



ASCEND
YOGA
TEACHER
TRAINING
Q+A

ASCEND YOGA TEACHER TRAINING

Whether your goal is to teach yoga, or you'd like to focus on deepening your own practice and study of yoga, Ascend Yoga Teacher Training will prepare and guide you. Beginning in March 2020, our 200-hour weekend intensive program provides the opportunity to balance immersive learning with your busy lifestyle, while meeting the highest standards of the Yoga Alliance.

You'll learn and practice with experienced teachers and professionals as you cultivate the heart and mind of a yogi in the supportive environment of our beautiful Hudson Valley studio in Cold Spring, New York.

In this vinyasa yoga teacher training program you'll study the fundamental postures, along with proper alignment, applicable anatomy, and effective sequencing for class and practice. You'll clarify your own unique voice and perspective as a teacher, and learn to guide students through your vocal cues and safe hands-on assistance. This comprehensive training curriculum also includes yoga philosophy and history, methodology, inclusive teaching for all populations, the business and ethics of yoga, and more.

Join lead teacher, Amanda Amadei E-RYT 500, for an informational session and Q&A at the studio Thursday, January 9th at 7pm, or Saturday, February 15th at 12pm. We look forward to meeting you! Have questions now? Email Amanda Amadei at amanda@ascend-center.com or Kristin McPherson (Studio Manager) at kristin@ascendcenter.com

INSTRUCTORS

Lead instructor:

Amanda Amadei E-RYT 500

Adjunct instructors:

Dr. Casey Swann - Anatomy & Physiology

Kelly Kamm - Yoga Philosophy & History

Melia Marzollo - Business & Ethics, Special Populations, Yoga Nidra

Masha Schmidt - Subtle Anatomy, Yoga Nidra

Julian Paik - Meditation

2020 TEACHER TRAINING WEEKEND SCHEDULE

9 Weekends, and 1.5 floating days.

Friday 6-9pm

Saturday 10-5pm

Sunday 9-6pm (Inc class 9:00-10:15am)

March 13-15

March 27-29

April 17-19

April 24-26

May 8-10

May 29-31

June 12-14

June 26-27 (Ascend Festival, 1.5 days)

July 10-12

July 17-19

**Snow/Makeup day Sunday, May 17*

TUITION

Cost: \$3450

Deposit:

\$550 due by January 30th, balance due by February 22nd.

Deposit is non-refundable.

Payment Plans:

\$550 deposit due by 1/30/20, \$1,000 by 2/1/20, \$1000 by 3/1/20,

\$900 by 4/1/20

Early Bird Discount:

\$350 off tuition if you register and pay in full by February 1st.

Cancellation Policy:

50% refund of tuition minus deposit.

Cancellation only within 30 days of training start date.

WHAT IS INCLUDED?

- All training hours and workshops
 - Unlimited yoga classes for the duration of the training
 - Training Manual Discount*
 - Ascend Tote bag and t-shirt
- *Receive a discount on required reading when purchased through Ascend

Q&A

What is Ascend Yoga Teacher Training?

Ascend Yoga Teacher Training is a 200 hour comprehensive immersion in the study and instruction of hatha yoga.

In completing all required hours and assignments of this course, you will qualify to register with Yoga Alliance as a certified yoga teacher. You may choose to take the course purely for personal development and practice, and/or with the intention of finding your unique voice as a yoga instructor. Either way, you will be fully supported and guided through this transformative experience.

Our course curriculum centers on the most effective techniques of practicing, teaching, sequencing and assisting 77 foundational asanas (the physical postures of yoga), pranayama (the breath practices of yoga), and meditation. The teacher training also covers applicable anatomy and physiology, subtle anatomy and energy systems, yoga philosophy and history, working with specialized populations, and the business and ethics of teaching yoga.

Where does the training take place, and how do I get there?

All trainings and classes will take place at our beautiful studio overlooking the Hudson Valley in Cold Spring, NY. See our studio at www.ascendcenter.com

The studio is a short walk from the Cold Spring Metro North Train Station, making it easily accessible from New York City and surrounding areas. Those driving will find ample safe street parking, and many places to eat, relax, and shop in the village of Cold Spring.

What is Yoga Alliance? What does it mean to see RYT, E-RYT...?

Yoga Alliance (YA) is the largest non-profit organization representing the yoga community as a membership professional and trade association. Ascend is one of YA's 6,200+ Registered Yoga Schools. The quantitative standards for teacher certification and registration through Yoga Alliance encourage quality training, safe yoga instruction, inclusivity, and integrity in the yoga community.

A Registered Yoga Teacher (RYT) credential is issued to those who have completed a training with a registered yoga school and fulfilled the necessary experience and continuing education requirements. RYT 200 & 500 designations reflect the minimum number of training hours that a teacher has completed. E-RYT is a designation earned once a certain number of teaching hours have been accumulated post training. E-RYT 200 requires a minimum 1,000 hours teaching experience and at least two years of consistent teaching since completing foundational training. E-RYT 500 requires a minimum 2,000 hours teaching experience and at least four years of consistent teaching since completing advanced training.

All lead and adjunct yoga instructors of the Ascend Yoga Teacher Training program exceed the qualifications for E-RYT 500 certification and experience.

I'm new to yoga, can I register for Yoga Teacher Training? How much experience do I need?

We recommend a minimum of 6-12 months consistent yoga practice before beginning the training. It is not necessary to be an "advanced" practitioner in order to effectively immerse yourself and instruct others. The quality of your practice, focus, and dedication far outweigh any measure of flexibility or strength.

