



EON|Yoga Teacher Training Programme 2019

Programme Description

The EON|Yoga Teacher Training programme meets the standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200-hour level. Yoga Alliance requires class room (contact hours) and non-contact hours. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of all required written assignments.

Admissions and Entrance Requirements

To be considered for the programme applicants should have a regular yoga practice and have practiced yoga for at least two years. Applicants should be able to physically perform the techniques they will teach. This does not mean an applicant must perform all techniques (yoga postures) covered in the training, but most certainly those they will teach. The applicant must complete and submit the application form.

Program Curriculum

The EON|Yoga Teacher Training Programme includes five program disciplines:

- **Techniques Training and Practice:** Consists of learning how to teach and practice traditional yoga techniques including asana, pranayama, mantra, meditation, bandha, and mudra.
- **Teaching Methodology:** Consists of the principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.
- **Anatomy and Physiology:** Consists of human physical anatomy and physiology (bodily systems, organs, etc.) and Yogic energy anatomy and physiology (chakras, nadis, etc.)
- **Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers:** Consists of the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. Students are encouraged to explore their own personal connection to the teachings and examine the integration of yogic philosophy into their classes.
- **Practicum:** Consists of practice teaching, receiving feedback, observing others teaching and hearing/giving feedback.



Required Textbook

The Illustrated Light on Yoga by B.K.S Iyengar (This book can be purchased online or ordered through Exclusive Books)

Recommended Reading (not compulsory)

Yoga Anatomy by Leslie Kaminoff & Amy Matthew

The Science of Yoga: The Risks and the Rewards by William J. Broad

Student Progress

Assignments, a written final exam, and teaching demonstration will be used to assess the student's understanding of the material presented. The written exam will cover: Teaching Methodology, anatomy and physiology, and yoga philosophy/ lifestyle and ethics for yoga teachers. A practical exam will cover teaching techniques and be graded pass/fail.

Certification

In order to receive a certificate of completion from The EON|Yoga Teacher Training School, students must pass all exams (written and practical), complete all assignments, and meet 100% attendance requirements. Any potential hours missed on the course will have to be discussed with the lead teacher in advance in order to make alternative arrangements. An additional fee will be charged to make up for any hours missed during the three-month period. Students will also be required to complete an additional 45 hours of yoga with another teacher/teachers during the 3 months. At that point students are eligible to apply for Yoga Alliance 200 Hour Recognition.

EON|Yoga offers a group class on Tuesday evenings 19h00 – 20h00 at St Pius X Catholic Church Hall, 660 Pienaar street, Waterkloof, Pretoria, which will be open to trainees free of charge. These hours will count towards the additional 45 hours.

Tuition and Fees

Tuition for the entire course is R23200. Early bird special of R21000 if payment is made in full by 28 June 2019.

Alternatively, payments can be made as follows:

First payment of R6700 to be made by 14 June 2019

Second payment of R5500 to be made by 31 July 2019

Third payment of R5500 to be made by 30 August 2019

Fourth payment of R5500 to be made by 30 September 2019

Special payment plans can be arranged on request.



Trainees who do not have a yoga strap and two yoga blocks will have the option of adding an additional R350 to their first payment where the EON|Yoga school will then order the equipment on the trainee's behalf.

The first payment of R6700 is required by 14 June 2019 which secures your place on the course and is non-refundable should you wish to drop out of the course at any point in time.

2019 Calendar

Times: Wednesdays: 17h30 – 20h00
 Saturdays: 09h00 – 15h00

Dates: July 2019: 3, 6, 10, 13, 17, 20, 24, 27, 31
 August 2019: 3, 7, 10, 14, 17, 21, 24, 28, 31
 September 2019: 4, 7, 11, 14, 18, 21, 25, 28
 October 2019: 2

Venue: Oakfields College, Lynnridge Mall, Cnr Jacobson Drive & Lynnwood Road, Lynnwood Ridge, Pretoria

EON|Yoga will not be held liable for injury, death, damage, or loss of personal belongings during the time in which the course is presented.

I, _____ hereby confirm that I have read, understood and accept the above information provided by EON|Yoga Teacher Training School and commit to follow them.

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Name

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Signed

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Date

