

## **How to Prepare for the SOYA RYT200 Hour Intensive Teacher Training Program**

The 200 Hour Teacher Training Program is not accomplished only during the 2 week Intensive Retreat. That would be impossible as you would have no time to sleep! The idea is that you begin NOW and complete many of the written assignments in the Manual *before* you arrive for the 2 week Teacher Training Intensive Program. The Program will then pull together all of the studies and focus on reviewing these lessons. We will be applying the concepts from your written lessons into your yoga path and focusing on the practical work of teaching asanas, pranayama, meditation, and more.

The Program is very intensive, like an immersion course in intense sadhana (yoga practice), so there is little time for extra homework during the two weeks. You should start working through the lessons in the Manual several months in advance of the Intensive Retreat. For example, there are a total of 14 written lessons, each taking approximately 4 hours to complete, so if you can only afford the time to do one lesson a week, you need to allow 14 weeks or 4 months time before the start of the 200 Hour Intensive Program.

If you have Basic Anatomy and Physiology, GREAT! You are one step ahead! If you have not taken a basic course in Anatomy and Physiology, then you need to take a 20 hour course in this. We can recommend a very thorough and inexpensive on-line course for approximately \$150. You can find this at [www.ed2go.com](http://www.ed2go.com) and do a *search* for Anatomy. This course includes 12 lessons over 6 weeks.

While you are working on your lessons prior to the Intensive Program, you will need to acquire *30 hours* of asana instruction with one of our Independent SOYA Faculty Teachers. Fees for these classes are additional and will be paid directly to the instructor. We recommend you explore various styles of Hatha Yoga during this time, such as Ashtanga, Iyengar, Sivananda, etc. You can find a list of these Instructors on our website in the Teacher Directory at <http://yogaessentials.com/yogateacherdirectory.html>. Each Independent Faculty member is marked with a lotus leaf. This list is not complete, so for a full list please contact Marion (Mugs) McConnell at [info@soyayoga.com](mailto:info@soyayoga.com). Also, if you have a favourite yoga teacher who is not on our list but is Registered with Yoga Alliance, we can add them to our Independent SOYA Faculty with their permission.

Independent SOYA Faculty members have an important role to play in your training. They are required to give you feedback, answer your questions as you observe their methods of teaching, use you for demonstrations, and share their wisdom with you. For more information on these expectations please go to <http://yogaessentials.com/ttindpendentfaculty.html>.

Take a moment to look through the SOYA 200 Hour Yoga Teacher Training Manual and get a sense of the overall content. You should have three text books along with your Manual; How to Know God (The Yoga Sutras of Patanjali), the Bhagavad Gita, and the Brief Dictionary of Hinduism.

Prior to your arrival, you should complete the following lessons:

- Lessons 1-4 in Patanjali's Yoga Sutras
- Lessons 1-5 in the Bhagavad Gita
- Lesson on Kriyas
- Lesson on Chakras
- Lesson on Meditation
- Lesson on Basic Pranayama
- Lesson on Professionalism

During the Intensive Program we will review these lessons and complete the remaining lessons in the Manual. We will also give you the Final Written and Practical Exams during the Retreat. In the event that you cannot complete all of the assignments, you can complete them *after* the retreat and write your Written Exams at a later time. You will receive your 200 Hour Certificate when you have completed all of the work. *See next page for Overview of the 200 Hour Intensive Schedule!*

### Daily Agenda for RYT 200 Hour Intensive Program

Daily Agenda		200 Hour			12 hr days
Arrival Day 1	Time		Category	Hours	Total Hrs
	7am	Orientation	T	0.5	0.5
	7:30am	meditation/chant	T	0.5	0.5
	8am	Asana Class	T	2	2
	10am	Philosophy	PH	2	2
	12-12:30	LUNCH			
	12:30	Feature Asana	TM/PR/AP	4	TM=2 PR=1 AP=1
	4:30-5:30	Write out Feature Pose	T	1	1
	5:30-6pm	DINNER			
	6pm	General Yoga	T	1	1
	7pm	meditation/chant	T	1	1
	8pm	Bedtime			
<b>Day 2-6</b>					
	7am	pranayama/kriyas	T	0.5	2.5
	7:30am	meditation/chant	T	0.5	2.5
	8am	Asana Class	T	1.5	7.5
	9:30am	Philosophy	PH	2.5	12.5
	12-12:30	LUNCH			
	12:30	Feature Asana	TM/PR/AP	4	TM=10 PR=5 AP=5
	4:30-5:30	Write out Feature Pose	TM	1	5
	5:30-6pm	DINNER			
	6pm	General Yoga	TM	1	5
	7pm	meditation/chant	T	1	5
	8pm	Bedtime			
<b>Day 7</b>					
	7am	pranayama/kriyas	T	0.5	0.5
	7:30am	meditation/chant	T	0.5	0.5
	8am	Asana Class	T	1.5	1.5
	9:30am	Philosophy	PH	2.5	2.5
	12 Noon	Afternoon Off			
<b>Day 8-12</b>					
	7am	pranayama/kriyas	T	0.5	2.5
	7:30am	meditation/chant	T	0.5	2.5
	8am	Asana Class	T	1.5	7.5
	9:30am	Philosophy	PH	2.5	12.5
	12-12:30	LUNCH			
	12:30	LESSON PLANS	T/AP	4	T=20 AP=5
	5:30-6pm	DINNER			
	6pm	Yoga Class/Practical Exams	PR	1	5
	7pm	meditation/chant	T	1	5
	8pm	Bedtime			

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<b>Day 13</b>					
	7am	pranayama/kriyas	T	0.5	0.5
	7:30am	meditation/chant	T	0.5	0.5
	8am	Asana Class	T	1.5	1.5
	9:30am	Philosophy	PH	2.5	2.5
	12-12:30	LUNCH			
	12:30	LESSON PLANS	TM/AP/PR	5	TM=3 AP=1 PR=1
	5:30-8pm	GRAD & Finals	T	2.5	2.5
<b>Day 14</b>		<b>Departure Day</b>			
	7am	pranayama/kriyas	T	0.5	0.5
	7:30am	meditation/chant	T	0.5	0.5
	8am	Written Exams	T	2	2
	10am	Marking Exams	T	2	2
	12 noon	Departure			
					<b>150 Total Retreat</b>
					<b>30 hours with faculty</b>
					<b>20 hours in Anatomy</b>
					<b>55 hours in homework</b>
					<b>255 hours TOTAL</b>

<b>200 Hours</b>	<b>Required</b>	<b>Contact TTP</b>	<b>Contact ISF</b>	<b>Non-Contact</b>	<i>extra hours</i>
Anatomy	32	12	0	20	
Philosophy	85	30	0	55	2
Technique	101	71	30	0	2.5
T. Methodology	25	25	0	0	
Practicum	12	12	0	0	
<b>TOTAL</b>	255	150	30	75	