**BODY AND SOUL TEACHERS TRAINING CENTER**

AT

SACRED SPACE YOGA STUDIO

**200 Hour Yoga Teacher Training**

SCHEDULE: Saturday and Sunday, 9am to 6pm

(1 weekend a month for 9 months)

Tuition Includes:

1. 30 Asana and Meditation classes while in training. Any

additional classes will be paid for on your own.

1. 2 Workshops - workshops are 2 hours

You must sign up in advance for workshops and classes you want to attend for the next intensive weekend. For each class and Workshop you attend you need to JOURNAL/FREE WRITE on the fundamentals of the class.

THE CURRICULUM IS DIVIDED INTO 2 SECTIONS: CONTACT HOURS AND NON-CONTACT HOURS.

**CONTACT HOURS:** These are hours you spend in the presence of one of our LEAD teachers. One hour of contact with these teachers equals one credit hour. You will need to keep track of your contact hours that you accumulate throughout the program. This includes Intensive Weekends, Workshops and Classes.

1 CONTACT HOUR = 1 CREDIT HOUR

**NON - CONTACT HOURS:** Journaling, Meditation, Volunteering, Homework, Yoga Classes.

5 HOURS OF NON-CONTACT ACTIVITIES = 1 CONTACT CREDIT HOUR

**200 HOUR YOGA TEACHER TRAINING CAN BE EARNED BY:**

120 CONTACT HOURS

80 NON-CONTACT CREDIT HOURS (X 5HOURS OF NON-CONTACT

ACTIVITIES = 400 HOURS OF NON-CONTACT ACTIVITIES)

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1 WORKSHOP = 2 HOURS NON-CONTACT

1 YOGA CLASS = 1 HOUR NON-CONTACT

1 HOUR JOURNALING = 1 HOUR NON-CONTACT

1 HOUR MEDITATION = 1 HOUR NON-CONTACT

1 HOUR HOMEWORK = 1 HOUR NON-CONTACT

ANY COMBINATION OF THE ABOVE (5 HOURS PER WEEK) = 1 NON

CONTACT CREDIT HOUR

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**KEEP TRACK OF YOUR HOURS, LOG THEM INTO THE NON-CONTACT HOUR SHEET**

Submit these hours to

BodyAndSoulTeacherTraining@gmail.com