

# Sundance Yoga Studio RYT 200-Hour Yoga Teacher Training Schedule for 2019

Sundance Yoga Studios (SYS), is designed to be comprehensive, individualized to meet the needs of all trainees.

SYS Teacher Training is seven weekends of intensive training as well as public class observation.

Yoga Alliance RYT (Registered Yoga Teacher) approved at the 200-hour level for national certification. Limited to 25 students.

## Faculty:

Valerie Immore, director of Sundance Yoga Studio Yoga Teacher Training program will do the main portion of the teaching. **Additional Instructors: John Bethscheider, Afton Lindsey and Anne Bendixen**

## **Schedule (Full Attendance is mandatory):**

**Aug (16-18), Sep (20-22), Oct (10-13), Nov (7-10), Dec (5-8), Jan 2020 (9-12) & Feb 2020 (7-9)**  
Thursday Friday Classes are 6-9 pm, Saturday and Sunday Classes are 9 am-7 pm

## Topics of study will include:

- \* Yoga history & philosophy
- \* Principles of alignment theory and the anatomy of movement as they relate to teaching
- \* Breathing, mediation and relaxation techniques
- \* Methods of teaching to create a complete yoga experience for students
- \* Sequencing and how to design a yoga class

## Place:

Sundance Yoga Studio (Friendswood)  
128 S. Friendswood Dr  
Friendswood, TX 77546

Sundance Yoga Studio (Pearland)  
7501 Fite Rd  
Pearland, TX 77584

## Tuition:

\$2800 if paid by July 16, 2019

\$2900 after July 16, 2019

Ask about our individual payment plan

\$500 deposit by July 16, 2019

Full payment received by October 26, 2019

## Application Deadline:

July 31, 2019

## Pre-Requisites:

Not limited to any particular style or system

One year of continuous study and practice of yoga

**To Register:** Fill out Application Form, write a one-page essay on, “**Why I Want to Do This Training**” & mail to:  
Sundance Yoga Studio •128 S. Friendswood Dr. Friendswood, TX 77546 • 281-482-YOGA

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## **Sundance Yoga Studio Teacher Training Application Form 2019**

Please fill out the following form and return it with your deposit to Sundance Yoga Studio. Acceptance will be based on review of application by our faculty. We are interested in working with people who will, upon completion of the course, be willing to dedicate themselves to furthering the principles behind Yoga and who will seek to teach those ideals in a safe and nurturing way. Feel free to attach additional pages.

Name:First \_\_\_\_\_ Mi \_\_\_\_\_ Last \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date of Application \_\_\_\_\_

Email Address \_\_\_\_\_ Phone Number (\_\_\_\_\_) \_\_\_\_\_

How long have you been studying yoga? \_\_\_\_\_ Who is your regular teacher? \_\_\_\_\_

Please include location and phone number \_\_\_\_\_

What systems of yoga have you studied and for how long? \_\_\_\_\_

Please describe in terms of length and frequency your regular yoga practice, (ie. does it include pranayama, meditation, or prayer?) \_\_\_\_\_

List any current limitations that may affect your participation \_\_\_\_\_

**REFUND POLICY:** Once applicants are accepted, the deposit is Non-Refundable. Anyone who is not accepted into the training will be refunded their full deposit. Those accepted in the program have until October 29, 2019 to receive a prorated refund minus the deposit.