



Om-Line 200 Hour Yoga Teacher Training Student Information Sheet



Benefits:

This is the only online yoga teacher training that is registered through the Canadian Yoga Alliance. They have approved it based on the amount of interactivity and depth of curriculum.

Very interactive. This online yoga teacher-training program is like no other. There are live classes, online discussions, videos, and group work. You get lots of feedback on your own practice and your teaching.

In-depth learning. You have the time to explore the concepts you are interested in, or find difficult, in more depth and without comparing yourself to other students. There are opportunities for you to dive deeply into the aspects and types of yoga that interest you.

Breadth of learning. You will explore all 8 limbs of yoga as well as practice varied types of yoga and techniques.

2 for 1. Not only will you learn yoga in-depth, but will also explore Ayurveda, the sister science to yoga.

Flexibility. You are able to do your work on the course when it fits best in your schedule. The only requirement is that you attend the live 2 hour sessions once a week. The rest of the course is done on your own time.

Small class sizes. Allows for more one on one interaction and feedback from the instructor.

What you learn:

The course is laid out using the 8 limbs of yoga. Therefore, you will gain an in-depth knowledge of everything that encompasses yoga, such as:

- Techniques: poses, breathing, meditation
- Philosophy of yoga
- Anatomy of the poses
- Strong focus on Ayurveda in the course
- Teaching techniques, ethics and practice. You will have weekly practice teaching poses from the first of the course, so by the end you will be very ready to teach a class.

Expectations:

- **You will need to set aside approximately 8 hours per week for course work. This includes:**

- 2 hrs live class per week (online with instructor and the other students) – usually Sunday
- 2 yoga classes per week – a combination of online classes and in a local studio
- 4 hrs online and personal study – practice poses and teaching, readings, assignments, discussions, weekly journal entries, quizzes
- 1 workshop/tutorial each month
- You need to complete all course work for certification
- Within the course, deadlines are negotiable, though you will not want to get too behind. All coursework is due on the end date for the course. If any extension is required following the end date, it will require a monthly fee.

Time frame:

- Begins mid October
- Finishes mid April
- 24 weeks + 2 vacation weeks = 26 weeks in total

Cost:

Tuition for the course: One payment of \$1800 or 6 monthly payments of \$350

\$300 is required as a down payment at the time of registration

Other expenses will include:

- Studio classes (approximately 16 studio classes in total)
- 6 months of Yoga International online (14.99 USD/month)
- 2 books - you may be able to order them from the local library
 - Science of Yoga – William Broad
 - Wisdom of Yoga – Stephen Cope

To register:

Click here for the [registration form](#).

Following registration, you will receive an email acceptance and payment information