



columbus
SCHOOL OF YOGA



200 Hour YTT

INFO PACKET

JAN 20 - MAY 21 2023

COLLEENOMYOGA.COM
COLUMBUSSCHOOLOFYOGA.COM





200hr Yoga Teacher Training Yoga Alliance Approved

The Columbus School of Yoga 200-hour Teacher Training Program has been designed for students who have a desire to dive deeper into their yoga practice, personal growth and self-understanding as well as the art and science of yoga, gaining greater knowledge of body alignment, anatomy and yoga philosophy.

Our Teacher Training program offers an experiential and empowered approach to education, teaching trainees what it means to craft an experience that supports students for success. As a participant of our program, not only with you learn how to teach a fun, safe and meaningful yoga class, you will also learn important and essential life skills that will positively serve all aspects of your life and what it means to cultivate a living practice.

Graduates of our program will receive a thorough and well-rounded education that meets the curriculum standards as defined by Yoga Alliance, earning them an accredited 200Hr Certification.

ColleenOMYoga.com
ColumbusSchoolOfYoga.com

*Embark
on a voyage that
will transform your
body, mind, and heart
through our
200-hour Vinyasa
Yoga Teacher
Training.*

YOU
belong here!





Real Talk, Real Praise

“ *This program develops amazing yoga teachers. The training and it’s philosophy thoroughly explores what it is meant to have a living yoga practice. It is a safe space for all people, backgrounds, and levels of understanding, and develops teachers in teaching classes that are accessible and enjoyable for students. Not only did I receive effective and incredible training in order to become an excellent yoga teacher, I also experienced personal growth and transformation. Colleen is an incredible teacher and her program is one I highly recommend.*”

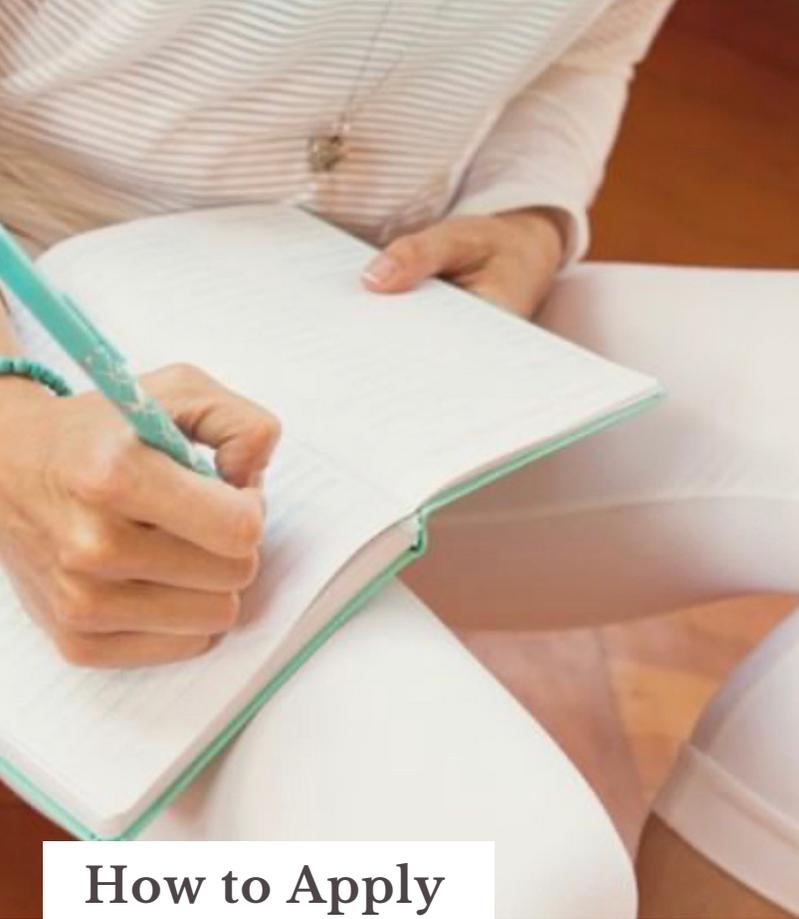
*Jean Madison Reiser,
200hr YTT Graduate*



Pricing + Payment Plans

We have flexible and convenient payment plans available for you! Our regular tuition is \$2997 which includes your manual. An initial deposit of \$250 secures your spot in the training, then once your deposit has been paid we can customize a weekly, bi-weekly or monthly payment plan to meet your budgetary needs. Ideally full payment is to be received by the start date of the program however if you need a little more time here or there, this can also be arranged. In order to receive your certificate of graduation, all payments must be received in full.

