

200-Hour Yoga Teacher Training Program

How long does the program run?

This is a 10-month program, February through November.

What are the specific dates?

- Feb. 14,15,16
- Mar. 13,14,15
- Apr. 5, 10,11
- May 3, 8, 9
- Jun. 12, 13, 14
- Jul. 10,11,12 – meeting in the St. Louis location
- Aug. 14,15,16
- Sep. 11,12, 13 – meeting in the St. Louis location
- Oct. 9, 10, 11
- Nov. 13, 14, 15
- Graduation – Nov. 15
- There will be an Anatomy Lab field trip to Logan Chiropractic School – Date to be determined

What times are the classes?

Friday, 5-9pm; Saturday 8am-4pm; Sunday 8am-4pm.

What is the West East Yoga School Philosophy?

This program is taught primarily in the Sivananda yoga style, which considers yoga a discipline that reinforces strength of body, mind and soul. This approach is complemented by various other styles of Hatha yoga offering different angles and possibilities, while providing the student with a strong foundation from which to grow both internally and externally, developing a solid traditional practice and an extensive knowledge of this ancient discipline.

Who are my teachers?

- Dr. Jaime Sanchez, ND, founded West East yoga in 1997. Jaime has been teaching since 1967, bringing decades of experience to the program.
- Dr. Daniel Fazio, DC, has been providing anatomy instruction at West East Yoga teacher certification courses since 2014. Dr. Fazio provides chiropractic and acupuncture treatments as well as nutrition and lifestyle counseling.

- SiriAtma Kaur completed yoga teacher training at West East Yoga in 2012 and completed 200 hours of Kundalini teacher training at Sat Tirath Ashram in 2013. She will teach a Kundalini class during the program.
- Andrea Chancey, 500RYT, will teach Friday evenings in Alton. She is a graduate of West East Yoga's 200 & 300 hour programs.
- Other teachers will occasionally fill in and offer their expertise throughout the 10-month program.

What is the curriculum?

West East Yoga training program includes:

- Yoga Techniques Training Practice (100 clock hours)
- Yoga Teaching Methodology (25 clock hours)
- Anatomy and Physiology (20 clock hours)
- Yoga Philosophy: Lifestyle and Ethics for Yoga Teachers (30 clock hours)
- Yoga Practicum (25 clock hours)

For curriculum details, visit <https://www.westeastyoga.com/200-certification>

Students are required to attend 100% of scheduled classes, complete all assigned reading and homework, demonstrate a passing grade of 70% or better on all examinations and demonstrate competency in practicum.

Sounds great! How do I enroll?

Apply to the program here: <https://www.westeastyoga.com/application>.

Once admitted to the program, students will complete an enrollment agreement detailing the payment options, cancellation, and refund policies. The enrollment agreement must be completed prior to the first class meeting.

What is the cost of the program? Is there a deposit required?

Total Tuition for the 200 YTT course is \$2,300. Deposit for the 200 YTT course is \$250 (leaving a tuition balance of \$2,050). After submitting a written payment agreement at the time of enrollment, students will be able to make payments.

Tuition is \$2,3000 if paid in full in one payment (includes a \$250 deposit). Other payment options are: 9 monthly payments of \$245 (total payment = \$2,455); 2 payments of \$1,050 (total payment = \$2,350); 4 payments of \$528 (total payment = \$2,362). Payment options do not include a required \$250 deposit. See Enrollment Agreement for full details of payment options, enrollment agreement cancellation policy and tuition refund policy

Tuition must be paid in full prior to graduation to be eligible to receive their certificate of completion.

What if I change my mind?

The student can cancel the enrollment agreement without penalty by directly notifying the program director or program administrator (in person, in writing, or by telephone) within 3 business days of the signing of the enrollment agreement (excluding weekends and holidays). If cancellation notification is received within 3 business days, a full refund of any deposits will be made to the student or to a third party designated by the student

within 14 days of receipt of the cancellation notification. If a third party makes the deposit payment, the deposit will be refunded to that the party. If a student cancels the agreement after 3 business days, no deposit refund will be made.

What about books?

Required Course Materials (to be purchased new or used)

- Yoga Anatomy 2nd Edition, Leslie Kaminoff, 2011. ISBN: 978-1450400244
- Light on Yoga, B.K.S. Iyengar, 1995. ISBN: 978-0805210316
- The Yoga Handbook, Noa Belling, 2003. ISBN: 978-0760747346
- Yoga Sutras of Paranjali: Commentary on the Raja Yoga Sutras, Sri Swami Satchidananda, 1990. ISBN: 978-0932040381
- Bhagavad Gita: A Walk Through for Westerners, Jack Hawley, 2011. ISBN 978-1608680146
- Yoga Sequencing: Designing Transformative Yoga Classes, Mark Stephens, 2013. ISBN: 978-1583944974

Additional but not required:

- Yoga Mind and Body, Sivananda Yoga Vedanta Centre, 2008. ISBN: 978-0756636746
- Anatomy Coloring Book, Wynn Kapit & Lawrence M. Elson, 2001. ISBN: 978-0805350869

Any equipment or supplies I need?

Students should have their own yoga mat, which can run \$20-\$75, depending on the type of mat purchased. You're encouraged to purchase your own yoga blanket, two blocks and yoga strap but there will be supplies available at The Yoga Connection for students' use.

Total books and supplies estimate is \$200.00

Are there any additional costs?

\$20 – a 2-hour field trip to a cadaver lab at Logan College

\$50 – Graduation fee

Will my training be recognized?

Yes! West East Yoga Teacher Training is an internationally recognized certification course that is registered with Yoga Alliance. When you successfully complete the program, you'll be eligible for registration with Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200-hour level.



Does it cost to register with Yoga Alliance?

Yes. There is a one-time registration fee with Yoga Alliance, along with an annual fee. Visit <https://www.yogaalliance.org> for details. It is recommended students who plan to teach purchase insurance.

Questions? Call Danette Watt @ 618-467-8827 or email her at dmwatt33@gmail.com