

Teacher Training 300 Hour

This is a yearlong training for students who have completed the 200-hour Yoga Alliance registered program (200-hr RYT). Students who have graduated from Downtown Yoga's 200-hour program automatically are qualified for this program. Graduates from other Registered Yoga Schools (RYS) will be considered by evaluation and interview. These two programs unite to qualify to register as a 500-RYT with Yoga Alliance.

Curriculum:

MODULE I - Practice Asana

Focusing on alignment, sequencing

Thursday evenings 7:15-9:15
April 17, 2014 through May 21, 2015

(No classes on 6/19/14, 10/23 & 10/30/14, 11/6/14, 11/27/14, 12/25/14, 1/1/15 & 4/23/15)

(60 hours by Kate Coughlin, 40 hours by Jim Coughlin = 100 hours total)

Price: \$1,595.00

MODULE II - Anatomy and Kinesiology

Advanced Asana practice 1-3pm
Anatomy class 3:30-6:30pm (Kate other qualified faculty TBA)

April 19
May 17
June 28
July 19
August 16
September 20
October 18
November 15

Every 3rd Saturday of the month except June 28 is last Saturday of the month (eight Saturdays total - 40 hours)

Price \$695.00

MODULE III - Retreat at Land of Medicine Buddha – Soquel, CA

March 28,29 and 30 - **OR** - August 29, 30 & 31, 2014

Meditation and Mindful movement

Teachers: Kate Coughlin and Shauna Lay (March) or Teacher TBD (August)
(13 hours)

4 practice classes (2 hours each)

Morning meditation 2 classes (one hour)

3 hours meditation and philosophy class Saturday 1-4pm

Price - \$435.00

MODULE IV - Assisting Program

Students will observe and assist a class with Kate for 20 weeks. Kate will provide one-on-one review & discussion totaling 10 hours (40 hours of assisting).

Price - \$250.00

MODULE V - Non-Contact hours

Homework and **approved workshops*** (price separately - see below) will make up the remaining 150 hours. Homework will consist of creating a home practice curriculum, journaling, reading required books and essays. Kate will review all non-contact hours in one final two-hour session.

Price for Kate's review of Non-contact hours: \$250.00

Total price for all 5 MODULES (price separately: \$3,225.00

Discounts:

If paid in full on or before March 28, 2014 \$2,950.00

Deposits:

Minimum deposit of \$725.00 due on or before March 28, 2014

Balance due in five (5) monthly installments of \$500 beginning on June 1, 2014
(Payment schedule is: 6/1, 7/1, 8/1, 9/1 & 10/1/14)

Cancellations:

Students who have paid in full (\$2,950.00) may cancel at any time and all un-earned fees will be returned less \$250.00 non-refundable deposit.

***Approved Workshops:**

Workshops offered by Downtown Yoga that may be used towards “Non-Contact” hours include:

2-day Iyengar Yoga Prop Clinic with Roberta McCarty Dell’Anno
July 26 & 27, 2014
1:30 – 4:30 p.m.
(6 hours total)
Price: \$80

Jason Crandell Workshop
September 27, 2014
1:30 – 4:30 p.m.
(3 hours total)
Price: \$50

H.S. Arun Workshop
TBD for 2014

Any other workshops outside of Downtown Yoga must be pre-approved by Kate Coughlin to qualify for eligibility for non-contact hours.

For further information or questions, please contact Kate Coughlin at:
925-819-9983 or email at asanakate@yahoo.com