

The Yoga Seed Collective 200-Hour Teacher Training 2018-2019  
Schedule & Course Descriptions

**August 18-19, 2018 & September 1-2, 2018**

Assisting Training: Pose alignment and hands on assisting

**September 15-16, 2018**

Roots of Yoga & Foundations of Teaching

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.

**September 29-30, 2018**

Weekend 2: Body, Breath, & Mind

We cultivate balance in our training and growth. 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 13-14, 2018**

Weekend 3: Cultivating Sadhana

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.

**October 27-28, 2018**

Weekend 4: Yoga On & Off the Mat

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.

**November 3-4, 2018**

Weekend 5: Karma Yoga, Trauma Awareness & Social Justice

We continue to explore yoga as a service not only to others but by action and volunteerism. Continued discussions around social justice and trauma awareness.

**November 17-18, 2018**

Weekend 6: Art & Science of Teaching & Learning

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.

**December 1-2, 2018**

Weekend 7: Accessibility & Flexibility of Yoga

An introduction to accessibility yoga practices and adapting your class by teaching to the highest need. This includes discussion and practice teaching with props and modifications.

**December 15-16, 2018:**

**Weekend 8: Paving Your Path, Dharma & the Business of Yoga**

We will focus on the business of yoga with marketing and applying for jobs, find your niche, and navigating the intersection of yoga and business.

The Yoga Seed Collective 200-Hour Teacher Training  
2018-2019 Pricing

**Total Cost:** \$3,000 for the 200+ hour teacher training includes all books, and an assisting workshop.

**Down Payment/Cost/Payment**

All applicants not paying tuition in full must submit a non-refundable and non-transferable deposit of \$500 that is applied to the total cost.

**Application fee/deposit \$500 (applied to total cost, DEPOSIT MUST BE SUBMITTED WITH APPLICATION)**

**Options B,C,D, & E require a credit card be stored on file with us.**

**Option A:** Payment IN FULL Before July 18, 2018 | \$2,599

**Option B:** Payment Plan | Credit card only | \$3,000

- \$500 deposit due at the time of registration
- \$1500 must be paid by the program start date August 18, 2018 (includes deposit)
- \$1500 Balance is to be paid in monthly installments of \$500:  
September 2018 through November 2018
- Payments will be automatically charged on the 4th of each month.
- Credit Card must be stored on file with us
- You will not receive your certification until you have completed payment

**Option C:** Payment Plan | Credit card only | \$3,180

- \$500 deposit due at time of registration
- \$1,500 must be paid by August 18, 2018 (includes deposit)
- \$1,680 balance is to be paid in monthly installments of \$280: September 2018 - February 2019
- Payments will be automatically charged on the 4th of each month
- Credit card must be stored on file with The Yoga Seed Collective
- You will not receive your certification until you have completed payment
- No modifications to payment plans allowed. Not to be used in conjunction with other discounts/deals

Please note that an additional application for Option F & Option G is required. There is limited funding available for work trade and scholarship options; application is not a guarantee of a scholarship or worktrade award. Work Trade and Scholarships cannot be combined. Option F and Option G are available to approved applicants only.

**Option D:** Please send me a Work Trade Application (**Deadline July 15**)

- Total amount including payments and work trade: \$3,000
- \$500 deposit due by August 15, 2018
- \$1,500 in work trade
- Must be able to work during normal business hours
- \$1000 to be paid in monthly installments of \$200: September 2018 – January 2019
- Credit Card must be on file with The Yoga Seed Collective
- You will not receive your certification until you have completed payment
- May not be modified or used in conjunction with discounts or other payment plans

**Option E:** Please send me a Scholarship Application (**Deadline July 15**)

- \$500 Deposit
- Payment Plan To Be Determined
- Credit Card must be on file with The Yoga Seed Collective
- You will not receive your certification until you have completed payment
- May not be modified or used in conjunction with discounts or other payment plans

**Option G:** *Partial Scholarship with Payment Plan TBD*