


200-Hr ANUSARA® YOGA IMMERSION & TEACHER TRAINING
INFORMATION PACKAGE

Studio Location: Le 3e Lieu, 213 St.Jean, Vieux Longueuil, J4H 2X4

COURSE DESCRIPTION:

The 200-Hour Anusara Immersion & Teacher Training is a unique and rewarding opportunity to study and develop your yoga practice, deepen your understanding of the Anusara yoga method and learn how to confidently teach a yoga class of your own. This training is for:

- Serious yoga practitioners/students who seek to bring their practice to the next level or who wish to certify as Hatha yoga teachers or teach the elements of Anusara yoga.
- Current yoga teachers who are looking to refining their knowledge of alignment and biomechanics and/or specialize in Anusara yoga.
- Those who are ready to commit and embark on this intensive training and journey to heart of yoga.

The 200-hours is divided into 2 main parts:

Part 1: Anusara Immersion: The Discipline of Study (100+ hrs)

Good teachers are also good students. This first half of the teacher training focuses all on you as a student of yoga. This immersion into yoga and Anusara yoga will help you grow your knowledge and experience of yoga philosophy, practice and of the Anusara yoga method. Through group activities, journaling and home study practices, immersion students can expect to gain knowledge in the following subjects:

- Yoga philosophy and the foundations of Non-Dual Tantrik philosophy.
- Study and practice of the Universal Principles of Alignment™
- Chakras and the subtle body
- Ayurveda
- Anatomy, Pranayama & Meditation study
- Etc....

Part 2: Anusara Teacher Training: The Art of Teaching (100+ hrs. Pre-requisite: Part-1)

This second half of the teacher training focuses all how to skillfully teach yoga and the elements of Anusara yoga. Although subjects from Part-1 will be expanded upon the main focus of Part-2 is to help you develop your skills as a teacher. Through solo journaling and study, small group and full group class teaching exercises, teachers who graduate from this program will have developed skill in the following subjects:

- Effectively teaching from the heart
- Teaching the Universal Principles of Alignment
- Teaching with a Theme
- Anatomy and therapeutic applications in a classroom setting
- Skillful observation
- Hands-on and verbal adjustments

- The business of teaching yoga

COURSE DATES AND SCHEDULE:

PART 1 – Immersion: The Discipline of Practice

Module 1: September 19, 20, 21, 22, & 23

Thursday to Monday: 9am-5pm

Module 2: October 17, 18, 19, 20, & 21

Thursday to Monday: 9am-5pm

Module 3: November 21, 22, 23, 24, & 25

Thursday to Monday: 9am-5pm

PART 2 – Teacher Training: The Art of Teaching

Module 1: January 30, 31, February 1, 2, & 3

Thursday to Monday: 9am-5pm

Module 2: March 5, 6, 7, 8, & 9

Thursday to Monday: 9am-5pm

Module 3: April 2, 3, 4, 5, & 6

Thursday to Monday: 9am-5pm

* 1hr-1.5hours break will be given for lunch each day.

Attendance is mandatory for **ALL sessions in order to receive full credit. Any missed classes will have to be made up at the student's expense. Punctuality is expected.

ADMISSION CRITERIA:

Part 1: Immersion: The Discipline of Practice	Part 2: Teacher Training: The Art of Teaching
<ul style="list-style-type: none"> • 18 years of age or older • Physically, mentally and emotionally prepared to participate fully in group discussions, partner work, attend all immersion sessions (you will also be expected to practice at home at least 10-minutes per day) • Functional understanding of the English language • At least one (1) year of regular (weekly) Anusara yoga, Iyengar yoga or alignment based Hatha yoga practice. (You will be required to provide your teacher's name and contact info as reference) 	<ul style="list-style-type: none"> • Completion of Part-1 with a licensed Anusara yoga teacher • Physically, mentally and emotionally prepared to participate fully in group discussions, partner work, attend all immersion sessions (you will also be expected to practice at home at least 10-minutes per day) • Functional understanding of the English language

ACCREDITATION:

Students who successfully graduate the full 200-hours training program (which includes successful completion of all homework and classroom assignments, quiz' and exams), and who have demonstrated an appropriate level of skill to teach a yoga class using the elements of the Anusara yoga method will be granted a teaching certificate in Alignment-Based Hatha Yoga and are eligible to apply for the Anusara Elements™ yoga teacher license with the [Anusara School of Hatha Yoga](#) as well as the RYT-200 designation with the [Yoga Alliance](#).

TUITION:

	Tuition: Early Bird Special – Paid in full before June 1st, 2019	Tuition: Regular – Paid in full between June 1st & August 1st, 2019
Full 200-hrs Training (paid in full)	\$3450	\$3600
Immersion only	\$1575	\$1650
Teacher Training only	\$1875	\$1950
		<i>NOTE: Payment plans available upon request. Please contact Jeannine at jeannineplaiche@gmail.com</i>

*All prices are in Canadian Dollars and include all applicable taxes and \$300 non-refundable administration fee/ deposit.

**Course fees do NOT include the cost of training manuals and textbooks (Course manuals can be purchased through Jeannine Plaiche. Please see below for list of required and recommended texts).

***Priority will be given to those who register for the full 200-hour training.

Forms of payment accepted: Interac E-Transfer (preferred), Personal Check, Bank Transfer (international only)

As part of their registration each student will also receive:

- Online access *Yoga with Jeannine* member's only video channel during the training period Sept'19-April'20.
- Drop-in access to 5-group public classes with *Yoga with Jeannine*, per training part during the training period.