*Required reading list not included.



How to Apply

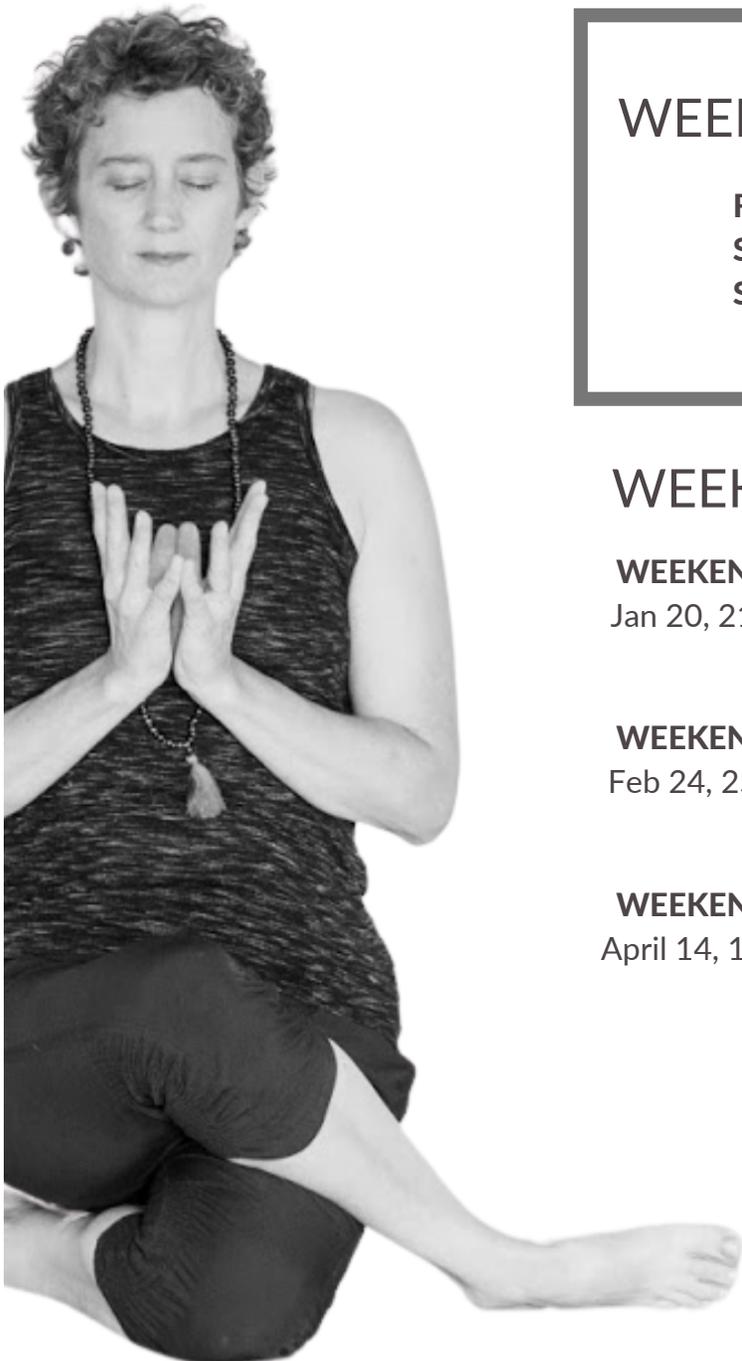
To apply for our 200hr yoga certification program simply fill out the application located on our website. There is a \$250 deposit required at the time of your application. Upon successful acceptance to our program, your \$250 deposit will be applied towards your tuition. If for some reason your application is not approved, you will be reimbursed your \$250 deposit within 2-5 business days.





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200 hr Teacher Training Schedule



WEEKEND SCHEDULE TIMES

FRIDAYS: 6:00 PM - 9:00 PM
SATURDAYS: 9:30 AM - 6:00 PM
SUNDAYS: 9:30 AM - 6:00 PM

WEEKEND SCHEDULE DATES

WEEKEND 1 Jan 20, 21, 22	WEEKEND 2 Jan 27, 28, 29	WEEKEND 3 Feb 17, 18, 19
WEEKEND 4 Feb 24, 25, 26	WEEKEND 5 Mar 17, 18, 19	WEEKEND 6 Mar 24, 25, 26
WEEKEND 7 April 14, 15, 16	WEEKEND 8 Apr 21, 22, 23	WEEKEND 9 May 19, 20, 21

Schedule is Subject to Change

YOGA TEACHER TRAINING

with Colleen



Meet Colleen, your YTT Lead!

