

200-Hour Yoga Teacher Training

Introduction

We are thrilled to invite you to be a part of the inaugural Teacher Training offered by experienced yogini and award winning fitness professional [Marla Ericksen](#), in conjunction with [Blue Bamboo Yoga](#). This training meets the requirements for membership with [Yoga Alliance](#) as an RYT® 200. Successful candidates will be qualified to teach various forms and levels of yoga under the general Hatha classification, including but not limited to: Hot Yoga, Power Yoga, Classical Hatha, Restorative Yoga, Vinyasa Flow and Fitness-based Yoga. This training is appropriate for aspiring teachers as well as dedicated students who are interested in deepening their practice and understanding of Yoga.

Standards

The course content will conform to [standards](#) as dictated by Yoga Alliance:

Techniques Training/Practice	Includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. These hours must be a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves; both areas must receive substantial emphasis.
Teaching Methodology	Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. May include a maximum of 5 hours on business aspects of teaching yoga.
Anatomy & Physiology	Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of 5 hours must be spent applying anatomical principles to yoga.
Yoga Philosophy, Lifestyle & Ethics	Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. A minimum of 2 contact hours must be spent on ethics for yoga teachers.
Practicum	Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching. A minimum of 5 contact hours must be spent actively teaching (not assisting or observing others teach).

Schedule 2010

Friday	March 19 th	6:00pm – 9:00pm	Orientation & Opening Ceremony
Sat / Sun	March 20 th & 21 st	9:00am – 6:00pm	Weekend format contact hours
Sat / Sun	April 17 th & 18 th		Sat / Sun August 21 st & 22 nd
Sat / Sun	May 15 th & 16 th		Sat / Sun September 18 th & 19 th
Sat / Sun	June 19 th & 20 th		Sat / Sun October 16 th & 17 th
Sat / Sun	July 17 th & 18 th		Sat / Sun November 13 th & 14 th
Friday	December 3 rd	9:00am – 6:00pm	Inward Escape Retreat
Saturday	December 4 th	TBA	Graduation Ceremony

***The weekend intensives are mandatory

***Dates are subject to change, although we will do our best to honour the schedule

***There will be guest teachers appearing throughout the training

Location

Blue Bamboo Yoga Studio
Jackson Trails Plaza
6081 Hazeldean Road
Stittsville, ON, K2S 1B9
(613)435-9447

Instructor: Marla Ericksen

Marla is a versatile and spirited presenter who thrives on entertaining, educating and empowering people through the imaginative fusion of fitness and Yoga. She accepted the prestigious Canadian Fitness Presenter of the Year award in 2002 and 2007 from the Canadian Association of Fitness Professionals. Marla is an authentic expression of her diverse and rich experience in the fields of fitness and Yoga. In the fitness realm, Marla is creatively pioneering the mind-body movement with reverence to the wisdom traditions. As a yoga teacher, her style reflects an appreciation of the principles that govern human performance while encouraging transformation through embodied presence.

Course Information

- Curriculum meets all requirements for RYT® 200 with Yoga Alliance
- 180 contact hours (weekend intensives as outlined above)
- 20 – 40 hours of guided independent study (assigned by Marla)
- Course materials include textbooks, binder and handouts
- Registration includes a 10-class pass to Blue Bamboo Yoga

Investment

Option A: \$2799.00 plus GST Payment in full upon registration (\$2938.95)

Option B: \$2899.00 plus GST Payment in 3 instalments
\$1000.00 Upon registration to secure your space
Three (3) payments \$681.32 due March 1st, April 1st & May 1st

Option C: \$2999.00 plus GST Payment in 10 instalments
\$1000.00 Upon registration to secure your space
Ten (10) payments of \$214.90 due March 1st – Dec 1st

***Registration must be finalized by March 17th. Once payment is received, registration is guaranteed and no refunds will be entertained.

Registration

To register please contact Stephanie Vincec at Blue Bamboo Yoga:
E-mail svincec@bluebambooyoga.com / Phone: (613) 816-0444

For questions and more detailed information regarding the training, please contact Marla directly at www.marlaericksen.com.