REGISTRATION DEADLINE: AUGUST 1st, 2019

TRAINING MANUALS & TEXTS (not included in tuition fee):

Training Manuals & Texts	Immersion	Teacher Training
Anusara School of Hatha Yoga Master Immersion Manual – publication 9/2015+	Required	Required
Anusara School of Hatha Yoga Teacher Training Manual – publication date 9/2015+	Required	Required
The Shambhala Guide to Yoga – An essential introduction to the principles and practice of an ancient tradition.	Required	
How to Know God: The Yoga Aphorisms of Patanjali – by Swami Prabhavananda & C. Isherwood (other translations of Patanjali's Yoga Sutras are also acceptable)	Required	

The Bhagavad Gita, by Eknath Easwaran	Required	
Anatomy of Movement, by Blandine Calais Germain	Required	
Wheels of life – by Anodea Judith	Optional	
Light on Yoga – by B.K.S Iyengar		Required
Tantra: The Path of Ecstasy – by Georg Feuerstein		Required
Meditation for the Love of It: Enjoying Your Own Deepest Experience – by Sally Kempton		Required
Tantra Illuminated – by Christopher Wallis		Optional
Shiva Sutras: The Supreme Awakening – by Swami Lakmanjoo		Optional

Training manuals can be ordered by July 1st, 2019 through Jeannine Plaiche (MIM: \$25, TTM: \$35). All other texts can be found and purchased online at www.indigo.ca.

REFUND POLICY FOR STUDENTS:

The refund to which a student is entitled is calculated on the total tuition fees due less the **non-refundable \$300 administration fee / deposit**. Where total tuition fees have not yet been collected, Jeannine Plaiche is not responsible for refunding more than has been collected to date and a student may be required to make up for monies due. If Jeannine Plaiche has received fees in excess of the amount entitled to, the excess amount must be refunded.

In the event of cancellation:

- 60 days or more prior to the training start date: your remaining balance will be refunded (less \$300 registration admin fee / deposit).
- 59-30 days prior to the training start date: 50% of your remaining balance will be refunded (less \$300 registration admin fee / deposit)
- 29 days or less prior to the training start date: No refunds will be issued

Other:

- FULL REFUNDS of ALL fees will be issued if Jeannine Plaiche cannot move ahead for any reason that is of no fault or not related to the students applying (i.e. minimal attendance, Jeannine Plaiche cancels the program etc.).
- In case of a student's medical emergency any time prior to the start of program, full CREDIT will be issued with official documentation from a Medical Doctor, to be used for future programming.
- In case of a student's medical emergency at any time during the program, a fee credit will be granted, and the student may continue on during an upcoming scheduled program. If you are on a payment plan, payments will continue to be processed accordingly.

- A minimum of 6 registrations per part is required to hold each part of the immersion/teacher training. Please note that while there is an option to take only one Part 1, priority will be given to those who register for all 3 parts. Should your registration not be accepted for this reason you will receive a full refund of ALL fees paid.
- If your application is not accepted a full refund will be issued.

STUDIO AREA & LOCATION FOR LOCALS AND THOSE COMING FROM OUT OF TOWN

Address: Le 3e Lieu, 213 St.Jean, Vieux Longueuil, J4H 2X4

Public transportation: The studio is located a 7 minute UBER/taxi ride from the Longueuil Metro Station (Yellow Line). This same metro will take you to and from Montreal and its downtown core, if you are interested in taking in some sights during your stay.

Food & the area: Located in the old village of Vieux Longueuil, the studio is housed in a hipster style vegetarian café with coffee, tea and small meals and snacks inspired by ayurvedic and modern cuisine. A 5-minute walk in any direction will bring you to an eclectic array of restaurants, cafés, grocery stores, and spaces to sit outside.

Housing rentals: There are several affordable AirBnB rental options within walking distance from the studio. Please contact Jeannine for the list of suggested rentals. Book early enough and you might even be able to get the AirBnB rental that is located just above the studio!

TEACHER & POSSIBLE GUEST TEACHERS:

Lead Teacher:

- **Jeannine Plaiche**, e-RYT500, Certified Anusara Yoga Teacher, Naturotherapist & Energy Body-Worker
 - Jeannine is the lead teacher for this 200-hr Anusara yoga immersion and teacher training. Her intention is to help guide student-teachers towards a more refined awareness of self so that they can more naturally step into an experience of abundance and inner joy as well as honorably take the seat of the teacher with greater ease and confidence. Read more about Jeannine: <http://www.jeannineplaiche.com/about/>

Guest Teachers/Presenters:

- **Barrie Risman**, e-RYT500, Certified Anusara Yoga Teacher, Yoga Teacher Educator & Mentor
Learn more about Barrie: <http://www.barrierisman.com/about-1/>
- **Robin Golt**, e-RTY500, Certified Yoga Teacher & Philosophy Subject Matter Specialist
Learn more about Robin: <http://robingolt.com/about/>
- **Erika Laverdure**, Studio Owner, Certified Yoga Teacher & Ayurveda presenter
Learn more about Erika: <https://www.le3elieu.ca/lquipe/>

READY TO REGISTER?

PLEASE CONTACT JEANNINE TO REQUEST THE APPLICATION FORM

jeannineplaiche@gmail.com

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