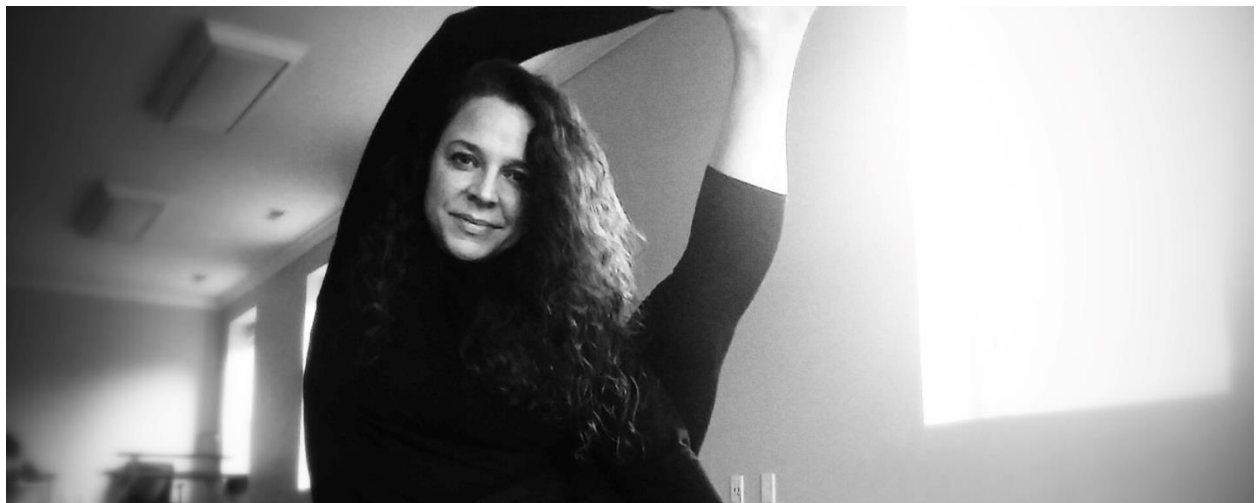




Tribe Yoga Leadership Academy
200-Hour Yoga Teacher &
Spiritual Leadership Training
2020/2021



Course Requirements

The Tribe Yoga Teacher & Spiritual Leadership Training Program requires a time commitment of 200 hours, to be allocated as follows:

40 Hours: *Classes (Participate/Observe/Assist/Practice Teach) – Students will be required to take classes with Stacy, totaling 20 hours throughout the teacher training program. A log sheet will be provided, and hours must be recorded and submitted for final approval prior to completion of the program. Students will progress from participation in classes, to observation and journaling, to assisting, and then to practice- teaching portions of classes.*

100 Hours: *Group Seminars – Students will meet weekly for group seminars where topics including asana, pranayama, meditation, anatomy, safety, teaching methodology, philosophy, lifestyle and ethics, spiritual leadership, queuing, mantra, service, energy work, and more will be explored. Guest teachers will assist as appropriate in these sessions.*

15 Hours: *Group Weekend Immersion Workshops – The program will include 1 weekend-long immersion program: Yin Yoga YTT. Dates TBA.*

20 Hours: *Homework – Homework projects will include assigned readings, a book report on an approved reading of the student's choice, and a community service project.*

20 Hours: *Online Anatomy Program – Self-study with review and Q&A in Group Seminars.*

5 Hours: *Practice Teaching – Students will be required to prepare for and teach 2 free studio classes, to be observed and reviewed by a lead program instructor.*

Schedule

The program schedule is intended to offer the maximum possible flexibility, while maintaining a group learning dynamic.

*The required 40 hours of classes may be taken at the student's discretion, at any pace that works within your schedule. Classes typically run for 75 minutes, however Ashtanga Primary Series classes will be 90 minutes in length. Students can request to use approved workshops as some hours as well. Please be sure to check with a lead instructor prior to counting any workshops toward the 40 hour requirement.

