



Sadhana 200-Hour Yoga Teacher Training

February– June, 2019

The Bhav Brigade – Bindu Wellness 200 Hour Yoga Alliance approved teacher training is called Sadhana. The word Sadhana means spiritual practice. Embark upon a training composed of topics culminating into a program of self- growth and development through living and studying the practice of yoga. Upon completion, participants are eligible for registration with Yoga Alliance as a 200 hour Registered Yoga Teacher (RYT 200).

To apply: submit completed application and \$100 nonrefundable application fee to **Bindu Wellness**, 627 Virginia Avenue, Virginia Beach, VA 23451

Cost of Training: Upon acceptance to the program, applicants must submit a \$400 nonrefundable deposit to **Bindu Wellness**, due by **December 1, 2018**. Both the application fee and deposit go toward the price of the full program.

If paying for the program in full, \$1500 will be due prior to February 2, 2019. Full program cost is \$2000 including application fee and deposit. 3% added for debit or credit card payment. All payments are nonrefundable and nontransferable.

If you'd like a payment plan, a \$400 nonrefundable deposit will be required to reserve your spot in the training (due December 1, 2018). The application fee and deposit will go toward the cost of the training. Payments will be split over the cost of the training, and \$400 payments will be due on the following dates: **February 1, March 1, April 1, May 1, June 1, 2019**. Total payment will be \$2500 including application fee and deposit. 3% added for debit or credit card payment. All payments are nonrefundable and nontransferable.

Teacher Trainees will prepare to teach by practicing and studying:

- Study of the Yoga Philosophy
- Study of The Mind/Psychology & Yoga
- Viewing of films related to yoga, service, and yogic lifestyle
- Pranayama (breath techniques)
- Meditation techniques
- Posture alignment and modifications
- Karma Yoga/Seva - giving back through service
- Nutrition
- The Energy Body
- Yoga's Past & Present
- Anatomy for Teaching Yoga
- Supervised Practice Teaching
- Techniques of Teaching
- Principles of Movement & Alignment

- Verbal, Demonstration, & Hands on Assists
- Sequencing
- Teaching to a Diverse Student Population
- Injury Prevention
- Compassionate Teaching

Trainees will also be required to complete out of class assignments and reading. Trainees will meet on 7 separate occasions with a lead teacher and the group and must log and attend 20 yoga classes over the course of the training. Practice teaching and a service project will also be completed outside of class meetings.

In addition, there will be books required for purchase.

Upon completion of the program, participants will receive a certificate of completion. becoming eligible to register with Yoga Alliance as a Registered Yoga Teacher.

Saturday and Sunday Training Sessions will be held at Flourish in Norfolk. Flourish is located at 809 Brandon Avenue, Suite 210, Norfolk, VA 23517. Weeknight sessions will be either conducted via Zoom or in Norfolk – location to be determined by lead teacher.

Training Schedule:

2-Feb	Saturday	9am - 5pm
9-Feb	Saturday	9am - 5pm
15-Feb	Friday	6pm -8pm
20-Feb	Wednesday	6pm - 8
23-Feb	Saturday	9am - 5pm
5-Mar	Tuesday	6pm - 8pm
9-Mar	Saturday	9am - 5pm
10-Mar	Sunday	noon - 3pm
16-Mar	Saturday	9am - 5pm
23-Mar	Saturday	9am - 5pm
26-Mar	Tuesday	6pm-8
30-Mar	Saturday	9am - 5pm
31-Mar	Sunday	noon - 3pm
2-Apr	Tuesday	6pm - 8
6-Apr	Saturday	9am - 5pm
7-Apr	Sunday	noon - 3pm
13-Apr	Saturday	9am - 5pm
17-Apr	Wednesday	6PM - 8
27-Apr	Saturday	9am - 5pm
2-May	Thursday	6pm - 8
4-May	Saturday	9am - 5pm

5-May	Sunday	noon - 3pm
11-May	Saturday	9am - 5pm
18-May	Saturday	9am - 5pm
19-May	Sunday	noon - 3pm
1-Jun	Saturday	9am - 5pm
2-Jun	Sunday	noon - 3pm
8-Jun	Saturday	9am - 5pm
15-Jun	Saturday	9am - 5pm

For more information email: bhavbrigade@gmail.com