

PURE YOGA 200 HOUR TEACHER TRAINING: PROGRAM FORMAT & CURRICULUM

WHAT IS PURE YOGA?

Everything at Pure Yoga is inspired by the guiding principle of, "Many practices. One intention." Through diverse yoga programming, Pure Yoga is committed to helping members and students challenge their minds, bodies and spirits as they strive to be their best selves on and off the mat. Pure Yoga has been the golden doors of yoga in New York City for the past ten years. Pure's program and Teacher Trainings cultivates a supportive community of individuals on an ever-evolving journey of self-discovery and wellness. Our members and students enjoy our diverse programs rooted in the rich lineage of yoga led by world class teachers in a one of a kind urban oasis.

PURE YOGA 200 HOUR TEACHER TRAINING OVERVIEW

Pure Yoga's 200 Hour Teacher Training will evolve and enhance your existing yoga routine under the guidance of world-class instructors. Pure has led over 30 trainings in the past 10 years with 1000 plus graduates. This 200 Hour Teacher Training Program is accredited by Yoga Alliance. You'll learn compassion, empathy, and kindness based on knowledge of the ancient Yoga texts. You will graduate fully prepared to teach a Yoga class with the wisdom behind proper alignment, breathing and encouragement.

We offer a 10 week program in Spring and Fall and a 4 week Summer Intensive Program each year.

What differentiates Pure Yoga Teacher Training:

- Breadth of knowledge of the Lead Teachers and Support faculty
- Committed Teaching and Operations staff
- Real time and personalized feedback on practice and instruction
- Serene studio for optimal learning
- Our Teacher Training students land jobs within weeks of graduation
- Continued Education Programs post 200 Hour with 300 Hour and Mentorship opportunities

COURSE CURRICULUM

- 160 Classroom Hours
- 40 Hours of Outside Hours (Taking, Observing and Assisting Teachers at Pure Yoga)
- Spring and Fall 10 Week Programs
 - Fridays | 6pm – 9pm & Saturday and Sundays | 9am – 6pm (*only five Sundays*)
- Summer 4 Week Intensive Program
 - Monday – Friday | 8am – 6pm (*no outside hours are required for the intensive*)
- Additional Homework over all courses
- At the completion of the program and exams you will receive your 200 Hour Certificate to send to Yoga Alliance

EXAMS

Practical, written and performance exams are required at certain marks of the program. 400- 700 word Essays on: The Bhagavad Gita, Yoga Sutras, short and full sequences and Yoga Tune Up™ Homework.

TOPICS OF STUDY

YOGA PHILOSOPHY

- Basic Sanskrit and chanting
- Yoga Philosophy & studying of ancient Yogic texts
- Introduction to Pranayama and Meditation

THE PRACTICE

- Focus on the practice of asana and alignment rooted in Iyengar traditions
- How to build your own personal yoga practice
- Therapeutics and How to adapt your classes to all levels
- Introduction to Yin, Restoratives, Forrest Yoga, Ashtanga yoga and more...

TEACHING SKILLS

- Teaching Methodology
- Sequencing Classes
- Manual Adjustments
- Effective Communication & Presentation Skills
- How to Teach Beginners & All level classes

EMBODIED ANATOMY

- Yoga Tune Up® Embodied Anatomy Course

CAREER SUPPORT

- How to Teach Private Yoga and build your business
- The Business of Yoga

TUITION

- Non Member | \$4000
- Equinox Member | \$3750
- Pure Yoga Member | \$3500

*A \$500 non-refundable deposit is required to secure your space.

*Payment plan information available upon request