Group Seminars: Group seminars are scheduled for every Wednesday or Sunday evening from 5 – 8 pm beginning October 4th. Select Saturdays will also be scheduled for a 5-hour period of time (dates to be scheduled based on student's input once all registrations are confirmed). Special guest teachers or other programming needs may cause these sessions to vary in length or time, but ample notice and group input will be offered in such cases.

Weekend Immersion Workshops:

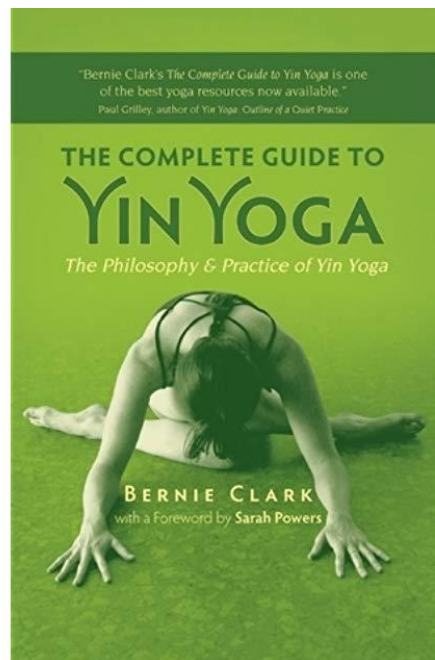
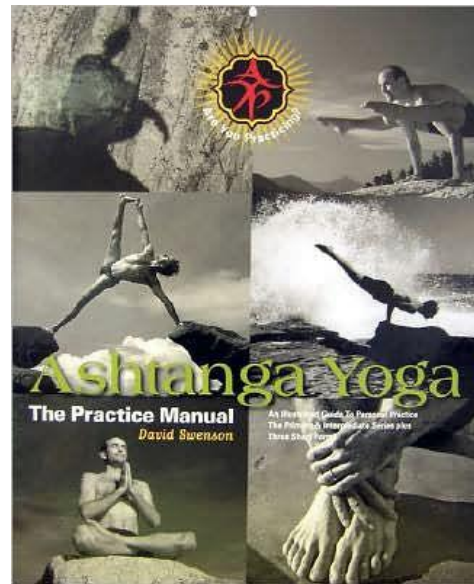
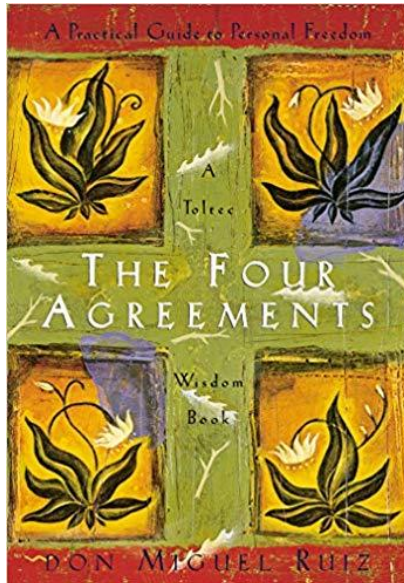
Yin Yoga YTT: TBD

Reiki: Levels 1 & 2

Practice Teaching: To be scheduled toward the end of the program. Eight months are allocated to complete the full training. If students need additional time to complete the class requirements, please just notify the lead instructors.

Required Reading

Students will need to purchase the following required books for the program:



Program Fees

Program fees can be paid in full or via a monthly payment plan. Application, Registration, and Deposit must be received by September 15, 2020. Space is limited so be sure to secure your spot early. If you have questions, please contact Stacy directly.

- Paid in Full by October 1, 2020: \$3,295.00
- 6-Month Payment Plan: Six payments of \$575.00
- 8-Month Payment Plan: Eight payments of \$443.75

Deposit Required to Hold Space: \$350.00. Fees include unlimited yoga classes at tribe, all seminar hours, Reiki Levels 1 & 2 attunements and training sessions, and immersion weekend, and additional books to include Living the Sutras and Functional Anatomy of Yoga.