



HERIZEN™ YOGA FOR WOMEN

HERIZEN™ ONLINE 200-HR YOGA TEACHER TRAINING / CERTIFICATION & SELF MASTERY FOR WOMEN

200-HR ONLINE YTT SCHEDULE VIA THE VIRTUAL OASIS ASHRAM

Jan 6 to Feb 6, 2021

20 Hrs Pre Study Assignments
140 Hrs Live Via Zoom and 40 Hrs Self Directed Study

Upon successful completion of the Total 200 Hour YTT you can apply with Yoga Alliance to become a Registered Yoga Teacher (RYT-200)

Pre –requisites: 6 months to 1 year of personal yoga practice. Zoom or written Interview.

Certification is based on live online teaching via Zoom platform or recorded video. In addition, written assignments and section quizzes.

The program material is delivered via Zoom platform, email and dropbox.

You will require a reliable internet connection and have access to the zoom platform, the ability to communicate via email and via drop box. In addition, the ability to create a word document as well as create a video either on the zoom platform and or via a phone.

OVERALL SCHEDULE FOR THE 180 HR ONLINE BLENDED (LIVE VIA ZOOM + SELF DIRECTED STUDY) MOUNTAIN TIME (MT)

Online Classes: Live via Zoom Platform - Total 140 Hrs

Wednesday, Friday and Saturday

Self Directed is 10 Hrs per week total 40 Hrs

On the last day after our graduation we finish at 3 PM 7 Hrs Total

1.) Wed: Jan 06 **Fri & Sat** Jan 08 / 09

Sun AM – Drop box Self Directed Study until Wed – 10 hrs

2.) Wed: Jan 13 **Fri & Sat** Jan 15 / 16

Sun AM – Drop box Self Directed Study until Wed – 10 hrs

3.) Wed: Jan 20 **Fri & Sat** Jan 22 / 23

Sun AM – Drop box Self Directed Study until Wed – 10 hrs

4.) Wed: Jan 27 **Fri & Sat** Jan 29 / 30

Sun AM – Drop box Self Directed Study until Wed – 10 hrs

5.) Wed: Feb 03 **Fri & Sat** Feb 05 / 06

All classes are recorded. If you miss a class you can watch the replay to work on your studies.

The training schedule is based on **Mountain Time (MT)**. We will use the Zoom platform and I will send the link closer to the start date.

You will be in the practice of yoga and action oriented for most of the hours with rest periods in between.

There will be breakout groups for practice and assignments, which creates connection with other yoginis. You will also be teaching, deepening your practice, learning, growing and transforming. Om

Training Materials will be supplied by *HERIZEN™* via Dropbox

Additional Books & other Materials Required (outside of the course fee):

REQUIRED

Books

- 1.) Anatomy of Hatha Yoga by H. David Coulter

Optional Recommended Books

- 1.) Ashtanga Yoga “The Practice Manual” by David Swenson
- 2.) Yoga Anatomy by Leslie Kaminoff & Amy Matthews
YogaAnatomy.net
- 3.) Light on Life by BKS Iyengar
- 4.) Power of Now by Eckhart Tolle
- 5.) Light on Yoga by BKS Iyengar
- 6.) The Yoga Teachers Tool Box by Joseph Le Page and Lilian Le Page (excellent resource)

All of these texts are comprehensive and an excellent resource for any committed Yoga teacher. Only part of the material in these books will be covered and they will serve as excellent resources for you as a Yoga Teacher. You can purchase these books from www.Amazon.com and www.Amazon.ca

You will also be required to purchase ingredients to make chutney, during the pre study assignments. You will also need pens, paper, magazines and other such materials for special assignments. Materials list is sent once the registration process is complete.

DAILY SCHEDULE FOR LIVE ZOOM CLASSES WED, FRI & SAT

- **06:00 AM to 07:00 AM:** Aarti, Meditation, Mantra, Warm Up, Surya Namaskar, Pranayama 1 Hr
- **07:00 AM to 08:00 AM:** Morning Ojas drink, Nourishment, Journal, Confidence & Inspirations-Tarot 1 Hr
- **08:00 AM to 08:30 AM:** Break 30 min
- **08:30 AM to 10:30 AM:** Teacher Train Practice & instruction 2 Hr
- **10:30 AM to 12:00 PM:** Meal Break 1.5 Hrs
- **12:00 PM to 3:30 PM:** Student practice, Teaching Methodology, Communication & Presenting Skills 3.5 Hrs
- **03:30 PM to 4:00 PM:** Break 30 min
- **4:00 PM to 6:00 PM: Meditation, Satsang, Music, Kirtan, Yoga Philosophy and Discussion. 2 Hrs**

Daily Wed, Fri & Sat is 9.5 Hrs

Last day is only 7 Hrs – we finish at 3 PM - Graduation

Total 180 Hrs (140 Hrs Live via Zoom and 40 Hrs Self Directed)

Total 20 Hrs of Pre Study Assignments

Total 200 Hrs

Please clear your schedule for the dates above and the allotted hours to complete your 200 Hr Online YTT. Remember, all classes will be recorded so if you miss a class you can see the recordings via dropbox. Always let me know in advance if you are not able to attend.

You will need a quiet space – an area for movement, writing and other assignment materials. You will also need a computer, good internet connection, writing materials, the ability to create documents, to film yourself either via zoom platform, a cell phone or camera, your manual, blankets, pillows, blocks and straps if you have them.