

Arrichion RYT200

Yoga Teacher Training + Level 1 Circuit Training

Weekend Intensive Program

ABOUT OUR PROGRAM

RYT200 from Yoga Alliance is the most recognized yoga teacher certification program. To be certified, you must complete the 200-hour training program from a RYS (Registered Yoga Schools). Teachers who registered with Yoga Alliance will be listed on an online directory as RYT.

You will also be certified for Arrichion Level-1 Circuit Training after successful completion of the program.

SCHEDULE (DATES TBA)

Friday 4-9pm for week 1*

Saturday 8am- 6pm

*This will be more like 7:15am – 6pm (to participate in the first class at 7:45)

Sunday 8am – 6pm

*This will be more like 8am – 6:30pm (to participate in the last class at 5:30)

- We understand people have day jobs, and we want you to keep the day job. If work schedule does not allow you to get off early every Friday, we'll work with you. Please be prepared to arrive at 4 on first Friday as we will have introduction, and will be going over the entire program.
- Attendance and punctuation are mandatory. Unexcused absences will lead to not receiving your certification.
- Be on time. If you get stuck in traffic let us know as soon as possible.
- Bring snacks and pack meals.
- Friday session will resume without any meal breaks so bring food/drinks to nourish yourself during the session.
- There will be lunch breaks on Saturday/Sunday. You can leave the studio to get lunch but you are also welcome to stay at the studio during the time.
- There will be times where you will be asked to sit and read quietly, do research, work on a project/poses. This is not a time to goof around.

STRUCTURE OF THE PROGRAM:

Week 1: Receive an empty binder.

You will learn how to organize the binder into the following categories:

- Teaching Methods/Techniques
- Asanas (Poses) – which will be organized by general properties
- Anatomy

- Yoga Philosophy/History
- Reference
- Circuit Training

Week 1-6: Receive handouts/workbook/ reading materials.

When you receive the material, you will be instructed on which section to organize in the binder.

By end of week 6, your binder will have a broad general yoga and circuit knowledge. This does not make you an expert on yoga, but general knowledge is what you get for RYT200.

Think of RYT200 as a liberal arts college degree of yoga. Getting certified as RYT200 is not the end of the journey, it's only a beginning. As teachers (graduate of YTT programs), we continue to learn new things.

HOURS BREAKDOWN:

180 Hours Training Hours at Arrichion

estimated: 180 hours will be spent during the 6 weekends of training (plus weekly homework)

50 Hours Post-training/Research/Externship Hours

On the last day of training, you will receive series of projects/research/assignments to complete before you attain your RYT200 certification.

* Internship/Teaching positions at Arrichion are not guaranteed. This is why we offer a general training that can be applied outside of Arrichion environment.



