



Program Overview

Self-paced Curriculum Options

Schedule and Pricing

Certification Plan

Curriculum Components

Our program is self-paced, meaning that you can choose how you wish to study based on our guidelines, which are approved by Yoga Alliance. You can take these components in any order, and we will assist you to create a plan that helps you to meet your personal and professional goals

Core Courses

knowledge and skills that form the core of a strong advanced yoga education

40-hour Courses

Small-Group Mentoring

be guided in your personal practice and teaching by a yoga therapist

20-hour Courses

Specialization Courses

shorter trainings focused on specialized knowledge and skills

20-hour courses

Other

Some trainings in the above categories will be offered as retreats or immersions, so hours and pricing will be different based on what other components are offered. Some course will also include an optional practical application component. You may also use up to 10 hours of one-on-one instruction towards your 300-hour certification.

Sample Plan - Standard Mix

4 Core Courses (160 Hours)

2 Mentoring Courses (40 Hours)

5 Specialization Courses (100 Hours)

estimated investment: \$6,500

Sample Plan - Highly Personalized

3 Core Courses (120 Hours)

4 Mentoring Courses (80 Hours)

4 Specialization Courses (80 Hours)

1 Retreat (10 hours)

Personal Instruction (10 Hours)

estimated investment: \$8,000

For more details on timeline, pricing, and course details, please continue reading.

The last page of this packet includes a Certification Plan worksheet where you can start planning the choices you would prefer.

Course Topics

Core Courses

Advanced Teaching Skills

Grow in your ability to guide students in this master course on yoga teaching skills. Each participant will have the opportunity to practice these skills with individualized feedback from faculty. After this course, you will be more confident in your ability to guide students in any context.

Yoga From Within

Embrace the spiritual nature of yoga practice in this course. Through the study of philosophy, history, and subtle anatomy, you will learn how to practice yoga from the inside out and guide your students to do the same.

Adaptive Yoga

Learn and practice adapting your teaching of yoga to fit a variety of needs. Learn anatomy, physiology, and contraindications for a variety of common physical limitations and conditions.

Advanced Asana and Vinyasa

Challenge your students physically and mentally with the flowing practice of vinyasa, while keeping them safe and teaching proper progression in yoga practice. This course will cover essential teaching skills and practices you need to teach more advanced physical practices.

Pranayama, Mantra, and Mudra

A deep study of breathing and meditative practices that impact the subtle bodies. In this course, you will practice and learn to teach a variety of techniques in each category as practiced in the classic yoga tradition.

Advanced Anatomy

Take a scientific approach to yoga practice in this course where you will study the many systems of the body and how they are influenced by yoga practice. Based in classic wisdom and modern scientific study, this course is ideal for having a deeper understanding of the workings of the physical body.

Small-Group Mentoring

Self Study and Personal Practice

Through study of yourself and yogic wisdom, create practices for yourself that will nourish and inspire you to be an excellent facilitator for your students. Study will include Ayurvedic principles of self-care, therapeutic practices, and the art of setting and achieving meaningful goals.

Inspired Teaching

Draw on inspiration from many sources and learn effective techniques for sharing this inspiration with students. Guided by experienced therapeutic teachers and yoga scholars, you will learn how to draw from a multitude of sources to inspire your students to a practice that is meaningful, insightful, and personal.

Professional Mentorship

This course is designed to give you constructive feedback and support on your teaching. This course will include group learning on professional and presentation skills as well as individualized feedback from faculty and peers on your instruction.

Course Topics

Small-Group Mentoring (continued)

Experiential Anatomy

Learn to foster a relationship with the body that is based on mutual trust. In our sessions, we will learn and experience practices to help connect us to our bodies energetically, learning to awaken and trust the body's intuition. Through the study of physical and energetic anatomy and somatic practices, you will learn how to work with and care for the body you rely on for your work and life.

Literature Studies

Courses focused on texts important to yoga study, such as works by Gary Kraftsow and Anodea Judith or translations of The Bhagavad Gita or Yoga Sutras. In these courses, we will study and apply the wisdom of these texts to personal practice and teaching.

