

## **How to Prepare for the SOYA Teacher Training Program RYT300 Hour Intensive Upgrade To RYT500**

The 200 Hour Teacher Training Program has been completed, and you are moving towards the 300 Hour Upgrade! This Upgrade is not accomplished only during the 3 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 3 week Teacher Training Intensive Retreat. The Retreat 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 12 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 12 weeks or 3 months time before the start of the 300 Hour Intensive Upgrade Program.

While you are working on your lessons prior to the Intensive Retreat, you will need to acquire *36 hours* of asana instruction with our Primary Faculty or Independent SOYA Faculty Teachers. We recommend you explore asanas related to your Specialty Research Project, such as Yoga for Pregnancy, Yoga for Seniors, etc, as this project is your final “Thesis”. 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/ttindependentfaculty.html>.

Take a moment to look through the SOYA RYT500 Hour Yoga Teacher Training Manual and get a sense of the overall content. This Manual *includes* the RYT200 Hour Program content as well, since we will refer to this often throughout the Program. You should have two text books along with your Manual; The Hatha Yoga Pradipika and The Upanishads. As well, if you are coming from a different RYT200 Hour School than SOYA’s 200 Hour Program, you may be required to complete studies in other texts, to ensure you cover all required material for our RYT500 Hour certification.

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

- Lessons 1-4 in Hatha Yoga Pradipika
- Lessons 1-3 in the Upanishads
- Lesson on Koshas
- Lesson on Mudras
- Lesson on Karma & Reincarnation
- Lesson on Traditional 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 not receive your 500 Hour Certificate until you have completed all of the work. *See next page for Proposed Schedule of the 300 Hour Upgrade Intensive Program!*

Tentative Schedule for RYT300 Hour Upgrade Intensive Retreat

<b>RYT 300 hr Upgrade</b>				
	Prerequisite	Philosophy Homework	non-contact	55
	Prerequisite	Asanas with SOYA Faculty		36
Day 1	Orientation/Review of Course	Sun Salutations		3
2	Professionalism	Yoga for Pregnancy		12
3	Advanced Pranayama Lesson	Yoga for Children		12
4	Specialty Research Project	Modifying Yoga Asanas		12
5	Designing Lesson Plans Interm	Students Teach the Teachers		12
6	Sanskrit Pronunciation & Writing	Yoga for Teens		12
7	Hatha Yoga Pradipika 1	Restorative Yoga		12
8	Hatha Yoga Pradipika 2	Yoga for MS & Seniors		12
9	Hatha Yoga Pradipika 3	Iyengar Yoga		12
10	Hatha Yoga Pradipika 4	Ashtanga Yoga		12
11	Chakra Asanas	Anatomy and Asana		12
12	Mudras Lesson	Mudra Demonstrations		12
13	Kosha Lesson	Yoga with Partners		12
14	Karma & Reincarnation	Sivananda Yoga		12
15	Managing Yoga Finances/Taxes	Hidden Language of Yoga		12
16	Upanishads Lesson 1	Anatomy and Asana		12
17	Upanishads Lesson 2	Students Teach the Teachers		12
18	Upanishads Lesson 3	Desikachar Yoga		12
19	Deepening Meditation	Forgiveness Salutations	Exam Review	12
20	Mantra Therapy	Written Exams	Practical Exams	12
Day 21	Graduation/Closing			3
			Total	<b>325</b>
			Hrs from 200 hr	255
			Total Hrs for 500 hr	<b>580</b>

<b>Daily Agenda 300 Hour</b>		
<b>Day 1-20</b>		<b>(300 hour) Day 1-19</b>
	7am	Orientation
	7:30am	pranayama/ meditation/chant
	8am	Asana Class
	9:30am	Philosophy Discussion
	12 noon	lunch
	12:30	Feature Asana / Lesson Planning
	5pm	Anatomy & Asana
	6pm	Dinner
	6:30pm	asana/meditation/chant/
	8pm	Bedtime
	NOTE:	two ½ days off each weekend
<b>Departure Day 21</b>		<b>Departure Day 21</b>
	7am	pranayama/kriyas
	7:30am	meditation/chant
	8am	Closing comments
	9:30am	Arati
	10am	Departure