



ATLANTIC YOGA TEACHER TRAINING
200-hour Residential Immersion July/August 2022
**This is an entirely in-person based training*

Thank you for your interest in **Atlantic Yoga Teacher Training (AYTT)**. This accredited Kripalu-inspired training, recognized for its high quality standard for over 20 years, will provide you with the guidance and skills to confidently and safely teach the yoga you love. Upon completion of the required two immersions and teaching practicum, you will be eligible to register as a RYT-200 with Yoga Alliance or join other professional yoga teachers associations.

FORMAT

Our training format is a unique combination of experiential learning as a residential immersion (in two 11-day portions that include full room and board), a teaching practicum that you will offer in your home community and a small home study component. This design supports the discovery and expression of your unique inner teacher along with an abundance of personal/professional growth opportunities.

The warm and supportive atmosphere, choice location, comparable affordable investment (for a fully residential 22 day, in-person program) and small group size (maximum of 18 participants) creates an engaging and memorable training experience. Residential immersion in a “retreat” setting invites a deep dive into the material and supports seamless integration of the learning. It is also an ideal option for those coming from away and for those seeking an accredited training that provides a teaching certification within a 2-month period.

IMMERSION DATES 2022

The next residential immersion training will begin **July 3-14, 2022** (part 1) and will conclude **August 17-28, 2022** (part 2) - with 5 weeks between to engage in practice teaching in your community.

The training experience will take place at **The Deanery Project located at 751 West Ship Harbour Road, Lower Ship Harbour, Nova Scotia**. This gorgeous 25-acre oceanfront property is about an hour from the center of Halifax-Dartmouth and accessible from all parts of the Maritime Provinces.

Your attendance is necessary at all scheduled days in order to receive certification at the end of the program. If you happen to miss any time, you will be required to make up the time at your own expense in order to fulfill the required number of training hours for certification. Program instructors will help you determine how to make up any missing time.

TEACHING PRACTICUM

One of the most enjoyable, powerful and invaluable parts of the training is the practice-teaching experience you will offer to a small group of one or more people, which you will organize in or near your home area. You will be well



prepared to offer these yoga classes and will receive lesson plans for five 1.5 hour classes that you will teach in the five weeks between the July and August immersions (i.e., between July 14 and August 17, 2022). Details will be shared during the training.

REQUIRED BOOKS

Your tuition includes a training manual unique to AYTT and access to audio and video recordings and materials from the training. There are two books you will need to purchase for the training – they are not included in your fee.

1. Kripalu Yoga: A Guide to Practice On and Off the Mat, Richard Faulds
2. Yoga Anatomy, Your illustrated guide to postures, movements and breathing techniques, Leslie Kaminoff

**These are available through Chapters-Indigo and Amazon.ca. There are often used copies available at a reduced price through these and other outlets.

We also have videos and audio recordings by instructors in the program to assist you. Availability of these materials will be shared closer to the program dates.

TUITION

\$3995 + 15 % HST (includes all food and accommodations for both 11-day residential immersions + training manual)

A \$500 + 15% HST deposit (\$575) is required to secure your place in the program and is counted towards your program fee. This deposit is non-refundable.

Remaining fees (\$3495 + 15% HST = \$4019) are due on the first day of the immersion training, July 3, 2022 (via e-transfer, cheque or cash). Payment options may be available depending on your needs.

All fees must be paid before the final August 17, 2022 immersion in order to graduate from the program and be eligible for Yoga Alliance or other professional membership.

APPLICATION DEADLINE AND ELIGIBILITY

The deadline for receipt of application is **June 10, 2022**. Space is limited, so apply early. Late applications will be accepted if there is available space.

We look for applicants with a minimum of one year experience practicing yoga on a regular basis, including formal instruction from a qualified teacher. Health professionals with some yoga experience will also be considered. Training to be a yoga teacher requires a significant commitment of time and energy, while offering many personal and professional rewards. Enthusiasm and a willingness to become immersed in the practice and study of Yoga will benefit you as a potential participant.



ALANTIC YOGA TEACHER TRAINING
Application 200-HR YTT Residential Immersion (2022)

GENERAL INFORMATION

First Name:

Last Name:

Date of Birth:

Gender/How You Identify:

Main Phone (most easily reached):

Street Address:

City:

Province/State:

Country:

Postal Code/ZIP:

E-mail:

Emergency Contact:

Emergency Contact Phone Number:

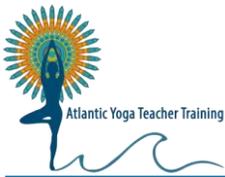
Emergency Contact Relation to You:

Occupation (and if not currently employed, your vocation, training, or profession):

List any yoga teacher training/certifications and year completed:

List any professional training or certifications (e.g., nursing, massage therapist, registered psychologist, naturopath, physician, physiotherapist, Reiki practitioner, music therapist, etc.):

How did you hear about Atlantic Yoga Teacher Training? (E.g., internet search, referred by a friend, etc.):



5. Describe other ways you are physically active (e.g., regular or weekly activities such as dance, team sports, running, walking, lifting weights, etc.).

6. Please describe your current state of health and provide details about:
 - a. any injuries, recent surgeries or illnesses (e.g., joint replacement, cancer, burnout)

 - b. any life-threatening (i.e., anaphylactic) allergies

 - c. chronic conditions (e.g., diabetes, glaucoma, headache, arthritis, depression, sleep apnea)

 - d. recent or ongoing treatment with health professionals (e.g., physician, naturopath, physiotherapist)

 - e. recent or current treatment by psychiatrist, psychologist or other therapist

7. Please offer any additional information about yourself that you feel would be helpful for us to know so we may provide the best possible experience for you.

All information will remain confidential.

Please email your application to Jody Myers at info@aytt.ca.

Once accepted, you will be contacted and asked to submit a \$500 + 15% HST (\$575) deposit to hold your spot. If you have any questions, please contact Jody at info@aytt.ca.

Thank you! We look forward to having you join us.