

Yoga Teacher Training Certification

DURATION

Structured residential (in house)*: 13 days.

June and December (December course held in North Carolina)

Nonresidential: 6 Months

Ongoing (classes held one weekend/ month)

Location: Residential and non-residential

Binghamton, NY *Accommodation charges for residential program are not included in tuition. They are to be paid separately.

Total hours –100 Hours 60 Practical (asana, pranayama, chanting), 16 teaching methods, 4 seva, 20 self-practice.

DATES

June 3 – June 15, 2018(registration Deadline – April 25,2018)

December: 2- 14, 2018 (registration deadline October 17)

PURPOSE OF THE COURSE: The purpose of this course is to educate, evaluate and train students, wanting to pursue a career as yoga teacher or simply seeking a discipline for personal growth. The training follows the Kaivalyadhama Tradition of validating yoga through scientific research and traditional Yogic texts.

TIME AND DURATION:

The onsite practical course must be completed within two years after signing up for the “online” course.

Residential: the course duration is thirteen (13) days. It is offered two times per year. It is mandatory to complete the Teaching Methods (applied yoga) portion of the online lectures before starting this course. Students can arrange their own accommodation and meals or Kaivalyadhama can provide list of hotels/ airbnb available in the area upon request. Students must adhere to Kaivalyadhama discipline regarding diet and drinks.

Nonresidential the course duration is six (6) months minimum and is offered one weekend (Friday- Sunday) per month. The student must arrange accommodations and meals.

NATURE OF THE COURSE: The course is intensive in nature and completed onsite. It is available to men and women of all races, religions and nationalities. Interactive learning via group discussions and question/answer sessions will be held daily. The subject, Applied Teaching Methods, requires students to prepare lesson plans and teach practice classes. Seva hours, selfless service, can be earned by volunteering onsite.

QUALIFICATIONS FOR ADMISSION:

Prospective students must be enrolled in the “online”portion of Kaivalyadhama Teachers Training and have completed the Teaching Methods lecture. Command of the English language – Personal practice and some knowledge of Asana – Verification of good physical health

FEES AND REGISTRATION: Tuition for the onsite Abhyasa – 1000 dollars, payable by cash or check.

For more information about the **course** and to register, contact Dr. Vartika Dubey 607.624.6587 kdhamusa@gmail.com

Tuition fees are guaranteed only for the sessions offered in 2018