

Yoga School 2020 200 Hr Program

it's all yōga

200 hour Yoga School Information Sheet and Application

Let's get to know each other!

Yoga education is always transformational. This is an adult learning experience designed to help you create a deep and lasting relationship with yourself built on self-examination, self-reliance and self-development.

Content and Approach

The world of Yoga is vast and you want to make sure you set a strong foundation with the right education. In this 200 hour program, you will be introduced to the full spectrum of Yoga practice. You will not get a script. You learn how to integrate the philosophy of Yoga into your life and teaching (should you choose to teach).

We teach and train in the philosophy that there is no one right way to do a pose... or put another way, not every body looks (or should look) the same in every pose. Since this is not a style-specific program, our asana (pose) explorations have many influences, are individualized and pull from the fundamentals of anatomy and kinesiology.

The foundation of Yoga practice is the philosophical and spiritual support. Our programs are based around your personal investigation of how the history and philosophy of this old practice are relevant in your life.

The feedback we get from grads of this program is that it is more like full-spectrum Life training. So while we explore asana, philosophy, pranayama, meditation, teaching methodology and anatomy, it is all for the purpose of seeing yourself more clearly. This is Yoga.

Structure of course

Choose the *Personal Track* for your own self development or *Professional Track* to become a registered yoga teacher – same program, same content, slightly different emphasis, requirements and perks.

11 weekends over 11 months

Fridays (varying hours - see below); Saturdays 10-5:30 pm; Sundays 10-5:30 pm

Other hours required, times subject to change (with notice)

Jan 31, Feb 1-2 (Fri 12-5p)

March 6-8 (Fri 12-5)

April 4-5

May 1-3 (Fri 12-5)

May 15-16 *addtl May wknd

June 5-7 (Fri 6-9p)

July 11-12

August 7-9 (Fri 6-9)

September 5-7 (Sat/Sun/Mon)

October 2-4 (Fri 12-5)

November 6-8 (Fri 6-9)

In between weekends, there will be a required phone call on the following Saturdays at 2 pm: Feb 15, March 21, April 18, June 27, July 25, Aug 22, Sept 19 and Oct 17.

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Book List

Anatomy

Concise Book of Muscles by Jarmay
Anatomy Coloring Book by Kapit & Elson
Optional - Wheels of Life by A. Judith

Philosophy

The Bhagavad-Gita by Stephen Mitchell
The Wisdom of Yoga by Stephen Cope
Yoga FAQs by Richard Rosen

Meditation

Loving Kindness by Sharon Salzberg

Asana

Back Care Basics by Susan Pullig Schatz
Yoga Mind Body Spirit by Donna Farhi

Pranayama

The Yoga of Breath by Richard Rosen

FAQs and Next Steps

1. What are the two Tracks?

For the first time, you can choose your yoga education emphasis – if you want to learn about yoga philosophy and history, dive deep into the poses, explore breathwork and take this program as part of your personal development, you'll take the *Personal Track*.

If you want all of that *and* you want to teach yoga, you'll take the *Professional Track*.

The differences between the two tracks are detailed more below and on the website.

2. How many hours of homework will be required each week?

You know your learning style and study habits, and those will impact the time required. On average, expect 2-3 hours of homework a week for the *Professional Track* and 1-2 hours for the *Personal Track*.

3. What if I have to miss a day or a weekend?

Missing a weekend (or two) is common. Make up hours are possible through workshops, additional assisting/observing and future trainings. We will work together to ensure hours made up are within the topics of hours missed. A total of three weekends can be missed and made up.

4. Will I have to teach? Do I have to want to be a teacher?

This is part of the beauty of having two tracks – if you know you don't want to teach, the *Personal Track* allows you to absorb yourself in learning without having to practice teach to a group. There will be exercises in the weekends where you'll work with each other; for example breaking down steps for a pose or trying out an adjustment on one or more fellow trainees. You'll also get anatomy, pose detail and sequencing to use for your own practice. But you won't have to teach a public class.

For the *Professional Track*, we will eventually offer a free yoga class during our weekends and you'll have the chance to teach a few poses to a public group. The only way to learn to teach is to teach!

