

Hi and Welcome!

Thank you for your interest in our upcoming 200hr Yoga Teacher Training Program!

In the following pages, you will find all the information that relates to the training including an overview, dates, tuition, answers to the most frequently asked questions and a training application.

If you have further questions or inquiries, please email [ColleenMcFall@gmail.com](mailto:ColleenMcFall@gmail.com)

**Please Note:**

\*\*\*ALL applications and payments are run through our Training Office via <https://www.colleenom.com/yogateachertraining> or [ColleenMcFall@gmail.com](mailto:ColleenMcFall@gmail.com)

## TEACHER TRAINING OVERVIEW

*Embark on a voyage that will transform your body, mind, and heart through our 200-hour Vinyasa Yoga Teacher Training.*

Our 200-hour Teacher Training Program has been designed for students who want to become certified yoga teachers, as well as those with a desire to dive deeper into the art and science of yoga, grow in their practice, deepen in self-understanding and gain a greater knowledge of body alignment, anatomy and yoga philosophy.

In our 200-hr Yoga Alliance accredited training you will receive a well-rounded education that meets the curriculum standards criteria in 6 key categories as defined by Yoga Alliance, including:

<b>TECHNIQUES: INSTRUCTION IN YOGA ASANA, PRANAYAMA, AND MEDITATION</b>	<b>100 hours</b>
Postures and breathing techniques with a clear focus on alignment, body benefits, contraindications, and special population adaptations	
<b>TEACHING METHODOLOGY</b>	<b>30 hours</b>
Practical and subtle aspects of teaching, including class sequencing, hands on assists, use of voice and body language, and reading the room and attunement.	
<b>ANATOMY AND PHYSIOLOGY</b>	<b>20 hours</b>
A comprehensive overview of the physical body, bones, muscles, bodily systems and organs, and the subtleties of the energetic body.	
<b>PHILOSOPHY/ETHICS/LIFESTYLE</b>	<b>30 hours</b>
An exploration of history of yoga, pre-Vedic age to the classical era, and the evolution of the tantra and its applications to daily life.	
<b>PRACTICUM</b>	<b>15 hours</b>
Leading peers in practice and a class experience, the art of giving and receiving feedback, and assisting and observing others teach.	
<b>BUSINESS OF YOGA</b>	<b>5 hours</b>
Review industry trends and develop an understanding of studio operations, scheduling classes, marketing and managing private clients.	
<b>TOTAL</b>	<b>200 hours</b>

## YOGA TEACHER TRAINING F.A.Q.'S

### **Where is the teacher training located?**

Our training will be held at multiple affiliated Yoga studios located throughout the Columbus area. We will rotate between these studios which optimizes your exposure to studios, teachers, and styles of Yoga.

### **What Type of Yoga Can I Teach after Completing the Teacher Training?**

Graduates from our 200-hour yoga certification program are able to teach Hatha, Vinyasa, Power, Slow Flow, and Hot yoga classes for students of all levels. Because of our empowered teaching methodology, intelligent sequencing and focus on body mechanics, our yoga teacher training develops teachers who have the technical skill and capacity to safely and effectively teach and inspire their students. As a Yoga Alliance Accredited School, you can rest assured that the training and certification you receive with Colleen O'Brien-McFall and the Columbus School of Yoga 200 hour Yoga Teacher Training is respected and recognized by the yoga community.

### **What if I Miss a Session? Am I Able to Make it Up at a Later Date?**

Our teacher training program is highly interactive, and many modules depend on the consistent and collective energy of the group. For this reason, we do not recommend missing any sessions. That said, life happens. Students who miss a session can make it up by completing additional homework assignments related to the missed class topics. Each day is considered a session, and the maximum amount of missed time allowed is 3 sessions. Attendance and participation in the practice teaching days (of which there are 3 throughout the program), is required for certification. Additional fees apply for missed/make-up sessions.

### **Do I Have to Be an Advanced Yoga Student to Take the Training?**

No, not at all! Our training is about diving deeper into the study and practice of yoga. Anyone interested in learning more about yoga will get a lot of value from this experience.

### **What are the Benefits of Teacher Training Beyond Certification?**

There are numerous benefits beyond the obvious for participants of our Yoga Teacher Training Program. These include the opportunity to connect deeply with yourself and others through the training process, challenge yourself in new ways, expand awareness, acquire new skills, learn about your body, mind and heart and ways to attune and create greater harmony on all levels of your life.

### **What if I Am Not Sure I Want to Teach Yoga?**

About 30% of students who sign up for our teacher training program have no intention of teaching. Many students enroll in teacher training to further develop their own personal practice of yoga and learn more about themselves and this ancient tradition.

### **Is there an application process and how do I enroll for Yoga teacher training?**

Yes, there is an application process for the Yoga Teacher Training Program. Simply click the [Enroll Now](#) button and the application and enrollment process will begin. Choose your

payment option preference, place a \$250 deposit that will be applied to your tuition, then fill out the application questionnaire and submit payment and application. Within 2-3 days you'll receive a decision regarding your application. If you are approved your \$250 deposit will be applied to your tuition. If you are declined for some reason, you will be reimbursed the \$250 deposit shortly thereafter.

**CONTACT:** For more information about **Colleen O'Brien-McFall and the Columbus School of Yoga 200 Hour Yoga Teacher Training** you can reach us here at [ColleenMcFall@gmail.com](mailto:ColleenMcFall@gmail.com)

**Dates**

Week	Dates	Week	Dates
Weekend 1	Jan 23, 24, 25, 26	Weekend 5	Mar 6, 7, 8
Weekend 2	Jan 31, Feb 1, 2	Weekend 6	Mar 13, 14, 15
Weekend 3	Feb 14, 15, 16	Weekend 7	Mar 27, 28, 29
Weekend 4	Feb 21, 22, 23	Weekend 8	Apr 2, 3, 4, 5

**Tuition**

- Early bird tuition: \$2600 by Dec 1st, 2019
- Standard tuition: \$2850 after Dec 1st, 2019
- Student, Senior, Active Duty Military: \$2650
- Payment plans available at full tuition

\*In addition, students are required to take 27 yoga classes and assist 10+ classes throughout the program.

**Required Reading (Approx \$65-\$75)**

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguettey
3. The Anatomy of Exercise and Movement by Jo Ann Staugaard-Jones
4. Stargirl by Jerry Spinelli
5. Yamas & Niyamas by Deborah Adele

**Requirements for Acceptance to Colleen O'Brien McFall & The Columbus School of Yoga Teacher Training Program:**

- At least 18 years of age
- Demonstrate English language competency.
- Demonstrate medical and mental health readiness.

- Applicants may be denied if it is determined that his/her participation would in any way jeopardize a safe and cohesive learning environment.
- We may request additional documentation and/or clinical evaluations to determine medical and/or mental health preparedness.
- Practicing yoga for at least one year and have had a regular yoga practice for at least six months. It is vital that this practice involve ongoing yoga classes as opposed to studying only with books, videos or in workshops.