

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 Tori, 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 biweekly 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 - tentatively scheduled for May 10-12th.

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. 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 4 hours each. Times/Dates for the 2023-2024 training are 10:30 AM - 2:30 PM and are tentatively scheduled for:

November 25th

December 2nd & 16th

January 6th & 20th

February 3rd & 16th

March 2nd, 16th, and 30th

April 13th & 27th

May 11th & 25th

June 8th & 22nd

July 6th & 20th

August - break

September 14th & 28th

Twelve months are allocated to complete the full training. If students need additional time to complete the class requirements, please notify the lead instructors.

The Yin Immersion Weekend is tentatively planned for May 10th, 11th, and 12th.