...and more

This is the most flexible of our learning categories, and topics will be consistently added to suit the needs of our students.

Specialization Courses

Teaching Power Yoga

This training will teach you how to safely practice and teach power yoga, the popular ashtanga-inspired format that challenges the body and mind. Course components will include power yoga practice philosophy, class sequencing, safety in advanced asana, and teaching power yoga to all levels of students.

Asana Refinement and Sequencing

Learn how to build sequences for all levels of students in a variety of yoga styles. We will take a close look at a range of asana, studying anatomy, body mechanics, and the benefits of each pose. Using this deep understanding of the purpose and effect of each asana, we will study and practice linking the postures together in a way that is physically and energetically beneficial with the least amount of risk.

Becoming a Teacher Trainer

Teaching teachers requires more than good experience teaching yoga. In this one-of-a-kind course, learn the essential skills needed to become a faculty trainer or continuing education provider. Learn the fundamentals of lesson planning, presentation, and classroom management. Study how to teach to different learning styles, guided by modern psychology and the wisdom of Ayurveda. This course is indispensable for anyone wanting to shift their path to guide new teachers in their study of yoga.

Yoga for Athletes

This training will help you bring yoga into the athletic arena. Learn how to teach yoga that complements athletes' current fitness regimen, allowing them to reach optimal physical and mental performance.

Yoga for Women's Health

Learn how to support women through health issues common or unique to their bodies: menstruation, menopause, pelvic health, and fertility. Through the study of Ayurvedic principles, anatomy, and physiology, you can better understand how to serve women at any stage of their life

Holding Space for Pregnancy and Infant Loss

In this training, learn how to more confidently and clearly hold space for students experiencing one of life's most painful and devastating losses with facilitator Camille Hawkins, licensed perinatal therapist.

Course Topics

Specialization Courses (continued)

Trauma-Sensitive Yoga

Learn the intricacies and skills needed to hold space for students who have experienced trauma. This overview course will help you to understand how to adapt your language and teaching to help students have a safe and effective yoga practice, regardless of their experiences.

Yin Yoga

Wind down your practice and teaching with the yoga style that embraces stillness in the body and slowly allows opening and release, physically, mentally, and emotionally. Learn the unique philosophy and approach of yin yoga and the fundamentals of teaching this style of yoga.

...and more

Topics and courses will be added consistently to meet the needs of students and their areas of interest. Planned future topics include addiction and recovery, sexual health, yoga for the elderly, and other courses that will help you refine your study and offerings as a teacher.

Other Course Options

Personal Instruction

With the faculty member of your choice, you can study topics that are the most relevant to you. During these sessions, you and your teacher will study what will help you on your journey the most, whether an aspect of your personal practice or an area of professional interest.

Retreats and Immersions

The above courses will sometimes be offered in retreat-style or immersion-style trainings. Topics, hours, and cost will vary based on location and length of these trainings. You can expect the same high level of education while experiencing a more intensive training format in a relaxing location

Practical Application

Some courses will include an optional additional practicum component. Observed by your teacher and peers, you will have the chance to practice applying skills in a real class environment, supported by feedback and guidance from your teachers.

Course Schedules and Pricing

Core Courses

40 hours | \$850 each

Minimum: 3 Maximum: 5

Typical schedule: Wednesday-Sunday Intensive

Wednesday: 4:00-8:00 pm, Thursday-Sunday: 9:00 am-6:00 pm

Planned Training Dates

- Advanced Teaching Skills: August 12-16, 2020
- Yoga from Within: October 14-18
- Advanced Anatomy: January 13-17, 2020
- Adaptive Yoga: March 2021
- Pranayama, Mantra, & Mudra: May 2021
- Advanced Asana and Vinyasa: July 2021

Small-Group Mentoring

20 hours | \$400 each

Minimum: 1 Maximum: 4

Typical schedule:

