

Pralaya Yoga Teacher Training Logistics

January 2018



This program is designed to give you the body of knowledge needed to be a highly knowledgeable and skilled teacher who will have the ability and awareness to help others get fit, feel better mentally, emotionally and physically, and protect against injuries. Upon certification, you will have a practical understanding in the following categories:

- History of Yoga/Philosophy
- Emotional Health
- Anatomy & Physiology
- Asana/Body Mechanics
- Energetics
- Applied Kinesiology
- Teaching Methodology
- Nutrition/Ayurveda

The Pralaya teacher training program far exceeds any other trainings in the contact hours with the lead instructor (Robert Boustany). You will be able to register with Yoga Alliance as a certified teacher at the end of the course. Our goal is to produce exceptional teachers with a strong working knowledge of proper alignment, strength and energetics.

We offer this course in 3 forms:

- 200-hour certificate (RYT 200)
- 300-hour certificate (to be added to a RYT 200 for the RYT 500 certification)
- Single Modules *a la carte*

You may take each module *a la carte*. This is geared towards certified teachers for Continuing Education (CE) credit as defined by Yoga Alliance or for those interested in deepening their practice and knowledge yet not looking to teach.

EXPECTATIONS and REQUIREMENTS

Our program is divided into 8 modules for the 200 hour program and 11 modules for the 300-hour program. We offer the possibility of starting anytime; however, we recommend you start at the beginning of a module.

The 200 hour program consists of 40 lectures and 40 asanas; it begins on January 9, 2018, and ends on July 10, 2018. The 300-hour program consists of 52 lectures, 52 asanas and an independent study project; it also begins on January 9 and ends on November 27, 2018. If you begin either of the programs later than January 9, 2017, it will take you 12 months to complete the program.

Once you have begun the program you must finish within 12 months of your start date, complete all modules of the program with a minimum of 200 hours for the 200-hour program and a minimum of 300 hours for the 300-hour program, as defined by Yoga Alliance, to receive your teaching certification.

200-hour program

- 40 Asana classes – one 2-hour asana practice class per week for 40 weeks taught by Robert Boustany. These are held Mondays 7:30-9:30 PM and Thursdays 6:30-8:30 PM. If you cannot make the evening classes, you may take Robert's morning class (9:15 am) on Mondays, Wednesdays, or Saturdays to count towards your training. Please let front desk staff know to pull from Teacher Training (TT) when attending morning class. (80 hours)
- 40 Training lectures – Lectures are held every Tuesday from 6:30-9:30 PM at the studio. All lectures will begin on time so please make sure you are prompt. We will also meet for lecture on 5 Saturdays (at the studio), 2 Sundays (off-site locations) and one entire weekend (The Retreat.) Please see the Lecture Schedule for dates and times of each lecture. (120 hours)
- 5 Practicum classes – you lead the class in a series of poses. (5 hours)

300-hour program

- 52 Asana Classes – Same as 200-hr program above. (104 hours)
- 40 training lectures – Same as 200-hr program above. (120 hours)
- 12 Advanced Training Lectures – These lectures begin on July 31, 2018. Please see the Lecture Schedule for details. (36 hours)
- 40 additional hours of independent study on a subject matter of interest approved by Robert or Allison. You will present your project to Robert and the TT community by leading a one-hour workshop on one of the presentation evenings. (40 hours)
- 5 Practicum classes – you lead the class in a series of poses. (5 hours)

Make-up Asanas – If you miss a week, you can take two asana classes the following week. Please let front desk staff know to pull from TT when attending a make-up class.

Make-up Lectures – If you miss a lecture, you can make-up the hours by attending a Saturday workshop that is designated as credit for teacher training. These workshops are at an additional cost, discounted from the public rate. The workshops that count for makeup hours will be indicated in your weekly teacher training e-mails and in the details on the Pralaya website. We also have lectures scheduled on Tuesday evenings at the end of the 300-hour course. On these evenings, our 300-hour trainees will present their final projects on a specialized subject matter. These lectures will also count as makeup lectures.

Modules

Becoming a yoga teacher may not be for everybody. Perhaps you are interested in learning more about Asana and Body Mechanics from Robert Boustany. Or your schedule is not flexible enough to

commit to Pralaya's Teacher Training curriculum. Or maybe you'd like to earn CE credits with Yoga Alliance. Signing up for one module or more may be the best option for you. Each module has a set of lectures, asanas and pricing assigned to it. Please speak with Studio Manager for details.

What Else Is Expected of Me As a Teacher Trainee?

Personal Yoga Practice. It is extremely important to have a home practice to internalize the material being learned, and to prepare you to teach with ease. This is when you practice away from a group setting in order to explore and practice for yourself. What does a home practice look like? Some days it looks like an hour or two being on the mat just like a yoga intensive with Robert. Some days it may look like 10 minutes here and 10 minutes there. While some days it may look like breathing exercises, rest and self-care. Yoga is listening to your body and allowing the yoga to happen. Each day you will find that your yoga is different so a good way to approach your practice is to have no expectations and continue to question, as if you have never done yoga before.

Reading. Each module will have required reading materials. This will consist of the required reading list (see Reading List), and Robert's materials that we will send you specific to each module. You are encouraged to ask questions from any of the readings during lectures.

Homework & Study. This program requires less than an hour of homework per week outside of class (not including your home yoga practice). The homework is designed to educate you further with information relating to the subject matter discussed in class. We highly encourage you to study/practice with your peers. This builds a strong community and will further your development as a teacher and enhance your experience of this program.

Practicum. The 200-hour and 300-hour programs require 5 hours of practicum as lead teacher, which means you will be teaching a yoga class. You will receive feedback to guide you in ways to develop and hone your teaching skills in a safe, non-judgmental space. Your Practicum sessions should be spread out during the training so that you get maximum benefit to develop from the feedback given. The Practicum sessions at Pralaya occur 7-9 pm on Fridays with the exception of Fridays of a major holiday weekend and the Friday before the weekend retreat. If needed, we will have additional pop-up sessions TBA. You are highly encouraged to attend as many of these sessions as possible even when you are not leading a class. It is an opportunity to practice with your friends at no extra charge, and learn from your fellow trainees teaching and from the feedback they receive. This class will be open to the public for donations and the feedback will be given from 8:30-9:00 after the public has left. These classes may not be counted towards your TT asana count.

Quiz and Exam. There will be quizzes given in each module, which you will have 7 days to complete. The Final Exam is not required for YA certification; it is available for you see what you know and where you may need to focus. Once you complete your training hours you have a choice to take the final exam. There is an additional cost of \$100 per exam for Robert's time.

Certification Instructions. Once you complete your training, send an email to the email address below to indicate the date you completed the program and your name as you would like it to appear on your certificate a. After we confirm your completion, we will email your certificate. You may then register yourself as either RYT-200 or RYT-500 on Yoga Alliance's website.

Studio Benefits as a Trainee. During the program and 3 months after completion of the training, you will receive a 15% discount on any Pralaya class or class package plus receive the TT discount rate of \$45 for Tuesday night lectures, valid for a lifetime. This discount is not transferable to family and friends.

Dates to Plan Ahead For. The dates listed below are part of your teacher training lectures. Please make a note in your calendars to attend these events in addition to the Tuesday evening lectures and the asana classes.

Saturday afternoons:

January 13

February 10

March 24

April 21

June 23

Full Day Sunday:

March 4

Sunday afternoon:

March 25

Weekend Retreat:

May 19-20

Questions?

Yvonne Boustany

Pralaya Yoga

Teacher Training Program Director

and

Pralaya Yoga Studio Manager

e: tt@pralayayoga.com