



Instructor Training and Certification

2018-2019 7-month Certification

200-hour RYT

4203 S. 48th Street Lincoln, NE 68506

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Mission and Details

Our mission with Studio 4:8 School of Yoga is to provide Christ-centered learning in an intimate setting for individuals of all levels and beliefs. As Lincoln's only faith-based studio, we will strive to empower growth in the mind, body, and spirit.

We see this as a yoga training/life investment for balance, self development and/or is for those desiring to advance their practice and teach yoga.

With a 200-hour certification from Yoga Alliance, you will be enabled to take your ministry of yoga to the community. Our training will be designed to take you out of your comfort zone and into growth. When you join our training program, you will not only be signing up for an adventure but a family.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Certification

Graduates will earn Registered Yoga Teacher (RYT-200) credentials with Yoga Alliance. Becoming a RYT shows you have the skills necessary to teach in the yoga industry.

Certification and Program Requirements

Immersion and Participation Hours

Expect to set aside 10 hours a week for home study. We encourage study of up to 15 hours for the best understanding and development of your yoga practice and teaching. Here is an outline of hourly expectations:

Journaling: 2 hours/week

Consistent Home Practice: 2-3 hours/week

** [Holy Yoga TV](#) is available for \$10/month and can supplement a home practice.

YouTube is another great resource with plenty of free classes.

Studio Practice: 2 class/week

Reading/Home Study: 4 hours/week

Prayer/Meditation: 1 hour/week

Requirements for Graduation

- 1) Successfully complete the requirements and expectations as outlined
- 2) Attend all immersion weekends
- 3) Attend 60 varying studio classes or workshops from a pre-approved instructor/studio
- 4) Log a minimum of 28 hours of at-home practice
- 5) Apply for certification from Yoga Alliance upon graduation and pay licensing fee

Course Breakdown Hourly Minimums

Technique, Training and Practice - 100 hours

Teaching Methodology - 25 hours

Anatomy and Physiology - 20 hours

Philosophy and Lifestyle - 30 hours

Teaching/Practicum - 10 hours

Technique, Training and Practice

Students will learn how to see and align bodies to help with misalignments and postures. They will be able to ease students discomfort and advance their practice through proper alignment. Students will be able to effectively teach sun salutations, standing poses, sitting and supine poses, inversion, arm balance, backbends, reclining poses, twists and forward folds.

During training you are required to attend a minimum of two studio classes per week. We understand life gets busy. If you are unable to attend for some weeks, please plan to make these up. A minimum of 60 hours is required for graduation. You will be keeping a log of these in your training manual.

In addition, we also require an at home practice of 1 hour/week. You can do a Youtube video, subscribe to Holy Yoga TV, or practice your own flows. You will also log these in your training manual. A requirement of 28 hours home practice log is needed for graduation.

Teaching Methodology

Students will learn the following: how to demonstrate and articulate a pose effectively, how to assist and adjust, sequencing, flow, timing, integrating breath work, precautions that apply to ailments, differentiation of yoga styles, the qualities of a superior yoga instructor and the business of yoga.

Anatomy and Physiology

Students will learn the anatomy of the human body. They will be able to identify organs, glands, muscles, tendons, and the skeletal structure. Students will apply their knowledge to asanas and teaching.

Philosophy and Lifestyle

Students will learn the history of yoga and meditation, the biblical base for meditation and worship, and using yoga in a Christian setting. Research and reading will be required for students to insightfully discuss this with other students and participate in class.

Students will understand and discuss the different styles and branches of yoga, the development of the yoga industry, ethics of a yoga teacher, and other yoga lifestyle elements such as self care, nutrition, aromatherapy and worship.

You will also be required to journal and participate in prayer/meditation two-three times a week. Ideally you will journal for 20-40 minutes a session. Take this as an opportunity to expand on a feeling or teaching. You will find this practice to be beneficial to your practice. Prayer and meditation will also be crucial in building your understanding of Christian yoga.

Teaching/Practicum

Students will develop the skills necessary to practice and teach in a safe and supportive environment. Core to our curriculum is practicing adjustments, demonstrations, modifications, understanding cues and verbalizations in instruction, and working with students in one-one-one, small groups, large groups and for special classes.

Required Reading

- 1) [The Key Muscles of Yoga by Ray Long](#) or [Yoga Anatomy by Leslie Kaminoff](#)
- 2) [Crazy Love by Francis Chan](#)
- 3) [Holy Listening with Breath, Body, and the Spirit by Whitney R Simpson](#)
- 4) [Hatha Yoga Illustrated by Brooke Boon](#)
- 5) [Experiential Worship: Encountering God with Heart, Soul, Mind, and Strength \(Quiet Times for the Heart\) by Bob Rignlien](#)

6) [Eat This Book: A Conversation in the Art of Spiritual Reading Eugene H. Peterson](#)

Training Schedule

Scheduled Weekend Intensives

We meet the **third weekend** of each month for Sept-April. No December.

(2018) September 21-23, October 19-21, November 16-18, no meeting in December.

(2019) January 18-20, February 15-17, March 15-17 and April 19-21.

Weekend Intensive Schedule

Friday: 6 p.m. - 9 p.m. (some Fridays will include a 4-5 p.m. practicum class)

Saturday: 7 a.m. - 8:30 a.m., 12 p.m. - 6 p.m.

Sunday: 8:30 a.m. - 3 p.m.

You will receive each module/lessons a month in advance to the weekend immersion where we will cover the topics.

*Attendance is mandatory at all sessions. If unable to attend one of the sessions we will work with you to make up the time at workshops and other events at an additional cost to you. This could be an additional out of pocket expense to you to schedule individual time with instructors and make-up material. To graduate from the program, students are required to fulfill the contact hour requirements. If too many hours are missed, a student jeopardizes their graduation eligibility and tuition will not be refunded.

How to Apply

Program Investment

\$2400 if one payment

\$2600 with payment plan, \$500 deposit + 6 monthly payments of \$350 (must be paid by December).

\$1600 student rate, up front or \$500 deposit + 6 monthly payments of \$183.33

** \$500 non-refundable deposit is due when applying (included in total price).

REGISTRATION OPENS: Nov. 1 2017

REGISTRATION CLOSES: TBA

We can only accept a max of 12 students. Thus, we encourage an early registration.

* Cost includes the annual Yoga Wellness Retreat at Carol Joy Holling (valued at \$300).

Students will be required to purchase additional reading materials, sign up for workshops, and purchase a membership to the studio at a discounted cost of \$30/month for 7 months = \$210

Refund Policy – The deposit is non-refundable. If a student opts to withdraw from the program at any point, the \$500 deposit will not be refunded.

To apply:

1. Pray
2. Please email bonniejen@outlook.com to schedule a one-on-one interview.
3. Pray again
4. Arrange payment terms and submit first payment or pay in full