



## **Eonyoga Teacher Training School Programme 2021**

### **Programme Description**

The Eonyoga Teacher Training School programme meets the standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200-hour level. Yoga Alliance requires classroom (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 preferably practiced yoga for 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, sign, and submit the application form along with the course outline document.

### **Program Curriculum**

The Eonyoga 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 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 from 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 the demonstration on teaching a class 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**

To receive a certificate of completion from Eonyoga 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 to make alternative arrangements. An additional hourly fee will be charged to make up for any hours missed during the three months. 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.

### **Tuition and Fees**

The tuition for the entire course is R24300. Early bird special of R22200 if payment is made in full by 23 June 2021.

Alternatively, payments can be made as follows:

First payment of R6900 to be made by 28 June 2021

Second payment of R5800 to be made by 31 July 2021

Third payment of R5800 to be made by 31 August 2021

Fourth payment of R5800 to be made by 30 September 2021

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 R350 to the first payment so that Eonyoga Teacher Training School can supply the equipment on the trainee's behalf.

The first payment of R6900 is required by 28 June 2021 to secure your spot on the course. It is a non-refundable fee should you wish to drop out of the course at any point in time.

### 2021 Calendar

Times:	Wednesdays:	17h30 – 20h00
	Saturdays:	09h00 – 15h00
Dates:	July 2021:	7, 10, 14, 17, 21, 24, 28, 31
	August 2021:	4, 7, 11, 14, 18, 21, 25, 28, 29
	September 2021:	1, 4, 8, 11, 15, 18, 22, 25, 29
	October 2021:	2, 6, 9

Please note that there will be one Sunday lesson taking place on 29 August 2021 (09h00-13h00).

Venue: 573 Rossouw Street, The Willows, Pretoria

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### Assumption of risk, Health warranty, and release and waiver of liability

With yoga practice being an individual experience, I understand that I should progress at my own pace while participating in the physically active portions of the Eonyoga Teacher Training Programme. If at any point I feel fatigue or overexertion, I will respect my body's limitations and I will rest before continuing yoga or any other exercise. I acknowledge that participation in the Eonyoga Teacher Training Programme naturally involves the risk of injury to me. I further acknowledge that specific risks include injuries resulting from overexertion, improper or negligent use of equipment, physical adjustment, failure to follow teacher instructions, or injuries resulting from participation in an inappropriate level of physical exercise. As such, I understand and voluntarily accept these risks. I represent that I am in good health, at least 18 years of age, have the necessary current medical approval to engage in physical exercise including yoga classes and yoga teacher training and have no disability, impairment, injury, disease or ailment which would cause risk of injury or adverse health consequences as a result of engaging in physical exercise and yoga classes and teacher training. I acknowledge that Eonyoga Teacher Training School is relying on this representation and I understand that Eonyoga Teacher Training School will neither investigate nor certify my health or my fitness to participate in physical exercise and yoga instructional classes and teacher training.

### Release and waiver of liability:

[www.eonyoga.com](http://www.eonyoga.com)

Registry ID: 183464



Signature .....

In consideration for my participation in Eonyoga’s Teacher Training Programme, I, individually, and on behalf of my relatives, legal representatives, and assigns, agree not to sue and hereby agree to defend, indemnify, release and hold harmless Eonyoga Teacher Training School and each of their respective shareholders, owners, officers, directors, members, employees, contractors and agents, and the owner of the facilities (the "Facilities") where 200hr Teacher Training Programme may occur (collectively, the "Releasees") from all actions, claims, losses, liabilities, demands, suits, charges, expenses (including, without limitation, attorneys' fees), and costs of any nature whatsoever which may arise out of, relate to, or result from, any injury, economic loss or any damage to me or my guest or relatives resulting from my participation in physical exercise and yoga instructional classes and teacher training at the Facilities, entry to or use of the equipment, facilities or services at the Facilities, the negligence of to the facility where I am taking my training or Eonyoga Teacher Training School anyone at to the facility where I am taking my training or Eonyoga Teacher Training School’s behalf or anyone using the Facilities or Eonyoga Teacher Training School’s equipment, facilities or services, except such as may arise out of the gross negligence or willful misconduct of the Releasees. This release and waiver of liability (this "Release") is intended to be a complete release of any responsibility for personal injuries and/or property loss/damage sustained by me while at the Facilities, whether using exercise equipment, participating in active or passive exercise, or not. I understand that this Release is intended to be as broad and inclusive as is permitted by the laws of the jurisdiction applicable to the facility where I am taking my training and that if any portion of this Release is held invalid, I agree that the balance of this Release should continue in full force and effect.

I, \_\_\_\_\_ hereby confirm that I have read, understood and accept the above information provided by Eonyoga Teacher Training School and commit to follow them.

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Name

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Signature

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Date