Colleen will infuse a whole new level of depth to your practice. With everything she does, Colleen offers a genuine and caring approach, creating a safe and sacred space for inward reflection.

Whether it's a creative Vinyasa flow filled with fluid movement or a gentle style such as Slow Flow, Yin or Restorative, Colleen has a natural way of instilling a deep sense of calm, while inspiring compassion, self-acceptance, and empowerment. A transformative experience that facilitates growth, healing and a greater sense of connection.

Colleen is an international yoga teacher who leads teacher trainings, mentorship programs, and retreats. She has lived in over 4 countries and lead retreats in Costa Rica, Belize, Jamaica, Canada, and the USA.

Connect

ColleenOMYoga.com | [Columbus SchoolOfYoga.com](http://ColumbusSchoolOfYoga.com)

ColumbusSchoolOfYoga@gmail.com

Frequently Asked Questions

Is this YTT Yoga Alliance accredited?

Yes! We are a Registered Yoga School with Yoga Alliance. Graduates who successfully complete our program and training requirements will be eligible to register with Yoga Alliance at the 200-Hour level, earning them their 200 Hour RYS designation.

Do I have to be an advanced Yoga student to take teacher training?

No, not at all! Our Yoga teacher training is about diving deeper into the study and practice of yoga. This includes studying postures and how to sequence a class so that you can learn to craft a practice and experience for any skill level, making Yoga accessible for all. Additionally, and what is most special and unique about our program is that we pull back the curtain and look behind the scenes of teaching Yoga. We dive into the philosophy, teachings, and richness of the ancient traditions of Yoga and learn to apply these teachings in every day life. This is where transformation and incredible growth happens. All you need is an open heart and a willingness for personal growth to join our Yoga Teacher training program and benefit by gaining immense value from this experience.

What type of Yoga can I teach after completing the Yoga teacher training?

Graduates from our 200-hour Yoga teacher training certification program are able to teach Vinyasa, Hatha, Slow Flow, Gentle, Power and Hot yoga classes for students of all levels. Because of our empowered teaching methodology, intelligent sequencing and focus on body mechanics, our yoga teacher training develops teachers who have the technical skill and capacity to safely and effectively teach and inspire their students. As a Yoga Alliance Accredited Yoga School, you can rest assured that the training and certification you receive through our Yoga teacher training program is respected and recognized by the yoga community.

What are the benefits of Yoga teacher training beyond certification?

There are numerous benefits beyond the obvious for participants of our Yoga Teacher Training Program. These include the opportunity to connect deeply with yourself and others through the training process, challenge yourself in new ways, expand awareness, acquire new skills, learn about your body, mind and heart and ways to attune and create greater harmony on all levels of your life.

Frequently Asked Questions - Continued

What if I miss a session? Am I able to make it up at a later date?

Our Yoga teacher training program is highly interactive, and many modules depend on the consistent and collective energy of the group. For this reason we do not recommend missing any sessions. That said, life happens. Students who miss a session can make it up by completing additional homework assignments related to the missed class topics. Each day is considered a session, and the maximum amount of missed time allowed is 3 sessions. Attendance and participation in the practice teaching days (of which there are 3 throughout the program), is required for certification. For make up homework and make up practice teaching day(s), additional fees apply.

What if I am not sure I want to teach Yoga after my Teacher Training?

About 30% of students who sign up for our yoga teacher training program have no intention of teaching. Many students enroll in yoga teacher training to further develop their own personal practice of yoga and learn more about themselves and this ancient tradition.

Is there an application process and how do I enroll for Yoga teacher training?

Yes, there is an application and a \$250 deposit for our Yoga Teacher Training Program. Upon successful acceptance to our program, your \$250 deposit will be applied towards your tuition. If for some reason your application is not approved, you will be reimbursed your \$250 deposit within 2-5 business days.

How do the payment plans work?

We have flexible and convenient payment plans available. Once your deposit has been paid we can customize payments (weekly, bi-weekly, or monthly payments) that meets your budgetary needs. You can even select the dates for payments. Ideally full payment is to be received by the start date of the program however if you need a little more time here or there, this can also be arranged. In order to receive your certificate of graduation, all payments must be received in full.

CONTACT: For more information about our Yoga Teacher Training you can reach out directly to ColleenMcFall@gmail.com