

The Yoga Seed Collective 200-Hour Teacher Training
2017-2018 Schedule & Course Descriptions

August 26-27, 2017 & September 9-10, 2017

Assisting Training: Pose alignment and hands on assisting

September 30 & October 1, 2017

Weekend 1: Nourish, Nurture, and Be Grounded

Establishing our foundation and safe space. Focus on non-violence and honesty. The weekend includes an introduction to pranayama, mula bandha, lineage of yoga, the why of yoga, and first practice teaching.

October 14 & 15, 2017

Weekend 2: At Home in Balance

We cultivate balance in our training and growth. Guest anatomy lecture on lower half of body, engaging with the ground. The weekend includes introduction of uddiyana bandha, Yoga Sutras, non-stealing, energetic retention and further exploration of the lineage of Yoga. Learn to teach Sun A and B.

October 28 & 29, 2017

Weekend 3: Honor and Fearless Power

We will establish individual 40 day Sadhana. A guest anatomy teacher will explore the upper half of the body. Students will expand their practice teaching with standing flows. The weekend will include discussion of jalandhara bandha, maha bandha, nadi shodhana (pranayama), non-grasping and what makes a good yoga teacher.

November 18 & 19, 2017

Weekend 4: Karma Yoga and the Underserved

An introduction to teaching yoga as an act of service to people who are otherwise underserved. This includes discussion of high risk environments (prisons, jails, inpatient psych), restorative practices, social justice window, unconscious bias, micro-aggressions, trauma and its neurologic affects.

December 16 & 17, 2017

Weekend 5: Ease of Expression

We explore the subtler components of asana (postures), combining ease, effort, discipline, freedom and growth. We also explore safe alignment for backbends, designing classes around an apex pose, ethical discussion around discipline and self-study. We will explore the concept of chakras, its relation to the nervous system and chant Bija mantra to explore experiential learning of the chakras.

January 6 & 7, 2018

Weekend 6: See Clearly, Seek Truth

In this weekend we explore how to channel our unique passions into our teaching. We explore the alternative disciplines of rolling and therapeutic dance. Further topics explored include the business of yoga, continued class sequencing for apex pose, the ethics of clearness and contentment.

January 20 & 21, 2018

Weekend 7: Open Source Living

In this weekend we will review peer class designs. We will introduce the ethics of surrender, a focus on yin yoga both with practice teaching and anatomical discussion. We will also focus on the business of yoga with marketing and applying for jobs.

February 3 2018: Graduation Ceremony

The Yoga Seed Collective 200-Hour Teacher Training
2017-2018 Pricing

Total Cost: \$2875 for the 200+ hour teacher training includes all books, and an assisting workshop.

Payment Plans

Option A: Payment *IN FULL*, Early Bird before June 15th 2017 | \$2399

Option B: Payment *IN FULL*, Eager Beaver before July 15th 2017 | \$2499

Option C: Payment *IN FULL* by start date, August 15th, 2017 | \$2875

Option D: *Payment Plan* | Credit Card Only | \$3,000

- \$500 deposit due at time of registration
- \$1,500 must be paid by the program start date of August 15, 2017 (includes deposit)
- \$1,500 balance is to be paid in monthly installments of \$500: September – November 2017 --No modifications to payment plans allowed. Not to be used in conjunction with other discounts/deals.

Option E: *Payment Plan* | Credit Card Only | \$3,180

- \$500 deposit due at time of registration
- \$1,500 must be paid by August 15, 2017 (includes deposit)
- \$1,680 balance is to be paid in monthly installments of \$280: September 2017 - February 2018 ----No modifications to payment plans allowed. Not to be used in conjunction with other discounts/deals.

Options for Work Trade and Scholarship:

An additional application is required for students who would like to apply for Work Trade or Scholarships. Please note: There is limited pool of funding to support Work Trade and Scholarship students. Work Trade and Scholarship plans may not be used in conjunction with other payment plans or discounts. No modifications to payment plans may be made.

For more information or to request a work trade or scholarship application e-mail: info@theyogaseed.org

Scholarship/Work Trade Application Deadline July 15th, 2017

Approved Applicants Only

Option F: *Work Trade with Payment Plan* | \$2875

- \$500 deposit due by August 15, 2017
- \$1375 in work trade
- \$1000 to be paid in monthly installments of \$200: September 2017 – January 2018
- May not be modified or used in conjunction with discounts or other payment options

Option G: *Partial Scholarship with Payment Plan TBD*