

300-Hour RYT Training 2018-2019

Overview:

This is a yearlong training for students who have completed any 200-hour Yoga Alliance registered program (200-hr RYT). Students who have graduated from Downtown Yoga's 200-hour program automatically qualify for this program. Graduates from other Registered Yoga Schools (RYS) will be considered by evaluation and interview. These two programs (200-RYT and 300-RYT) unite to qualify to register as a 500-hr RYT with Yoga Alliance.

Purpose:

The focus of this yearlong program, is to enliven our bodies and minds, and to enhance and deepen our passion and commitment to the practice of yoga. May our hearts be uplifted, our mind cleared of illusions and our actions be practiced for the good of all beings everywhere.

CONTACT MODULES:

MODULE I - Friday night Asana Practice (52 hours)

This is an active practice focusing on reading and observing bodies.

26 total sessions from 5:30 – 7:30pm

1st and 3rd Fridays of the month - starting August 17, 2018

MODULE II – Online “ZOOM” lecture series (75 hours)

This is a weekly lecture and discussion series held over www.zoom.us

50 sessions every Monday night from 7:00pm to 8:30pm

MODULE III – Four (4) weekend workshops (32 hours)

The Saturday of each workshop will coincide with Downtown Yoga's “Teacher Development Workshop Series and the Sunday of each weekend will be a continuation of the theme from the previous day.

Saturdays 1:30 to 4:00 and Sundays 1:30-5:30pm (both days)



DATES:

August 25 & 26, 2018, October 27 & 28, 2018, January 26 & 27, 2019, April 27 & 28, 2019

MODULE IV – General Weekly Class with Kate (75 hours)

One General Class with Kate every week for 50 weeks.

MODULE V – Assisting with Kate (25 hours)

TOTAL CONTACT Hours	259
----------------------------	------------

NON - CONTACT MODULES:

MODULE VI - Self-study videos of Kate (26 hours)

Self-study videos of Kate – watch and practice 2-3x's

MODULE VII – Self Study (20 hours)

Any “Self-study” or other workshops approved by Kate

Total NON CONTACT Hours	46
--------------------------------	-----------

TOTAL HOURS AVAILABLE:	305 hours
-------------------------------	------------------



Program Cost and terms

Total Program Cost is \$3,275. A \$500 discount if paid in full by 8/17/18 making the discounted paid in full price of \$2,775. A minimum deposit of \$500 is due by 7/17/18 to reserve your place in the program. Payment plan is \$500 deposit and 5 monthly payments of \$555.00