



200hr Yoga Teacher Training

@Infinity Flow St Sept 2024-January 2025

Dates/Times:

Orientation Meeting-Wednesday September 11th, 6-7:30pm
Saturday/Sunday 9:00-5
September 14/15
September 28/29
October 12/13
October 26/27
November 2/3
November 16/17
December - Individual Mentoring (2hrs total time) with Shannon Prestopine TBD
January 11/12
January 18 - Community Day
January 25/26

What you will learn:

- ~How to Teach a Baptiste Inspired Power Yoga Class
- ~Pose (asana) Breakdown-Informed Usage of Props
- ~Yoga History and Yoga Philosophy
- ~Yoga Specific Anatomy and Physiology
- ~The Business of Yoga-How to be a successful yoga teacher
- ~Meditation and Pranayama (breath work) Techniques
- ~Refine and enhance your personal yoga practice
- ~Communication and leadership skills to effectively teach a yoga class
- ~Practice teaching time to real classes
- ~Healing effects of Yoga
- ~Different Lineages of Yoga
- ~Introduction Yin Yoga & Restorative Yoga
- ~The Chakras & the Subtle Energy Body
- ~Intro to Ayurveda

In addition to session hours, Trainees will spend non-contact hours on: Independent study, which includes reading, assignments, meditation practice and asana practice.

- ~Asana practice (20 required/documented Yoga Classes)
- ~Attend Community Classes
- ~Choose Local Charity/Promote Community Day

A specific itinerary/assignment schedule will be presented the first day outlining the program. Please note however that the curriculum is somewhat tentative and may be modified.

Upon completion of training (all hours/assignments complete) you will earn your certificate for completing the EmPower Yoga Teacher Training.

What if you don't want to teach?

No problem! EmPower 200-hour training is ideal for those who want to delve deeper into the study of yoga, and to improve their own practice. It's also great for students who simply want to have a transformational experience and to be a part of our growing Yoga Community.

Additional Books (at your cost) required for Teacher Training course:

Journal/3 Ring Binder/Page Protectors/Notebook

Journey into Power/Baron Baptiste

Yamas & Niyamas/Deborah Adele

Meditation and Its Practice/Swami Rama

The Yoga Sutras of Patanjali/Translation & Commentary by Sri Swami Satchindananda

Download Anatomy PDF-print if needed

Tuition & Payment Information:

Full tuition or \$500 nonrefundable deposit w/application will hold your spot. (Deposit will be deducted from the Standard tuition rate listed below)

\$2,800- Early Bird-Registration-must be Paid In Full < DEADLINE > May 15th

\$3,200- Standard Tuition REGISTRATION CLOSES> September 5, 2022

Payment Plan Available for Standard Tuition Rate (processing fees apply)

3% fee for all CC transactions

Training Perks!:

Free classes at Infinity Flow during the dates of training

A life-changing experience that will positively impact every aspect of your life.

Ever-lasting relationships with your fellow trainees and a deeper connection to the Infinity Yoga community

Certificate of Completion as a 200hr Yoga Teacher

We are grateful for your interest in EmPower Yoga Teacher Training Program and look forward to sharing this incredible journey with you! It is our goal to provide a solid launching pad for you to emerge as a confident and passionate yoga teacher & student. Please feel free to contact us with any further questions you may have.

Namaste,

Shannon Prestopine & Melissa Sebes

Tuition Questions - infiflow@gmail.com

Curriculum Questions - empoweryogateachertraining@gmail.com