carolina YOGA

200 HOUR
YOGA TEACHER TRAINING
JANUARY-AUGUST 2022

TAUGHT BY:
RACHAEL LARY, AMELIA ALAMENO & LISA GAJDZIS
JANUARY 14, 2022-AUGUST 14, 2022

CORE CURRICULUM

ASANA BREAKDOWN –
ALIGNMENT FUNDAMENTALS, VARIATIONS & MODIFICATIONS

FOUNDATIONS OF TEACHING –
CUEING & LANGUAGE, SAFE SEQUENCING, CREATING AN INCLUSIVE SPACE, USING PROPS, THEMING CLASSES, & ASSISTING STUDENTS
DETERMINING YOUR PERSONAL VALUES, STRENGTHS & CORE BELIEFS
SETTING BOUNDARIES & EMBRACING VULNERABILITY
TEACHING DIFFERENT TYPES OF YOGA - POWER YOGA, SLOW FLOW, DEEP STRETCH, RESTORATIVE, YIN, WALL CLASSES, LADDER CLASSES

THE BUSINESS OF YOGA —
TEACHING GUIDELINES, FINDING YOUR NICHE, TEACHING CHANNELS, LIABILITY INSURANCE, YOGA ALLIANCE, WAIVERS, CREATING YOUR RESUME, SOCIAL MEDIA & MARKETING

ANATOMY –
UNDERSTANDING OF JOINTS
MUSCLES
MAJOR NERVES
BIOMECHANICS OF MOVEMENT
THE PHYSIOLOGY OF POSTURAL SEQUENCING
BREAKDOWN OF JOINT MOVEMENTS
ANATOMICAL SEQUENCING

MEDITATION —
INTRO TO MEDITATION, GUIDED & GUIDING MEDITATIONS, YOGA NIDRA

YOGIC PHILOSOPHY —
WHAT IS YOGA? UNLOCKING THE ORIGINS OF YOGA
DISCOVERING THE 8 LIMBED PATH OF PATANJALI
FOUNDATIONS OF THE SANSKRIT LANGUAGE
MANTRAS, MUDRAS & CHANTING
TRADITIONAL CHINESE MEDICINE

INTRODUCTION TO AYURVEDA —
THE SCIENCE OF LIFE & WELLBEING

INTRODUCTION TO ENERGETIC CURRENTS —
BANDHAS, CHAKRAS, NADIS, & KOSHAS
FOUNDATIONS OF PRANAYAMA: NADI SHODANA, UJJAI BREATH, LIONS BREATH, HUMMING BEE BREATH, BELLOWS BREATH, KAPALAPBHAKTI, BREATH OF FIRE, ETC..

DATES/TIMES

JAUNUARY 14TH-16TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
FEBRUARY 11TH-13TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
MARCH 11TH-13TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
APRIL 22ND-24TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
MAY 13TH-15TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
JUNE 10TH-12TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
JULY 8TH-10TH (FRI 6-9 PM, SAT +SUN 7-5 PM)
AUGUST 12TH-14TH (FRI 6-9 PM, SAT +SUN 7-5 PM)

ATTENDANCE POLICY

AS A STUDENT OF THE CAROLINA 200 HOUR YTT PROGRAM, YOU ARE EXPECTED TO ATTEND ALL 8 WEEKENDS IN ORDER TO OBTAIN A 200 HOUR CERTIFICATION THROUGH THE NATIONAL YOGA ALLIANCE. THE REQUIREMENTS COMPLY WITH THE NATIONAL TEACHER TRAINING STANDARDS, PART OF THESE REQUIREMENTS ARE THE EXPERIENCE AND TRAINING WITH YOUR PEERS. THESE HOURS ARE A CRUCIAL PART OF YOUR CERTIFICATION, AND ENSURE THAT YOU HAVE COMPLETED YOUR TRAINING IN ITS ENTIRETY. WE DO UNDERSTAND EMERGENCIES CAN OCCUR, IN THE EVENT THAT HAPPENS, ARRANGEMENTS CAN BE MADE FOR A FEE WITH YOUR FACILITATORS TO MAKE UP FOR THE TIME MISSED. HOWEVER, PLEASE NOTE THAT IF THERE IS A LARGE AMOUNT OF TIME MISSED OR MULTIPLE UNEXCUSED ABSENCES OCCUR, THERE WILL BE CONSIDERATION THAT CERTIFICATION WILL NOT BE ISSUED. WE STRONGLY URGE NOT TO ENROLL GOING INTO THE CY 200 YTT IF YOU KNOW UP FRONT YOU WILL MISS PORTIONS OF THE PROGRAM. IT IS COSTLY, AND IT WILL MOST LIKELY NEVER BE THE SAME QUALITY OF LEARNING AS WITH YOUR ORIGINAL GROUP OF PEERS.

