



# Program Overview

Modular Curriculum Options  
Schedule and Pricing  
Certification Plan

Updated March 2021

# 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 or master faculty member*

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, immersions or master courses that combine different elements, 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.*

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### Sample Plan - Standard Mix

4 Core Courses (160 Hours)  
2 Mentoring Courses (40 Hours)  
5 Specialization Courses (100 Hours)

estimated investment: \$6,725

### 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: \$8,500

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*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.*

# Schedule

## *April-August 2021*

*Enrollment Period: March 2021*

<b>April 9-11, 2021</b>	<b>Adaptive Yoga Core Course - Week 1</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>April 10-May 2</b>	<b>Aerial Yoga Level 1</b> 8 am-4pm April 10 & 24, plus 8-12 pm on April 11, 18, 25, & May 2
<b>April 24-25, 2021</b>	<b>Yoga for Athletes Specialization</b> Saturday: 12 pm-8pm, Sunday: 10:30 am-5:30 pm
<b>May 2-June 6, 2021</b>	<b>The Yoga Sutras Mentoring Course</b> 6-9 pm each day: May 2, 16, 23, 30, June 6
<b>May 21-23, 2021</b>	<b>Adaptive Yoga Core Course - Week 2</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>June 11-13, 2021</b>	<b>Trauma-Sensitive Yoga for Eating Disorders Specialization</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>June 26-July 10, 2021</b>	<b>Aerial Yoga Level 2</b> 8 am-4pm June 26, 27, & July 10, plus observation and teaching time
<b>July 9-11, 2021</b>	<b>The Art of Holding Space Specialization</b> Friday: 6-9 pm, Saturday: 12 pm-5:30 pm, Sunday 10:30 am-5:30 pm
<b>July 11-Aug 8, 2021</b>	<b>Asana Refinement Mentoring Course</b> 6-9 pm each day: July 11, 18, 25, August 1, 8
<b>July 23-25, 2021</b>	<b>Pranayama, Mantra, and Mudra Core Course - Week 1</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>Aug 7-9, 2021</b>	<b>Yoga for Sexuality and Sexual Health Specialization</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>Sept 17-19, 2021</b>	<b>Pranayama, Mantra, and Mudra Core Course - Week 2</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm

# Tentative Schedule

## September 2021-January 2022

*Enrollment Period: August 2021*

<b>September 2021</b>	<b>Yoga and Spirituality Specialization Course</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>September 2021</b>	<b>Professional Development Mentoring Course</b> 6-9 pm Sundays for 5 weeks
<b>October 1-3, 2021</b>	<b>Trauma-Sensitive Yoga for Sexual Trauma Specialization</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>Oct 2021-Feb2022</b>	<b>Prenatal Yoga and Reproductive Health Master Course</b> 85-Hour Prenatal Certification + 20 specialization hours
<b>Nov 2021-Jan 2022</b>	<b>Advanced Asana and Vinyasa Core Course</b> 40 hours, meeting over 2 weekends

# Tentative Schedule

## Spring 2022

<b>February 2022</b>	<b>Yoga from Within Core Course</b> 40 hours, meeting over 2 weekends
<b>February 2022</b>	<b>Inspired Teaching Mentoring Course</b> 6-9 pm Sundays for 5 weeks
<b>March 2022</b>	<b>Partner Yoga and Manual Adjustments Specialization Course</b> 20 hours
<b>March 2022</b>	<b>Sequencing Specialization</b> 20 hours
<b>April 2022</b>	<b>Advanced Teaching Skills Core Course</b> 40 hours, meeting over 2 weekends
<b>April 2022</b>	<b>Experiential Anatomy Mentoring Course</b> 6-9 pm Sundays for 5 weeks
<b>May 2022</b>	<b>Yin Yoga Specialization</b> 20 hours

# Tentative Schedule

## *Summer 2022 and Later*

### **Becoming a Teacher Trainer Specialization**

Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm

### **Teaching Power Yoga Specialization**

Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm

### **Aerial Yoga Master Course**

60 hours, counts as core+specialization

### **Book Study Mentoring Course**

6-9 pm Sundays for 5 weeks

### **Trauma-Sensitive Yoga - General Specialization Course**

Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm

### **Advanced Anatomy Core Course**

40 hours, meeting over 2 weekends

### **Personal Practice Mentoring Course**

6-9 pm Sundays for 5 weeks

# Course Descriptions

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## Core Courses

### **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 and how to modify asana and other practices to best serve these populations.

