



## Maine Center for Vital Living Presents: 200-hour Teacher Training Program

**2020-2021**

### **Information Packet**

**Heidi L. Audet, E-500 RYT, AHC, YACEP and Kimberly Allen, MS, E-200 RYT, YACEP offer a 200-hour Hatha Yoga Teacher Training Program from the Himalayan Tradition. Program also features guest teacher Nerys Bayley, ERYT-200.**

YTT students will learn traditional practices of Asana, Pranayama, Meditation, Foundations of Ayurveda, Yoga Philosophy through Patanjali's Yoga Sutra, Bhagavad Gita and History of Yoga; Anatomy & Physiology, Yoga for Special Populations, and more.

#### **Prerequisites for Teacher Training Program:**

- Minimum of 2-4 years of personal yoga practice (consistent 2 or more days per week)
- 2 letters of recommendation (1 personal, and one from a yoga teacher with whom you have studied).

For those looking to take the program for personal enrichment only and not intending to teach, the requirement is a consistent weekly practice for a minimum of 2 years.

#### **Training details for the 2020-2021 MCVL Yoga-Alliance Approved 200-hour YTT program:**

**When:** One weekend a month, for 10 months.

**Time/Days:** 6-8pm Fridays, 8am-5pm, Saturday & Sunday.

**Location:** Chill Yoga 182 Lisbon St. Lewiston, Maine 04240

#### **May 2019-February 2020 MCVL 200 Hr YTT Training Dates:**

April 17-19, 2020

May 15-17, 2020

June 12-14, 2020

July 17-19, 2020

August 14-16, 2020

September 11-13, 2020

October 16-18, 2020

November 13-15, 2020

December 11-13, 2020

January 8-10, 2021

**Yoga styles covered during training:**

Hatha, Yin, Vinyasa, Ashtanga, Kundalini, and Chair

**Special Populations Discussed:**

Prenatal/Postnatal

Seniors and Children

Breast Cancer & Recovery

Fibromyalgia & Arthritis

Hip/Knee Replacement

Scoliosis

Asthma, Heart Disease & Stroke

**Electives:**

Students are required to obtain 5 elective credits in addition to their weekend YTT attendance. Elective classes or experiences are those that help you understand the aspects of wellness practices and deepen your anatomy and physiology understanding. Acceptable elective studies/experiences include:

- Acupuncture
- Rolfing
- Massage Therapy
- Deprivation Tank or Float Tank Therapy
- Ayurvedic Consultation
- Reiki
- Thai Bodywork
- Yoga immersion weekends
- Yoga/Ayurveda/Meditation Retreats

**Note:** Each event counts as 1 elective, not the number of hours attended.

**Practice and Elective Logs (provided for students in their YTT Manual).**

During the 10 months of the 200-hour Yoga Teacher Training, students are required to keep a journal of their daily personal yoga practice. In addition to a home practice, students are encouraged to attend studio classes with a certified yoga teacher in beginning of the program.

Months 1-6 of yoga teacher training, students are REQUIRED to attend a minimum of 1 yoga class a week with a certified yoga teacher, and months 7-10 of YTT training, students are required to attend yoga classes with a certified yoga teacher 2 times per week. Journal/Log of classes taken with a certified yoga teacher should be initialed by the instructor.

Elective logs and Practice logs will be reviewed by the instructors periodically throughout the program to assess the progress of the students, and will be turned in for review at the completion of the program.



## Practicum

Each YTT student will teach 10 free community yoga classes under the observation of his or her YTT instructors from the program. These classes will take place during the last 3 months of the program, before graduation.

## Required book list:

*Yoga Anatomy for Practitioners Volume 1*, by Ray Long  
*The Bhagavad Gita*, by Eknath Easwaran  
*The Yoga Sutras of Patanjali*, by Sri Swami Satchidananda  
*The Heart of Yoga*, by T.K.V. Desikachar

## Recommended/suggested books:

*Language of Yoga*, by Nicholai Bachman

**Note:** Books are not included in the tuition and must be purchased by the student once he or she has received confirmation of acceptance into the program. (Book list subject to change. Students will be updated about any changes once they have been accepted to the program.)

## Tuition:

Cost: \$2900

- A. Early Bird Tuition: \$2800 pd in full with application no later than Feb. 1st, 2020
  - B. Regular Tuition: \$1000 pd with application and balance of \$1900 paid by March 18th.
  - C. Payment Plan Option: 3 Month payment plan: \$2950
  - D. (\$500 deposit March 18; \$850 due April 17; \$800 due May 15; \$800 due June 12)
  - E. **We will be accepting YTT applications for review from January 1st to March 18th.** Checks can be made out to Maine Center for Vital Living, a service fee will be assessed if paying by credit card.
- For those applying for consideration of payment plans or payment in full discounts, your applications **must be received no later than March 18th.**
  - If applying **after March 18th, 2020 and applicant is accepted into the program, the remaining balance of \$1900 is required no later April 1st in order to hold the space.** No exceptions.

## Cancellation Policy:

Notice of cancellation must be made in writing. Cancellations made before March 18th will receive a refund minus a \$250 processing fee. NO REFUNDS OR CANCELLATIONS AFTER March 18th, 2019.

## Instructor contact information:

Kimberly: kimberlyharnal@gmail.com Phone/text: [207-590-0082](tel:207-590-0082)

Heidi: heidiaudet@gmail.com Phone/text: [207-240-0760](tel:207-240-0760)

An application for the program is available upon request.