



Welcome to your Evolution Revolution!!!

The Evolve Yoga and Wellness Center teacher training program begins with you. We believe that you hold infinite possibility for the future. This inner potential is captured in our Yoga Alliance certified programs. No matter where you are in your journey of this life, yoga teacher training lets you design your dreams.

Our transformative curriculum is designed to cover all the pillars of yoga; yoga history, Sanskrit, pose alignment, energetic body and sacred literature. However, the most important part of teacher training is to help you find your voice as a teacher. We prepare you wholly to speak your truth with compassion and joy.

The health, wellness, and fitness industry is growing exponentially. With your 200-Hour certification, you are eligible to teach in studios, gyms, and community centers. The desire to teach is not a requirement. You may want to deepen your practice and enjoy the invaluable benefits of teacher training on your own mat. This program will not only change your yoga practice, it will change your life.

You are about to begin a journey that begins with an external physical practice and moves inward to a place deep within your soul. Your training can be truly enlightening and at times extremely challenging. We couple physical exertion with mental precision. Regardless of your background, know that everything you experience during your training will help *YOU* become a more realized yogi and human being...and a fantastic yoga teacher!

On your journey to become an effective and inspiring yoga instructor, you **MUST** be a dedicated student. The seven weeks that follows will bring you to the edges of your practice through classes, workshops, meditation, breathing exercises and self study. Intense study is one of the best ways to learn and grow, so strive to make the most of your time at Evolve. This includes moving past mental blocks, as well as being acutely attuned to your physical body.

The program begins October 2nd and runs through November 17th. The timing for this intensive is designed to assist parents in obtaining their training during the kids' school hours, so we will meet from 9-1:30p on Mondays and 9-2:30p Tuesday-Fridays. Every day you will participate in classes taught by Evolve staff. You will also receive unlimited free yoga classes to use during your teacher training for classes not offered during training sessions. All sessions include 1-hour lunch and break time.

Our mission is to share love through yoga. Every class holds a transformative experience for you, be it a fierce challenge or deep relaxation. We offer you the opportunity to ignite your yogic practice and uncover your bliss. Come evolve with us....the only thing you need is an open heart and an open mind.

Please feel free to contact me with any questions or concerns!

With Love,

Erin Kuehl

TRAINING PROGRAM REQUIREMENTS

CONTACT HOURS - 230 hour program

- 140 classroom hours
- 30 hours practice in approved classes

NON-CONTACT HOURS - *Approved Classes are shared during your first session

- 10 hours observing trainers in approved classes
- 10 hours assisting trainers in approved classes
- 6 hours of kula classes
- 40 hours reading and homework
- 4 hours in approved workshop

BOOKS

Required*

- Yoga Anatomy by Leslie Kaminoff/Amy Mathews ([Amazon link](#))
- Ayurveda: The Science of Self Healing by Vasant Lad ([Amazon link](#))
- Light On Yoga by BKS Iyengar ([Amazon link](#))

Highly Recommended to Begin your Yogic Library*

- Bringing Yoga to Your Life by Donna Fahri ([Amazon link](#))
- The Yoga Sutras of Pantanjali by Sri Swami Satchitananda ([Amazon link](#))
- Anatomy Trains by Thomas w. Myers ([Amazon link](#))
- Yoga as Medicine by Timothy McCall ([Amazon link](#))

Personal Journal

We suggest you start a personal journal at the beginning of your training. Write in it after each training day (and any other days in between sessions). Focus on your feelings, and less on the training curriculum. Use this to track your journey inward.

MORE ON YOUR 30 CLASSES

In order to graduate Evolve Teacher Training, you must complete and **log all contact time**. Students are required to keep their own personal log (forms will be provided) as well as sign into the group-training log during all sessions. Your attendance will ONLY be validated comparing the group and personal logs.

Part of your Contact Hours are taking 30 classes at Evolve. These classes need to be taken with teachers who are Registered Yoga Teachers with Yoga Alliance. A list of current RYTs at Evolve will be provided to you on the first day of teacher training.

The unlimited free classes that come with your tuition expire at the end of your training program. Please plan your class attendance outside of teacher training weekends accordingly.

MAKEUP SESSIONS

In the event you need to miss a scheduled training session, please do the following:

- 2 days in advance, email trainers to inform them of the date and times you will miss.
- Complete readings and review class notes from other students on material missed.
- Make up the number of classroom hours with an equal number of Teacher Contact

- hours by attending approved workshops or scheduling a private lesson with a trainer.
- Complete the Absentee/Make Up Form to show knowledge and mastery of materials missed (scheduling a private session to review the training material missed is also an option at the private session cost of that teacher).

NON-CONTACT HOURS, DETAILS

Homework

Throughout the teacher training you may be given assignments to complete. Give 108% commitment to these activities, just as you do inside the classroom. Complete assignments on time meeting all requirements. Approach your responsibilities with a beginner's mind, for what you do not know serves you just as much as what you DO! Homework may include reading, writing, observations and workshops.

Class Observations/Assists

Observation and assist time is where you discover what makes a yoga teacher truly exceptional. The goal of observation/assists is not judgment, but discernment. You are not there to "grade" the teacher, but to learn from their vast experience. Observe a variety of classes/teachers – step outside your comfort zone! One observation may be done outside of Evolve. It is recommended that you begin your observations after your first weekend of teacher training.

- Observations and Assists must be done with teachers on the Evolve Teaching Staff approved list, which you will receive on your first day of training. You are responsible for reaching out to the teachers in advance to see if there is space for Observations, and to request permission to Assist.
- Assisting a class includes the setup and cleanup of a class, as well as time with teachers after the class for feedback. Plan on being at the studio 15 minutes prior to class and staying at least 15 minutes after.
- You may start your Observations as soon as teacher training starts, but you have to complete the Assist module of teacher training before assisting any classes.

Workshops

Evolve brings in world-class teachers throughout the entire year. Sometimes teachers come in specifically for teacher training, sometimes just for workshops. Your training staff will have details on which classes count toward your workshop requirements.

Hours

Mondays 9am-1:30pm
Tuesday-Friday 9am-2:30pm

Teaching Staff

Erin Kuehl, Director, E-RYT 200
Trishia Gill, Education Coordinator, E-RYT 200
Peggy Higman, Meditation Instructor, RYT 200
Beth Christopher, CIYT

*Amazon links are affiliate links. Any purchases made through these links will result in a small percentage going back to Evolve Yoga, which we put towards our Scholarship program!