### **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.

### **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.

### **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.

### **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.

# Small Group Mentoring

## **Asana Refinement**

Essential for any student who needs support in understanding yoga postures more completely. Each week of this course will focus on a different group of postures and we will study anatomy, biomechanics, and variations for each group to help you have a detailed understanding of practicing and teaching these asana.

## **Book 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.

## **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.

## **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.

## **Personal Practice and Self Study**

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.

## **Teaching Special Populations**

A focused approach to working with student populations outside of the yoga studio. Take a closer look at working with athletes, the elderly, teens, and other groups you work with. Learn the skills and tools you need to make yoga accessible and successful for these groups.

## **The Yoga Sutras in Practice**

A close look at the philosophy of the yoga sutras and how to incorporate this philosophy into life in practice. Study the yamas and niyamas, the kleshas, and meditation, learn chanting of key sutras, and practices for studying and understanding a text that can take lifetimes to fully understand.

# Specializations

## **The Art of Holding Space**

Become more intentional with the environment you create as a guide and teacher with this facilitation training. Use the tools and philosophy of yoga to guide group experience and discussion in classes, support groups, and other meetings.

## **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.

## **Creative 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.

## **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.

## **Trauma-Sensitive Yoga: General & Specific Areas**

Learn the intricacies and skills needed to hold space for students who have experienced trauma. The introductory/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. Components of this course are a required pre-requisite for other trauma-sensitive courses, and can be completed via recording and private sessions. Other specialization courses will take a closer look at special populations with specific traumas, such as eating disorders, sexual assault, and grief.

## **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.

## **Yoga and Spirituality**

In this course, learn how the tools of yoga can be combined with spiritual practice and be a spiritual practice in an of itself. Learn how you can support students in their spiritual journey in a way that is safe, inclusive, and powerful.

## **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 Sexuality and Sexual Health**

Study the physiology and psychology of sexuality system and learn how the practices of yoga can support sexual health in all students physically and energetically. Special areas of focus: pelvic anatomy, conditioning for pain-free, enjoyable sex, and utilizing energetic and meditative practices to more balanced and fulfilling sexual experiences.



# Master Courses

## **Prenatal Yoga and Reproductive Health Master Course**

*20 hours towards 300-hour program, and 85-hour Prenatal Certification*

Meeting over 5 weekends, this course will prepare you to care for students through the whole reproductive process, from fertility to pregnancy to postpartum and beyond. We will also study preparation and recovery and yoga practice to support health around reproductive surgeries, such as hysterectomy, and complications, such as endometriosis or prolonged postpartum issues.

- Week 1: Fertility and the Pelvic Floor
- Week 2: Prenatal Yoga: Beginner, Gentle, and the First Trimester
- Week 3: Prenatal Yoga: Strengthening, Flow, and the Second Trimester
- Week 4: Prenatal Yoga: Adapting, Yoga for Labor, and the Third Trimester
- Week 5: Postpartum Yoga and Reproductive Recovery

The therapeutic aspects of this course come from our expertise as yoga therapists, and this training is not intended to teach teachers to diagnose or treat medical issues. The tools and techniques learned in this training will give you insight into how these issues manifest in the body and how we as teachers can help support our students health and wellness.