So, do you have to be able to bend into a pretzel while supporting yourself upside down on your fingertips?

No. That answer is no. Do you have to set the intention to open your mind, challenge your body, and embrace your personal viewpoint on the mat. Yes. Definitely yes.

I work full time, and/or have conflicts with the training schedule – is it flexible? What is the time commitment?

The Ascend Yoga Teacher Training schedule centers around nine intensive weekends, spread out over the course of five months. The dates of the weekend intensives are listed below, and the hours are as follows: Friday 6-9pm, Saturday 10-5pm, Sunday 9-6pm

In addition to the weekend trainings, homework includes written assignments and required reading, and a daily personal yoga practice will be encouraged.

Expect to spend between 3-4 hours a week on homework. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching. *If you are not planning on teaching after this course, you may choose not to complete all of the homework assignments and take the course for non-credit.* However, if you wish to receive your Diploma and Letter of Completion for the course, you must attend all the sessions and complete all the homework assignments.

What would a typical weekend of teacher training look like at the Ascend studio?

An example of a weekend schedule is provided here. Please note, you are welcome & encouraged to: Take notes and/or record yoga practices and lectures. Ask questions. Bring snacks.

I'm not sure I actually want to teach yoga. Would it still be beneficial for me to participate in the training?

Absolutely. Many people participate in yoga teacher training with the intension of deepening their practice and immersing themselves in the study of yoga. Please know that if you'd like to become a registered, certified yoga teacher, you will need to complete all hours and assignments.

Friday

6:00-6:45pm Vinyasa Yoga Practice with Amanda
6:45-7:00pm Break
7:00-8:30pm Lecture/discussion on yoga philosophy with Kelly Kamm
8:30-9:00pm Pranayama instruction of Nadi Shodhana (alternate nostril breathing) & guided meditation

Saturday

10:00-11:15am Vinyasa Yoga Practice with Amanda
11:15-11:30am Break
11:30-1:30pm Anatomy with Dr. Casey Swann – Muscles, their actions and functions
1:30-2:45pm Lunch Break
2:45-4:00pm Lecture/Discussion – Central Nervous System, Sympathetic & Parasympathetic activation
4:00-5:00pm Asana Instruction – Standing Postures with External Hip Rotation (“open hips”)

Sunday

9:00-10:15am Vinyasa Yoga (Level 2 class) led by Amanda
10:15-10:45am Break
10:45-1:30pm Asana Instruction – Seated and Supine Postures with External Hip Rotation (“open hips”) Small Groups/Partnering
1:30-2:45pm Lunch Break
2:45-4:15pm Lecture/Discussion – Anatomy of the Hip Joint, Pelvis, and Upper Leg
4:15-4:30pm Break
4:30-5:30pm Lecture/Discussion – The Chakra System and the Nadis
5:30-6:00pm Restorative practice and guided relaxation

How old do I need to be to register for YTT?

Ascend Yoga Teacher Training requires participants to be at least 18 years of age to participate, unless an exception is requested by a parent or guardian.

ATTENDANCE POLICY

Yoga Alliance requires that you complete all 200 hours of the teacher training to qualify for certification as a teacher. However, we understand that sometimes conflicts come up, and we have developed the make-up policy listed below. Please note that you can miss a maximum of 27 training hours, and you will have three months from the last day of your program to complete your attendance requirements. If you miss more than 27 hours or do not complete your make up hours within three months, you will receive a not passing status and will be required to pay in full to retake the training if you wish to be certified as a yoga teacher. You have the following two options for making up your missed time:

Option 1: For missed lecture hours

Schedule a private session with the trainer whose instruction you missed at some point during the program or in the three months following. The cost of a private session ranges from \$100-\$150 per hour. Cost may be divided among multiple students if multiple students need to make up the same hours.

- 1 hour private = 1-4 hours of missed time
- 1.5 hour private = 5-6 hours of missed time
- 2 hour private = 7-8 hours of missed time
- 2.5 hour private = 9-10 hours of missed time
- 3 hour private = 11-13 hours of missed time

Please note: Only two sessions of private instruction, regardless of hours, are allowable and are subject to trainer availability. Private make up sessions are only an option during your current training and for three months thereafter. If you miss over 27 hours, you will not pass the program and will be required to pay in full to retake the program.

Option 2: For missed practice hours – You may attend and submit a written evaluation of additional classes with Amanda at Ascend. Preapproval is required for these classes to be counted towards course hours, and you may be required to attend additional classes in observation.

MINIMUM CONTENT HOURS

(as determined by Yoga Alliance)INCLUDE:

Techniques:

Instruction in Yoga Asana, Pranayama, and Meditation: 100 hours

Teaching Methodology: 30 hours

Anatomy and Physiology: 20 hours

Philosophy/Ethics/Lifestyle: 30 hours

Practicum: 15 hours

Other: 5 hours

Total: 200 hours

I have more questions and concerns. Who can I talk to?

Informational Q&A sessions will be held at the Ascend Studio on Thursday, January 9, 2020 from 7:00-8:00pm and on Saturday, February 15th from 12:00-1:00pm.

Also please feel free to contact:

Amanda Amadei, Yoga Director and Lead Instructor

amanda@ascendcenter.com

or

Kristin McPherson, Office Manager, Registration & Billing

kristin@ascendcenter.com

Register for Ascend Yoga Teacher Training in the studio or online at ascendcenter.com.