

Yoga Teacher Training – Step 1

Submit Application –The \$400 application fee is required at this time your application is submitted. The Total Amount owed for The Teacher Training Program is \$2950. If a payment plan is necessary please don't hesitate to contact Spa Walden for further details. Attention Barrie or Jenessee.

Get Organized

1. - Look through Teacher Training Manual Binder (will be provided) & get required reading material below
2. - Attendance Expectations:
 - a. To receive certification you will need to attend 200 hours of classes with Walden (-13 potential Elective courses)
 - b. You are recommended to bring your binder to class so that you can include notes or entries on your day's lesson. Time will be allotted after class for questions or thoughtful reflection.
 - c. You teachers will keep a binder on students looking to achieve certification. **STUDENTS MUST** sign into this binder to earn course credit for that day's lesson.
3. - Cost – Payments:

PAID FOR COMPONENTS:

 - i. \$400 application fee, \$2550 balance still due after deposit
 - ii. Any extra workshops or Events/Retreats you decide to take (not required & additional cost)
 - iii. All Om Studio Wellness Classes and Lectures are open for you to come to included in your teacher training program. These classes don't count towards your teacher training hours they are there for you to get more knowledge & experience.
 - iv. Private Practicum hours will be charged the following fees:
 1. Student required teaching class = minimum of 2 60-minute classes. You must advertise these classes to the public and suggest that this is a donation based class.
 2. After the 2 classes are assessed you may be asked to teach up to a maximum of 2 more classes to satisfy the required teaching level.
4. - Require Books to Purchases
 - a. Light on Yoga – B.K.S Iyengar
 - b. The Yamas & The Niyamas – Deborah Adele
 - c. The Yoga Sutras of Patanjali – Translation by Alistair Shearer
 - d. The Key Muscles of Yoga – Ray Long MD, FRCS
 - e. Journey Into Power – Baron Baptiste
 - f. How Yoga Works – Geshe Michael Roach
5. - Reports at Home Study –
 - a. 2-3 page Book Review of How Yoga Works –
 - b. 500 word review of (1) Yoga Sutra that inspires you –
 - c. 500 word review on (1) Yama that inspires you –
 - d. 500 word review on (1) Niyama that inspires you –