5. What "other hours" are involved?

For the *Professional Track* only, you'll attend 10 classes at Ritual (included in tuition) during the 11 months of training. The Sunday 9 am class at Ritual is required once a month and recommended twice a month. You will have one small cohort group meeting a month, to be scheduled by you, and one phone call as outlined above. You will observe 2 classes with Michelle (within a year of starting the program), scheduled by you.

For the *Personal Track*, you'll have one cohort group meeting a month, to be scheduled by you.

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6. *I can't do [fill in the blank] pose. Can I still take the training? Will I be tested on my [fill in the blank] pose?*

This is not that kind of training – you are not required to be able to do any certain poses in order to complete the program. There will be active asana and we will explore a wide range of poses including inversions, but we learn from each other's situations and considerations. This program is for everyone, no matter what poses you can or cannot do. The only thing required is your interest.

7. *Can I do a payment plan?*

Absolutely. Contact Michelle to discuss payment plan options.

8. *Will other teachers will be involved and how much time will there be with each person?*

You will have hours on specialty topics with guest teachers on subjects like anatomy, therapeutics, Ayurveda, kirtan and trauma sensitive yoga. There will be some guest teacher hours each weekend.

9. *Are the weekends all asana?*

Our weekend hours are diverse and engaging with a variety of learning modules. Typically in a weekend we cover some anatomy, some philosophy, and we have a practice and meditation every day. Some days are focused more on one topic, especially if a guest teacher is coming in, but generally each weekend is a mix of topics and format.

10. *Why is this program more expensive than others I've looked at?*

Our tuition pricing is smack-dab in the middle of the going rate in Sacramento. Value-wise, the *Prof Track* also includes a 10 class card at Ritual.

But the real value comes from the quality, depth and benefit of this program. You could spend thousands of dollars on a life coach, a therapist, an anatomist, and private yoga session, and you still wouldn't have the power of doing this work, with these teachers, in a group like this.

You also won't get lost in a room of 20-30 other students. Our maximum is 14. That's a very different experience.

In almost 10 years of trainings, every single person has answered on their post-program eval that the money was 100% worth it (many have volunteered that they would have paid more).

Questions? Why you might want to speak to a past graduate.

Any of our past graduates are happy to chat with you. Consider your questions and circumstances, and we can hook you up with someone who can speak to them. For example, if you are concerned that you are too young or too old, if you have an injury, if you work full-time, we have had students in those situations who can speak from their direct experience. Please email michelle@michellemarlahan.com to get set up.

Ready to take the next step?

If you're not at least a little nervous about the prospect of this program, then it might not be worth doing. If you are a little scared and equally pulled toward the journey, let's do this – complete the application!

2020 200 hr Yoga School Application

Name: _____

Email: _____

Address/city/zip: _____

Birthdate: _____ Phone: _____

How did you hear about Yoga School? Did someone refer you? (Name) _____

Which Track are you applying for? Personal Track Professional Track

Please print clearly and feel free to include additional sheets for answers.

What is your background and experience with yoga? How many months/years have you been practicing?

List teachers you have worked with and where you practice.

Do you have a home yoga practice? Please describe.

Do you, or have you in the past, practiced meditation?

Please describe any special medical concerns you have.

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What is your educational and professional background outside of yoga?

Why do you want to take this training?

Do you have any questions of us?

Thank you for your interest in our program.

Once your application is received, we will contact you within 5 days.

Tuition:

Personal Track \$2800 *Professional Track* \$3300

A deposit (\$400 *Personal*; \$500 *Professional*) is required with your application and applied to tuition upon acceptance. Balance due prior to the start of the program. Checks payable to Michelle Marlahan.

Tuition includes:

Professional

10 class card at Ritual Yoga (\$150 value)

All scheduled weekend hours

Bi-weekly packets and materials

Mid-term mentor session

Option to register with Yoga Alliance

Personal

Weekend classroom hours

Bi-weekly packets and materials

Community, structure and personal development

More detailed breakdown of track differences online at www.michellemarlahan.com under Yoga School.

Textbooks, additional workshops, make up hours and Yoga Alliance fees are not included in tuition.

All refunds include a \$200 admin fee. A refund after 2/3/20 will be given less \$175 per week. We regret that we cannot issue a refund after 2/17/20.

I have read, understand and agree to the information and terms listed about this school's, requirements, payments and refunds.

Signature and Date: _____

Please submit your application by mail to: Yoga with the big Y, 2758 13th Street Sacramento, CA 95818