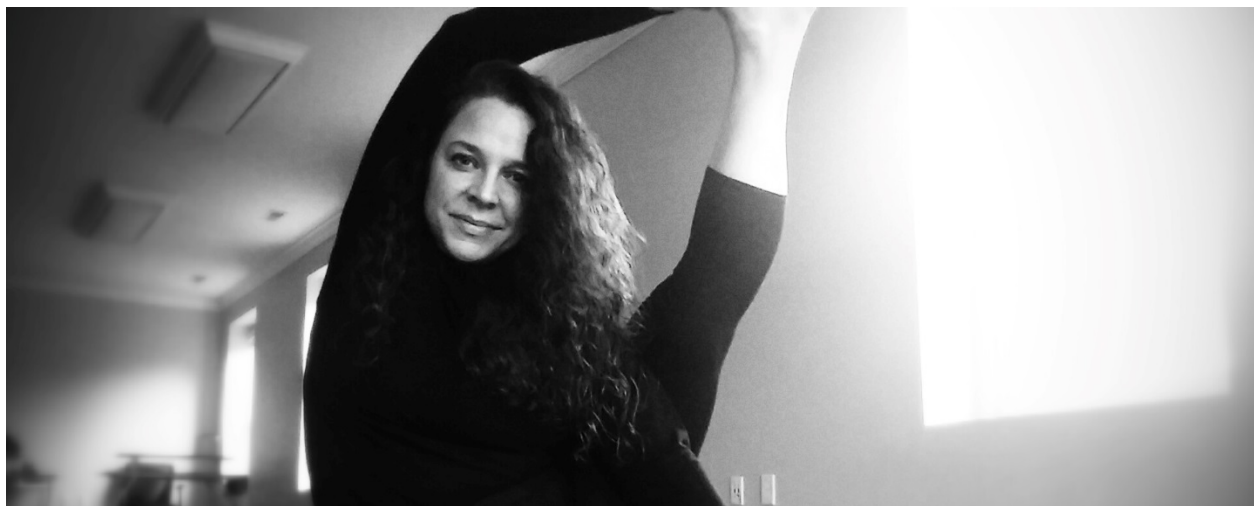




**Tribe Yoga Leadership Academy**  
**200-Hour Yoga Teacher Training**  
**2021 - 2022**



# Course Requirements

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

**60 Hours:** Classes (Participate/Observe/Assist/Practice Teach) – *Students will be required to take classes with Stacy, totaling 60 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.*

**75 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.*

**20 Hours:** Anatomy Online Course - *through Yoganatomy with David Keil. Assignments to be discussed in Group Seminars.*

**15 Hours:** Yin Yoga Training Immersion Weekend

**10 Hours:** Community Service Project – *students will work as a team to plan, promote, and carry out a community service project of their choice.*

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

# Schedule

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

**Class Participation/Observation/Assist/Practice Teach:** The required 60 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 60 hour requirement.

**Group Seminars:** Group seminars are scheduled for two Saturdays each month, for 3.25 hours each. Times/Dates for the 2021 – 2022 training are 10:30 am – 1:45 pm:

October 9 & October 30

November 6 & November 20

December 4 & December 18

January 8 & January 22

February 5 & February 19

March 5 & March 19

April 9 & April 23

May 7 & May 21

June 4 & June 18

July 9 & July 23

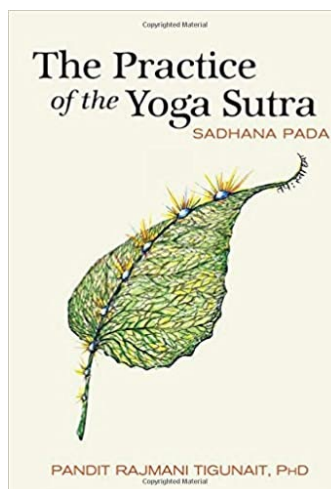
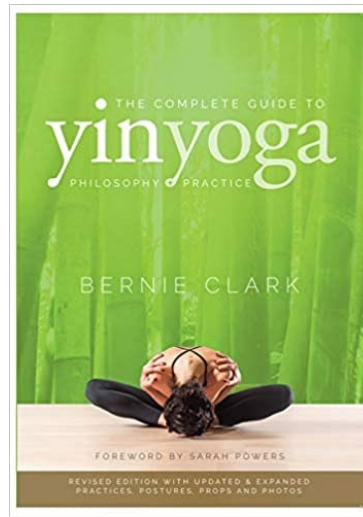
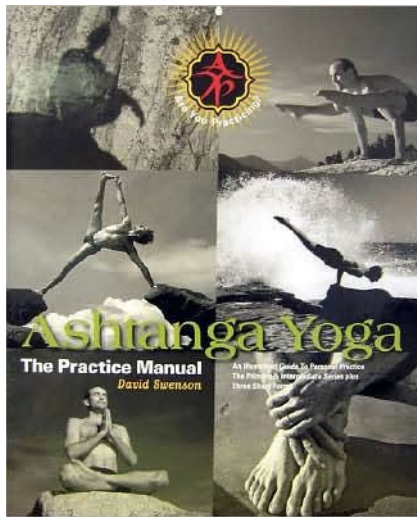
August 6 & August 20

September 10 Graduation!

Twelve months are allocated to complete the full training. If students need additional time to complete the class requirements, please 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 1, 2021. Space is limited so be sure to secure your spot early. If you have questions, please contact Stacy directly.*

- Paid in Full by September 5, 2021:  
\$2,995.00
- 6-Month Payment Plan: Initial Deposit of \$350.00, and then six payments of \$466.67
- 8-Month Payment Plan: Initial Deposit of \$350.00, and then eight payments of \$362.50
- 12-Month Payment Plan: Initial Deposit of \$350.00, and then twelve payments of \$253.75

Deposit Required to Hold Space: \$350.00