chance to practice teach with feedback, provide the opportunity to ask questions about personal practices or practices for your students and to receive overall guidance as you start to integrate the material into your life as well for your work with others.
- If you are interested in the teacher training track, it is recommended that you start with one of the teacher training sessions first.

You may join the Teacher Training Track at any time. Once all required modules with outside assignments have been adequately completed, you will receive your 300 Hour Teacher Training certification from Yoga Blend which can be combined with any Yoga Alliance Approved 200 Hour Certification for a 500 Hour Registration with the Yoga Alliance.

Convenient and Accessible: You may complete the 300 Hours in just over a year, 2 years or 3 years depending on your goals, schedule and budget. Each module will be repeated each year so if you miss one, you can make it up the next year to complete your hours.

WORKSHOPS OPEN TO ALL:

16 weekend workshops totaling 12 hours each week (Saturdays 1-6pm and Sundays 12pm-3:30pm & 4:30pm-8pm). These workshops are open to anyone and include:

- 2 Yoga Sutras, History and Philosophy
- 4 Ayurveda
- 1 Chanting and Pranayama
- 1 Yoga Tools for Modern Living
- 2 Positive Psychology
- 2 Anatomy
- 2 Asana
- 2 Energetic Anatomy (Chakras, Mayas, Agni/Prana, etc).

Teachers receive Continuing Education Units (CEU) or Continuing Education Credits (CEC) for these courses.

COURSE DATES

Dates of sessions will be posted 3-4 months in advance but the session times and prices of each module are as follows:

Thursdays 7pm-10pm - 16 Teacher Training Sessions \$45 each*
Saturdays 9am-12pm - 16 Teacher Training Sessions \$45 each*
Saturdays 1pm-6pm and Sundays 12pm-8pm - 16 workshops
Workshops open to anyone - \$185 for both sessions

Teacher Training sessions are required for the 300 Hour certification and **limited to just 10 students. Weekend workshops are open to anyone & everyone, no pre-requisites required.*

COST INFORMATION

Cost of one complete Module (all 4 sessions): \$275

Bonus: For every 4 sessions purchased each month totaling \$275 or more, you receive one monthly unlimited series at Yoga Blend for that month. If you purchase 2 modules in one month totally \$460 or more, an additional monthly unlimited will be added to your account for later use.

TOTAL for full 300 Hour Teacher Training Track: \$4040
(includes all 24 Teacher Training Sessions plus all 16 Weekend Sessions)

Because of the 10 student limit for Teacher Training track, early registration is highly recommended!

Contact christy@yogablend.com to sign up or to discuss further!



1921 W Magnolia Blvd
Burbank, CA 91506
818-954-YOGA (9642)
www.yogablend.com

a blend of styles for all levels

300 Hour Teacher Training 2014 Schedule

Thursday May 29th 7pm-10pm
Saturday 31st 9am-12pm
Saturday May 31st 1pm-6pm
Sunday June 1st 12pm-8pm

TT session 14 with Christy
TT session 15 with Christy
Asana - Inversions with Nicole
Asana - Backbends, Hip Openers, Forward Folds with Nicole

Thursday June 19th 7pm-10pm
Saturday June 21st 9am-12pm
Saturday June 21st 1pm-6pm
Sunday June 22nd 12pm-8pm

TT session 16 with Christy Marsden
TT session 17 with Christy Marsden
Yoga & Positive Psychology I with Christy Marsden
Yoga & Positive Psychology I with Christy Marsden

Thursday July 17th 7pm-10pm
Saturday July 19th 8:45am-11:45am
Saturday July 19 1pm-6pm
Sunday July 20 12pm-8pm

TT session 18 with Susan Hirshberg and Courtney Sauls
TT session 19 Christy Marsden
Energetic Anatomy I with Christy Marsden
Energetic Anatomy I with Christy Marsden

Thursday July 31st 7pm-10pm
Saturday August 2nd 8:45am-11:45am
Saturday August 2nd 1pm-6pm
Sunday August 3rd 12pm-8pm

TT session 20 with Jamie Ford and Susan Hirshberg
TT session 21 with Courtney Sauls and Marcy Johnson
Anatomy with Russ Pfeiffer
Anatomy with Russ Pfeiffer

Thursday August 14th 7pm-10pm
Saturday August 16th 8:45am-11:45am
Saturday August 16th 1pm-6pm
Sunday August 17th 12pm-8pm

TT session 22 with Jamie Ford and Lilia Deligio
TT session 23 with Lilia Deligio and Marcy Johnson
Anatomy with Russ Pfeiffer
Anatomy with Russ Pfeiffer

Thursday Sept 18th 7pm-10pm
Saturday Sept 20th 8:45am-11:45am
Saturday Sept 20th 1pm-6pm
Sunday Sept 21st 12pm-8pm

TT session 24 with Christy Marsden
TT session 25 with Christy Marsden
Yoga & Positive Psychology II with Christy Marsden
Yoga & Positive Psychology II with Christy Marsden

OCTOBER DATES

Thursday Oct 16th 7pm-10pm
Saturday Oct 18th 8:45am-11:45am
Saturday Oct 18th 1pm-6pm
Sunday Oct 12pm-8pm

TT session 26 - TBD
TT session 27 - TBD
Asana weekend with Nicole Honnig
Asana weekend with Nicole Honnig

Thursday Nov 13th 7pm-10pm
Saturday Nov 15th 8:45am-11:45am
Saturday Nov 15th 1pm-6pm
Sunday Nov 16th 12pm-8pm

TT Session 28 with Christy Marsden
TT session 29 with Christy Marsden
Energetic Anatomy II with Christy Marsden
Energetic Anatomy II with Christy Marsden

Thursday Dec 4th 7pm-10pm
Saturday Dec 6th 8:45am-11:45am
Saturday Dec 6th 1pm-6pm
Sunday Dec 7th 12pm-8pm

TT session 30 with Christy
TT session 31 with Christy
FINAL WEEKEND with Christy
FINAL WEEKEND with Christy

Remaining modules to be posted 3-4 months in advance!



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