

Advanced Yogic Studies Program

300hr Registered Yoga Teacher Training

The Prana Lab's YTT program is a Complete Yogic Studies course with a focus on Advanced Hatha Yoga modalities including Anatomy & Physiology, Yogic Philosophy, Teaching Techniques and Methodologies, Lifestyle and The Business of Yoga. This certification will provide a solid knowledge of Raja, Bhakti, Jnana & Karma Yoga as a way of supporting the Hatha Yoga practice. Graduates of this course will be Yoga Alliance certified at the 300 RYT level and will have the foundation needed to be able to obtain their E-RYT 500 status when combined with a 200 level RYT.

Mission Statement & Philosophy

TPL Institute is dedicated to bringing the highest level of quality Yoga instruction in an inspiring and transformational way. Open to all interested in furthering their education and experience in yoga.

Program Description

Course subjects will include but not limited to:

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| -Anatomy & Physiology | -Energetic Anatomy & Chakras | -Advanced Adjustments |
| -Sacred Texts Study | -Finding Your Voice, Sound | -How to Grow Your Yoga Business |
| -Yin & Restorative Yoga | -The Art of Teaching | -Mentorship |
| -The Art of Private Sessions | -The Power of Yoga | -Meditation Techniques |

12 Required Courses (192hrs)

The above required classes fulfill the requirements for graduation in the subjects of: Techniques/Training/Practice, Teaching Methodology, Anatomy/Physiology and Yoga Philosophy/Lifestyle/Ethics. Classes are held Saturdays and Sundays at The Prana Lab 9am-5pm (see dates in application below)

Practicum (60hrs)

All participants are required to fulfill 60 contact hours in the field of practicum. Practicum consists of practice teaching (with new techniques learned from the course), receiving feedback as well as observing other teachers and providing detailed feedback. 10 Classes must also be taken with Rajni (included in tuition). See below for breakdown:

10 Classes taught by Rajni

1 Class taught (any style) with lesson plans provided 1 week before scheduled class

1- 2hr Workshop on a theme of teachers' choice with minimum of 1 page description provided 1 wk before scheduled workshop, at any location (1 TPL training staff must be in attendance at no charge for auditing purposes)

1 Video class submitted for feedback and mentoring

1 Private Session with details and review

15 Hrs proof of teaching/participation documentation required (this can be as a teacher or volunteer)

If participant is looking to fulfill curriculum hours as a one on one independent study, sessions must be held with approved TPL Staff at a rate of \$125/hr.

Non Contact Hours (48hrs)

Participant must complete and have written proof of participation in an advanced yoga related course totaling 40 non-contact hours. Course must be taught by a current Yoga Alliance 200hr E-RYT and can be taken at TPL.

Priority Booking and Scheduling

All registrants of the TPL Advanced Yogic Studies Program get priority booking, advanced notice of ALL programs hosted at TPL that are accredited for their graduation, including all elective courses with internationally acclaimed instructors.

Course Offerings

The TPL Yoga Institute reserves the right to revise/change schedules and programs due to instructors emergencies or events unforeseen at the time of booking. We are committed to you and your education and will do everything to avoid these situations.

Non-Discrimination Policy

TPL and its affiliates do not discriminate on the basis of gender, age, marital status, ethnic origin, color, race, religion or sexual orientation.

Attendance , Tardy & Leave of Absence Policy

To gain the maximum benefits of the program attendance to all 12 mandatory courses is required as well as all the additional required hours or participation. If a student wishes to graduate but has missed one course arrangements can be made to work one on one with TPL staff at a rate of \$50/hour (each mandatory course is 16hrs or can opt to wait until the next year to take the satisfying requirement). TPL has provided the upcoming dates for the mandatory courses please plan accordingly and plan to attend. If a student is more than 30min late/leaves early from any program that time will be deducted from their total graduation hours. Hours can be made up on a one on one basis of \$125/hr.

Payment & Cancellation Policy

Upon approval of application, participant is automatically enrolled for the 300hr RYT course and financially responsible for the TPL portion of the tuition. Tuition includes all above said programming aside from the Non-Contact hours (including a complimentary 10 class pass to complete practicum: provided upon payment in full or first month installment).

Non Contact hours are not included in tuition and are the students responsibility. Early Bird Tuition \$3750 if paid in full by July 1, a savings of \$750! Otherwise course fees \$4500 can be divided into 12 equal payments of \$375 billed at the time of the session.

Non Refundable Registration and Application Fee \$100

(please email for application, call with any questions 954-888-9008. Acceptance letters to the program will be sent via email)

For more info and to register please contact
info@thepranalab.com or 954-888-9008