Three in-person meetings: Sundays, 6-9 pm

Weekly video call meetings: according to group members' availability

Planned Training Dates

- Inspired Teaching: June 7, 6-9 pm; June 28, 6-9 pm; July 19, 6-9 pm
- Experiential Anatomy: August 23, 4-8 pm; September 6, 4-8 pm; September 20, 6-8 pm
- Self Study: November 8, 6-8 pm; December 6, 4-8 pm, January 10, 6-8 pm
- Professional Mentorship: Starting March 2020
- Literature Study and Practice: Starting June 2020

Specialization Courses

20 hours | \$450 each

Minimum: 3 Maximum: 5

Typical schedule: Friday-Sunday Weekend

Friday 6:00-9:00 pm, Saturday 12:00-8:00 pm, Sunday 10:30 am-7:30 pm

Planned Training Dates

- Trauma-Informed Yoga: June 12-14, 2020
- Asana Refinement and Sequencing: July 24-26, 2020
- Becoming a Teacher Trainer: August 28-30, 2020
- Yin Yoga: September 11-13, 2020
- Teaching Power Yoga: October 30-November 1, 2020
- Yoga for Women's Health: November 13-15, 2020
- Partner and Acro Yoga: February 12-14, 2021
- Yoga for Athletes: June 2021

Course Schedules and Pricing

Private Instruction

\$75 per hour

Up to 10 hours (no minimum)

Schedule will be based on faculty availability. Cost may vary for adjunct/guest faculty

Retreats and Immersions

Pricing to be Based on Location, Schedule, and Accommodation Choice

None scheduled at this time, but we are looking to offer one in the fall of 2020 and one in the spring of 2021

Tuition Payment Options and Discounts

All tuition is due the first day of a course. With the exception of special cases like retreats, you can enroll in any course with a 50% payment and pay your final tuition at any time before the course starts. We prefer payment via check or electronic funds transfer, but can accept credit card payments.

Discounts:

Early registration: \$50 off if you enroll 3 months before any course start date

Course Bundle: \$100 off your total tuition if you enroll in 3 or more courses at once

Military Discount: \$50 off any course at any time

Refund and Cancellation Policy

We commit to offer quality instruction and training in this program, and expect an equally serious commitment from our students. If you are unable to attend a course you have registered for, you will receive a partial refund according to the following schedule:

- Cancellation within 24 hours of registration - full refund
- Cancellation 8 or more days before course start date: 90% refund
- Cancellation within 7 days of course start date: 75% refund

Retreats and trainings with guest presenters may have their own specific refund and cancellation policies.

Special Pricing Options

Pay in Full

Pay for the majority of your training at the time of registration and receive these special discounts:

- Automatic early registration pricing (\$50 off each course)
- \$500 off your total training price

Payment option details

- Minimum registration payment: \$5,000
- Remaining balance due: 3 months before final course start date

Cancellation and Refund Policy

- Refunds are time-dependent. The cost of any course completed prior to a refund request will be retained by the school, along with 15% of the remaining balance paid on the student's account.
- If a cancellation of a course takes place, the student will be transferred to the next available course at no additional cost

Monthly Payment Plan

Make smaller monthly payments and receive these special discounts:

- Automatic early registration pricing (\$50 off each course)
- \$200 off your total training price

Payment option details

- Payments must total at least \$500 before first course starts
- Remaining balance due by final course start date

Cancellation and Refund Policy

- The cost of any course completed prior to a refund request will be retained by the school, along with 15% of the remaining balance paid on the student's account. If the student is found to be owing for a past course at the time of their cancellation request, they are responsible for paying their remaining balance to the school.
- If a cancellation of a course takes place, the student will be transferred to the next available course at no additional cost

Graduates of Unbound Collective 200-hour Training

Graduates of 200-hour training receive the following discount:

- \$500 training credit

Payment option details

- Must register for first 300-hour course within a year of graduation
- Must apply credit to final course or distribute over at least 3 courses

Cancellation and Refund Policy

- The cost of any course completed prior to a refund request will be retained by the school.
- If a cancellation of a course takes place, the student will be transferred to the next available course at no additional cost

