

## **Betsy's Hot Yoga Teacher Training Feb 3<sup>rd</sup> (Orientation) – Mar 9<sup>th</sup> (Graduation - TBA)**

*With Betsy Cooper and guest teacher Beatriz Raydo of Miami, FL*

### **Overview and Application**

This is an intensive 5-week long course; each week includes approximately 40 hours. We will be meeting everyday of the week and weekends, with the 3<sup>rd</sup> weekend mostly “free” and the final weekend “light schedule” with graduation.

Daily asana classes will be taken at *Betsy's Hot Yoga Louisville*. All other student work will be conducted at a place TBA.

Orientation will be held at *Betsy's Hot Yoga Louisville* on Friday, February 3<sup>rd</sup> beginning at 1:00 pm. (*optional asana class available at 4:00 pm.*)

Sunday, February 5<sup>th</sup> is “free,” with optional classes at the studio. (class schedule online, [www.hotyogalouisville.com](http://www.hotyogalouisville.com))

Teacher Training begins Monday, February 6<sup>th</sup> with the 9:30 am THY class.

All students who complete the requirements of the Teacher Training will receive, on Graduation Day (To be announced), a certificate from Elizabeth J Cooper, endorsed by Yoga Alliance (YA), stating that said student has completed a 200-hour Teacher Training Program approved by Yoga Alliance.

### **Each student will have completed the following:**

100 hrs Techniques Training (required asana classes- 6/week, Dialogue Practice, group teaching and mock classes)

50 hrs Teaching Methodology, including Posture Clinics, Corrections, Adjustments, Connection w/students, Observations, Lectures, etc.

20 hrs Anatomy and Physiology, taught by Beatriz Raydo, guest teacher Miami, FL (E-RYT 500)

30 hrs Yoga Philosophy, taught by Beatriz Raydo, guest teacher Miami, FL (E-RYT 500)

10 hrs Observation Classes