PRICING

$2700 EARLY BIRD UNTIL NOVEMBER 12TH
$3000 AFTER NOVEMBER 12TH INCLUDES
$500 DEPOSIT

TEACHERS

RACHAEL LARY (E-RYT 500, YCEP)

KNOWN FOR HER CREATIVE AND INSPIRATIONAL YOGA FLOWS, RACHAEL DANCES TO THE BEAT OF HER OWN DRUM. SHE BEGAN PRACTICING YOGA IN THE EARLY 2000'S. BY 2012 SHE COMPLETED HER FIRST 200-HOUR TRAINING AND STARTED TEACHING BAPTISTE POWER VINYASA IN CHARLESTON, SC. SHE CONTINUED HER EDUCATION IN RISHIKESH, INDIA, WHERE SHE COMPLETED HER 500-HOUR YTT WITH A SPECIAL FOCUS ON HATHA AND ASHTANGA JUNE 2017."WE RISE BY LIFTING OTHERS — WE ARE ALL TEACHERS AND ALWAYS STUDENTS." SHE TRUSTS THE PRACTICE OF YOGA TO INITIATE A PHYSICAL AND MENTAL SHIFT IN ORDER TO AWAKEN STUDENTS TO A DEEPER TRUTH, AN ALL-ENCOMPASSING DIVINE AWARENESS. HER CLASSES STRENGTHEN THE BODY WHILE AIDING FLEXIBILITY BOTH MENTALLY AND PHYSICALLY. RACHAEL BECAME A YACEP® IN 2017 AND BEGAN SHARING HER KNOWLEDGE WITH ASPIRING TEACHERS. "I'M PASSIONATE ABOUT YOGA BECAUSE IT APPLIES TO EVERYONE. I'M HONORED TO SHARE THE PRACTICE, RAISE OUR VIBRATION, AND HELP OTHERS FIND THEIR TEACHING VOICE."IN SEPTEMBER 2019, RACHAEL WELCOMED HER DAUGHTER ELENA STERLING INTO THE WORLD. CURRENTLY RACHAEL IS PHYSICALLY STRONGER, MENTALLY HAPPIER AND SPIRITUALLY MORE EXUBERANT THAN EVER.TODAY SHE IS A CERTIFIED E-RYT® 500, AND CONDUCTS TRAININGS IN HER HOMETOWN OF FORT MILL, SC. SHE IS COMMITTED TO BRINGING NEW PERSPECTIVES OF LIGHT AND LOVE INTO HER CLASSES AND ULTIMATELY, TO HER STUDENTS

AMELIA ALEMENO (E-RYT 200, YCEP)

AMELIA HAS BEEN PRACTICING YOGA SINCE 2013. SHE HAD BEEN SEARCHING FOR SOMETHING THAT CLICKED WITH HER, AND YOGA WAS THE PIECE SHE NEEDED. EVER SINCE SHE'S BEEN HOOKED AND CRAVING HER MAT TIME DAILY. SHE TOOK ON HER 200 RYT WITH AN OPEN MIND AND HEART, WANTING TO EXPLORE YOGA MORE AND FIND HER VOICE. SHE HAS STUDIED VINYASA, WITH BACKGROUND KNOWLEDGE IN SLOW FLOW AND TRADITIONAL CHINESE MEDICINE. SHE INTEGRATES MOBILITY TRAINING AND EXTENSIVE CORE WORK INTO EACH CLASS. SHE IS IN THE PROCESS OF FINISHING HER 300- HR YOGA THERAPEUTICS PROGRAM WITH YOGA MEDICINE.MEDITATION CAME INTO HER LIFE AROUND 2015, WITH LESS CONSISTENCY UNTIL 2016. SINCE THEN, SHE HAS LOVED THE MINDFUL PRACTICE AND GREATLY ENJOYS SHARING THE SACRED SPACE OF MEDITATION WITH HER STUDENTS.

LISA GAJDZIS (E-RYT 200, YCEP)

LISA RECEIVED HER 200 HOUR RYT CERTIFICATION MAY 2016 IN SAMDHAANA YOGA STUDYING UNDER SARA CAIN-DACOSTA AND MICHELE TAMPA-HOAG. SHE HAS ALWAYS BEEN ACTIVE HAVING A BACKGROUND IN DANCE, MUSIC AND THEATER. SHE RECEIVED HER BACHELOR OF ARTS DEGREE IN MUSIC AND THEATER EDUCATION FROM FERRUM COLLEGE. SHE FIRST DEVELOPED HER LOVE OF PRACTICING YOGA AFTER HER FIRST DAUGHTER WAS BORN AND FOUND THE MULTIPLE BENEFITS THAT YOGA PROVIDED, NOT ONLY PHYSICALLY BUT FOR THE MIND AND SPIRIT. LISA TRULY BELIEVES THAT YOGA IS AN INTIMATE RELATIONSHIP BETWEEN YOU AND YOUR BODY, AND ONCE YOU DEVELOP THAT RELATIONSHIP, YOU CAN FOSTER AND CREATE COMPASSIONATE CHALLENGES FOR YOURSELF. LISA'S CLASSES PROVIDE AN UPBEAT CREATIVE ENERGETIC FLOW THAT WILL LEAVE YOU FEELING CHALLENGED AND REFRESHED FOR YOUR MIND, BODY AND SPIRIT!

TRAINING PERKS

-FREE YOGA CLASSES AT CAROLINA YOGA DURING TRAINING
-25% OFF PURCHASES DURING TRAINING

LOCATION

CAROLINA YOGA
1309 BROADCLOTH STREET SUITE 104, FORT MILL, SC 29715
WWW.CAROLINAYOGA.COM
803.219.1091

BRINGING FORT MILL THE BEST IN HOT POWER SINCE 2018. AT CAROLINA YOGA WE LIKE TO SWEAT. MOST OF OUR CLASSES ARE A HEATED (95°-105°F) HIGH ENERGY POWER FLOW BUT WE ALSO OFFER DEEP STRETCH & STRENGTH CLASSES! WE PRIDE OURSELVES NOT ONLY ON OUR CLASSES, BUT ALSO OUR COMMUNITY. WE STRIVE TO MAKE CONNECTIONS AND LASTING RELATIONSHIPS WITH OUR STUDENTS DAILY. WE EMBRACE ALL WITH WARM WELCOME AND STRIVE TO BE A HOME AWAY FROM HOME.