



# 2019 YOGA TEACHER TRAINING

## New Classes Begin April 19

Our teacher training will help you discover your potential and develop your skills, in order to share those with others. Through teacher training, you will more deeply experience the supportive community of The Floating Lotus and cultivate a lifestyle of self-mastery, empowerment and service to others.



**BECOME A YOGA  
TEACHER!**

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**NOW ACCEPTING  
APPLICATIONS**

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**200-HOUR COMPLETE  
TEACHER TRAINING**

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**“DEEPEN YOUR  
PRACTICE”  
SHORT COURSE**

**THE FLOATING LOTUS**

900 N. University Ave.  
Suite 4  
Little Rock, AR 72207

[FloatingLotusYogaStudio.com](http://FloatingLotusYogaStudio.com)



## How do you feel about Yoga?

Are you the student who rearranges your schedule, so you can attend your favorite class? Do get excited talking about Yoga with friends and family?

Do you practice Yoga poses you learned in class at home?

Are you starting to feel like a regular class is not enough for you ... do you want to learn even more?

If so, you may be ready to delve deeper into your personal practice or share your passion with others via teaching.

## The Floating Lotus Training Programs

The Floating Lotus Yoga Studio and Day Spa is offering two programs this year:

- 200-hour Teacher Training program, which is **Yoga Alliance certified**
- 100-hour Deepening Your Practice, a shorter course to strengthen your Yoga experience



Our Teacher Training program is designed for committed Yoga students who want to develop the self-knowledge, skills and confidence to teach others. Our unique structural flow combines in-depth anatomy principles and correct alignment for all beginning-to-advanced asanas. Once we have mastered the foundational base we will begin to embrace the flow (vinyasa).

Our comprehensive curriculum includes in-depth study of meditation, pranayama, yoga history and philosophy, and development of teaching methodology. Your personal teaching style will emerge and we will safely guide and support one another with compassion.

## The Teacher Training Experience

Each student has a unique way of receiving/learning information. We will address this as a collective, so we may all grow together. A class setting that is empowering, loving, nurturing and fun will help you become the best teacher you can be.



As a student, you will be required to attend three training days a month, as well as participate in student-teaching and outside-of-class reading and writing projects.

## Program Details

The training programs will take place on the following weekends. **DON'T FORGET** to mark your calendar and free your schedule for each of these sessions.

- April 19-21
- April 26-28
- May 31-June 2
- July 12-14
- Aug. 2-4
- Sept. 6-8
- Oct. 11-13
- Nov. 8-10
- Dec. 6-8
- Jan. 10-12

Two additional weekends will be added, in coordination with attendees' schedules.

Times:

- Fridays, Noon - 5 p.m. (5 hours)
- Saturdays, Noon - 8 p.m. (8 hours, with a 1-hour meal break)
- Sundays 9 a.m. - 4 p.m. (7 hours, with a 1-hour meal break)

## 200-HOUR TEACHER TRAINING

The Floating Lotus 200-hour Yoga Teacher Training is designed to take your personal practice to a whole new level and provide you with the skills to offer students an intelligent and inspired Yoga class. This course is ideal for serious students and aspiring teachers.

This program takes place over the course of the 10 weekends listed above, with 18 hours of training each weekend.

In this training you will learn:

- The proper alignment, benefits and potential risks of the foundational Yoga postures
- Principles of anatomy and how they apply to each posture
- The science and art of sequencing a Yoga class



- Hands-on adjustments
- How to observe and see bodies
- The art of the voice
- Confidence through practice teaching sessions
- Yoga history and philosophy
- An introduction to subtle body, Ayurveda and meditation
- Sanskrit names of the postures

In addition, students enrolled in this program will be allowed to participate, for free, in an unlimited number of regularly scheduled yoga classes at The Floating Lotus during the 10-month term of the teacher training course.

Tuition:

**\$2,200:** A **\$200 nonrefundable deposit**, plus the first session's payment of \$200, are due at time of enrollment. Then \$200 must be paid by the first day of class for each of the next nine weekend sessions.

After the initial payment of \$400, students must enroll in auto-draft payments for the remainder of program. Once you enroll there are **no refunds**. Please consider this prior to registering for our program. If you do not complete the program, you are still responsible for the remaining tuition balance, and your credit card will be charged.

## DEEPENING YOUR PRACTICE

This course is for those interested in learning more about Yoga, but not yet ready to commit to a full 200-hour teacher training program. Join our teachers for five of the 10 weekends — you choose which five weekends to attend, from the list above. This allows you to choose Yoga topics that you are most interested in pursuing.

You may use this course toward later completing a 200-hour program. Contact The Floating Lotus for details.

Students enrolled in this program will receive a **20% discount** on regularly scheduled yoga classes.

Tuition:

**\$1,200:** A **\$125 nonrefundable deposit**, plus the first session's payment of \$215, are payable at time of enrollment, then \$215 paid by the first day of class for each weekend session that you attend.



## REFUNDS

Prior to the first weekend of the training you may receive any balance refunded, minus the deposit. Once the first training weekend begins, no refunds will be given. Please consider this prior to enrolling to our program. If you do not complete the program, you are still responsible for the remaining tuition balance, and your credit card will be charged.



## Training Checklist

1. Fill out registration and send deposit.
2. Schedule phone interview.
3. Mark the training days on your calendar to ensure you don't miss any classes and you graduate on time.
4. Make plans to attend yoga classes with a Yoga Alliance Registered Yoga Teacher. You will need to accumulate 20 hours in regular classes over the course of your training. This will also build the relationships needed for finding a Yoga teaching position after you graduate. Students enrolled in the 200-Hour Teacher Training program are eligible for unlimited, free classes at The Floating Lotus throughout the term.
5. Have an open mind and open heart.

## Supplies Needed

Students will need the following items (not included in tuition cost):

- Yoga mat
- Books:
  - *The Key Muscles of Yoga: Scientific Keys, Volume I*, by Ray Long
  - *The Yoga Sutras of Patanjali*, paperback, by Swami Satchidananda
  - *The Yamas and Niyamas: Exploring Yoga's Ethical Practice*, by Deborah Adele
  - *30 Essential Yoga Poses: For Beginning Students and Their Teachers* by Judith Lasater
- Teacher training manual (available at the Floating Lotus)
- Camera/smartphone for photos
- Notebook and pens

## Instructors



**Cassandra Benning**  
The Floating Lotus owner  
Yoga Alliance E-RYT 500



**Amy Widner**  
Yoga Alliance RYT 200



**Mary Anne Wildman**  
Yoga Alliance E-RYT 200