



200 Hour Registered Yoga Teacher Training Program - Spring 2019

Information Meeting held at The Yoga Projekt on Sunday December 16, 2018 at 11:45 am

9 Weekends:

Location: Tapas Yoga Shala in Rock Island

Dates:

February 9-10

Times:

Saturday 8:30 am - 5 pm

Sunday 8:30 am - 3:30 pm

Location: The Yoga Projekt in Peoria

Dates:

February 22-24

March 8-10, 22-24, 29-31

April 12-14

May 17-19

June 7-9, 28-30

July 5-7

Times:

Friday 5:30 - 8 pm

Saturday 11:30 am - 5 pm

Sunday 9 am - 5 pm

Our yoga teacher training program offers an opportunity for remarkable growth and change while learning the essential skills for sharing yoga with others.

Facilities:

large studio space, conference room on site, ample parking, outdoor courtyard, local restaurants, trails and public parks within walking distance.

Limited to 20 trainees and aimed at both teaching skills and personal growth, this course is an immersive yoga experience. This program is a general yoga training touching on many traditions and styles.

Trainers:

Evan and Kelly Harris have studied yoga traditions since 2002. Registered with Yoga Alliance at the highest level (E-RYT 500) they have studied and taught locally, regionally, and internationally and trained nearly 100 teachers since 2010.

Betsy Criss has practiced yoga since 2015. She completed the 200 hour teacher training program with Evan and Kelly at Tapas in July 2017 and has been teaching at The Yoga Projekt since. Registered with Yoga Alliance RYT 200.

This is a 200-hr Yoga Alliance registered yoga teacher training program in Peoria. [Check out our profile and read reviews here.](#) All graduates are qualified to register as Registered Yoga Teachers, which continues to be the industry standard.

Expect to learn all the skills essential to successfully teaching yoga to others—postures, anatomy, sequencing, adjustments—as well as the origins, philosophy, schools, and gurus of yoga's long history and profound, contemplative roots.

- Posture instruction, modification, & use of props
- Therapeutic posture application
- Postures: names, types, meanings, etc
- How to compose a class
- Adjustments: physical, verbal, visual
- Anatomy and physiology
- Yoga: philosophy, history, culture and context
- Meditation & pranayama (breath exercises)
- Develop your personal yoga practice
- Guest instructors & unlimited classes
- Weekly public teaching experience

- Most thorough & complete training in the area
- Two 500 hour E-RYT instructors

Full program cost is \$3000, or \$15/hr of training (200 hrs). This includes all training hours, activities, and books. Graduates will be fully equipped to teach a public yoga class at nearly any facility and will have all materials necessary to register with Yoga Alliance. We are proud to offer payment plans and a 15% discount for all trainees paid in full by the early-bird deadline (1/1/19).

If you have any questions or would like to register please contact Betsy Criss by phone (309) 429-6520 or via email at info@yogaprojekt.com