



## **200-Hour Yoga Teacher Training Program**

### **How long does the program run?**

This is a 10-month program, February through November 2019.

### **What are the specific dates?**

Feb. 15,16,17

Mar. 8,9,10

Apr. 12,13,14

May 10,11,12

Jun. 7,8,9 (in St. Louis)

Jul. 12,13,14

Aug. 9,10,11

Sep. 13,14,15 (in St. Louis)

Oct. 11,12,13

Nov. 1, 2, 3 – Graduation!

### **What times are the classes?**

Friday, 5-9pm; Saturday 9am-5pm; Sunday 9am-4pm.

### **What is the West-East Healing Center Yoga Philosophy?**

This program is taught primarily in the Sivananda yoga style, which considers yoga a discipline that reinforces strength of body, mind and soul. This approach is complemented by various other styles of Hatha yoga offering different angles and possibilities, while providing the student with a strong foundation from which to grow both internally and externally, developing a solid traditional practice and an extensive knowledge of this ancient discipline.

### **Who are my teachers?**

- Dr. Jaime Sanchez, ND, LMT, RYT is founder of the West-East Healing Center and has been teaching since 1967. He's been a naturopath since 1995.
- Dr. Daniel Fazio, DC, has been providing anatomy instruction at West-East Healing Center's yoga teacher certification courses for four years. Dr. Fazio provides chiropractic and acupuncture treatments as well as nutrition and lifestyle counseling.
- SiriAtma Kaur completed yoga teacher training at West-East Natural Healing Center in 2012 and completed 200 hours of Kundalini teacher training at Sat Tirath Ashram in 2013. She will teach a Kundalini class during the program.
- Samantha Burton, 200E-RYT. Samantha took her training under Dr. Jaime Sanchez.

- Other teachers will occasionally fill in and offer their expertise throughout the 9-month program.

### **What is the curriculum?**

West-East training program includes:

- Yoga Techniques Training Practice (100 clock hours)
- Yoga Teaching Methodology (25 clock hours)
- Anatomy and Physiology (20 clock hours)
- Yoga Philosophy: Lifestyle and Ethics for Yoga Teachers (30 clock hours)
- Yoga Practicum (25 clock hours)

For curriculum details, visit <http://www.westeastyoga.com/yoga-teacher-training-programs/200-hour-yoga-teacher-training>.

Students are required to attend 100% of scheduled classes, complete all assigned reading and homework, demonstrate a passing grade of 70% or better on all examinations and demonstrate competency in practicum.

### **How do I enroll?**

Follow the link below to apply. Once you're enrolled, you'll receive a tuition payment agreement.

<http://www.westeastyoga.com/apply/apply-alton-yoga-teacher-training/>

### **What is the cost of the program? Is there a deposit required?**

Tuition is \$2,3000 if paid in full in one payment (includes a \$250 deposit). Other payment options are: 9 monthly payments of \$245 (total payment = \$2,455); 2 payments of \$1,050 (total payment = \$2,350); 4 payments of \$528 (total payment = \$2,362).

Payment options **do not** include a required \$250 deposit. See Enrollment Agreement for full details of payment options, enrollment agreement cancellation policy and tuition refund policy.

### **What about books?**

Required Course Materials (to be purchased new or used)

- Yoga Anatomy 2nd Edition, Leslie Kaminoff, 2011. ISBN: 978-1450400244
- Light on Yoga, B.K.S. Iyengar, 1995. ISBN: 978-0805210316
- The Yoga Handbook, Noa Belling, 2003. ISBN: 978-0760747346
- Yoga Sutras of Paranjali: Commentary on the Raja Yoga Sutras, Sri Swami Satchidananda, 1990. ISBN: 978-0932040381
- Yoga Mind and Body, Sivananda Yoga Vedanta Centre, 2008. ISBN: 978-0756636746
- Yoga Sequencing: Designing Transformative Yoga Classes, Mark Stephens, 2013. ISBN: 978-1583944974
- Anatomy Coloring Book, Wynn Kapit & Lawrence M. Elson, 2001. ISBN: 978-0805350869

Other Course Materials (provided)

- Fourteen Lessons in Yoga Philosophy, Yogi Ramacharaka, 1986. ISBN: 978-0911662016
- Anatomy Handouts

- Asanas Booklet
- Multiple Sclerosis Booklet
- Orientation Booklet
- Other Disciplines Booklet
- 8 Limbs Handout
- Yoga and Philosophy Booklet
- Bhagavad Gita: A Walk Through for Westerners, Jack Hawley, 2011. ISBN 978-1608680146

**Any equipment or supplies I need?**

Students should have their own yoga mat, which can run \$20-\$75, depending on the type of mat purchased. You're encouraged to purchase your own yoga blanket, two blocks and yoga strap but there will be supplies available at The Yoga Connection for students' use.

Total books and supplies estimate is \$150.00

**Are there any additional costs?**

\$18 – Bikram yoga class

\$20 – a 2-hour field trip to a cadaver lab at Logan College

\$50 – Graduation fee

**Will my training be recognized?**

Yes! West-East Yoga Teacher Training is an internationally recognized certification course that is registered with Yoga Alliance. When you successfully complete the program, you'll be eligible for registration with Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200-hour level.



**Does it cost to register with Yoga Alliance?**

Yes. There is a one-time registration fee with Yoga Alliance, along with an annual fee. Visit <https://www.yogaalliance.org> for details. It is recommended students who plan to teach purchase insurance.

Questions? Call Danette Watt @ 618-467-8827 or email her at [dmwatt33@gmail.com](mailto:dmwatt33@gmail.com)