## **Aerial Yoga Level I & II**

*60-hour course, counts as one core course and one specialization*

The aerial hammock is a master prop that allows us to take yoga to places we cannot go anywhere else. Aerial yoga makes the difficult practices of asana easier, and the simple things harder! We can experience weightlessness with some movements, and feel our bodies challenges as never before with others. Our collaboration with master teacher Anne McCarthy of Aerial Yoga San Antonio and Standard Deviation yoga ensures that you will learn everything you need to know to safely assemble aerial yoga gear, teach thoughtful and safe aerial yoga classes, and take your teaching to an entirely different plane of experience.

- Aerial Level I: Learn a basic 4-class series and equipment safety
- Aerial Level II: Learn how to create sequences, offer variations, and teach advanced practices

# Other Study Choices

## **Personal Instruction and Apprenticeship**

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 Pricing

## Core Courses

**40 hours | \$875 each**

Minimum: 3 Maximum: 5

## Small-Group Mentoring

**20 hours | \$425 each**

Minimum: 1 Maximum: 4

## Specialization Courses

**20 hours | \$475 each**

Minimum: 3 Maximum: 5

## Apprenticeship

**30 hours toward 300-hr Certification | CEU Credit | \$1,650**

6-Month Program that includes continuing education workshops, practicum, group mentoring sessions, and individual faculty sessions

## 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*

## Tuition Payment Options and Discounts

All tuition is due two weeks before the course begins. 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 2-week deadline. We prefer payment via check or electronic funds transfer, but can accept credit card payments.

### Special Enrollment Period

March 2021, August 2021, January 2022

During the above months, receive exclusive discounts by enrolling in advance for courses

- Enroll in 3 or more upcoming courses and receive \$350 off your total tuition
- Pay in full for all courses for an additional \$150 off your total tuition
- Payment plan: pay \$200 deposit for each course, with total due 2 weeks before the course starts
- \$75 off any single course

### 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:

- \$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:

- \$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
- The longest payment period allowed: 24 months, regardless of course completion timeline

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
- Choosing to commit to 300-hour training at time of 200-hour enrollment entitles the student to further discounts and perks

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

# 300-Hour Certification Plan

## Areas of Study

### Primary interests

*Other interests*

## Timeline

Plan to begin: \_\_\_\_\_

Plan to complete: \_\_\_\_\_

## Courses that Fit My Goals

[illegible]

<b>March 19-21, 2021</b>	<b>Trauma-Sensitive Specialization: Body Image</b> Friday: 6-9 pm, Saturday: 12 pm-8:00 pm, Sunday 10:30 am-5:30 pm
<b>April 9-11, 2021</b>	<b>Adaptive Yoga Core Course - Week 2</b> Friday: 6-9 pm, Saturday: 12 pm-8 pm, Sunday: 10:30 am-5:30 pm
<b>April 23-25, 2021</b>	<b>Yoga and Spirituality Specialization</b> Friday: 6-9 pm, Saturday: 12 pm-5:30 pm, Sunday 10:30 am-5:30 pm
<b>May 2, 2021</b>	<b>Asana Refinement Mentoring - Meeting 1</b> 6-9 pm May 2, 9, 16, 23, 30
<b>May 21-23, 2021</b>	<b>Trauma-Sensitive Specialization: Sexual Trauma</b> Friday: 6-9 pm, Saturday: 12 pm-5:30 pm, Sunday 10:30 am-5:30 pm
<b>June 9-13, 2021</b>	<b>Pranayama, Mantra, and Mudra Core Course</b> Intensive: Wed 4-8, Thurs 9-6, Fri 9-6, Sat 9-6, Sun 9-6 pm
<b>July 9-11, 2021</b>	<b>Yoga for Sexuality and Sexual Health</b> Friday: 6-9 pm, Saturday: 12 pm-5:30 pm, Sunday 10:30 am-5:30 pm
<b>July 11, 2021</b>	<b>Yoga for Special Populations Mentoring - Meeting 1</b> 6-9 pm July 11, 18, 25, Aug 1, 8
<b>July 28-August 1, 2021</b>	