



## **The Lotus Yoga Centre Teacher Certification Course Requirements Classes held at Silver Lotus Studio in Wauconda**

**Lotus Yoga Teachers training program will run once a year. Our class room training will be held at Silver Lotus Studio and will run on the second weekend of each month beginning in February. The trainings will include a 6.5 hour training day on Sunday's from 11a-6:00p and a 5.5 hour teachers yoga class on Saturday's from 12-6p.m.**

**The program runs for 12 consecutive months.**

**Lotus Yoga Centre is a registered school with Yoga Alliance and after completion of the course you will be certified as a 200 hour yoga instructor and able to register with Yoga Alliance.**

### **1. TUITION:**

- Tuition for the Hatha Yoga Teacher Certification Course which includes training manual, 12- 6.5 hour training days and 12- 5.5 hour teachers classes, Student Teaching & 15 Yoga Classes at Silver Lotus Yoga (\$158 value)  
*Tuition:*  
\$2795.00 if paid in full  
Payment plan: \$395.00 deposit required with application  
(\$225.00 for 11 payments (3% processing fee included))
- due each month on the day of the class starting with the first class for 11 months, ***whether or not you attend class.***
- The full tuition must be paid before receiving your certification.
- The training manual given to you on the first day of class is included in the tuition. All other required reading materials are not included with tuition.
- Charges for any yoga classes, workshops, retreats or online courses are not included in the tuition.

### **2. 200 HOURS:**

- This is a 200 hour certification course approved by Yoga Alliance
- The Sunday training days count for 118 hours (78 classroom and 40 virtual/home study).
- The teachers class will count for 66 hours.
- 25 hours of Weekly Yoga Classes (15 hours required thru Silver Lotus Yoga)
- Required Workshops (10 hours)
- 4 hours Full Moon Meditation with Himalayan Tradition
- 2 Hours Student Teaching
- These hours must be logged.

### 3. MISSED CLASSES:

- If you miss a training day the hours must be made up to receive certification. You are required to make up all hours you miss during the year of the training, however, you can make up all trainings you miss the following year at no additional cost.

### 4. REFUNDS:

- A refund may be requested 30 days prior to training (deposit is non-refundable). If you request a refund the manual must be returned. After the first class there will be no refunds on previous payments. However, if you are unable to complete the course you may come to the entire program the following year and your deposit and first month tuition will be rolled over.

### 5. EXAMS:

- There are five exams. 1) Hatha Yoga, 2) Anatomy, 3) Yoga Sutras, 4) Science of Breath, 5) Meditation. Before becoming certified you must pass all 5 exams with a minimum grade of 85%. In the event you fail an exam you will be able to retake it prior to the next class.

### 6. REQUIRED READING:

- It will be up to the student to find and purchase the books that are required. You may purchase used, discounted books or electronic books if you prefer. ***Please note: the newest edition of the Joint and Gland book (white book with yogi on cover in Black) and the Yoga Sutra book is a small blue and white book edited by Alister Shearer. Please double check these books before ordering. If in doubt please contact Anita Maher (email address below)***
- Books: Yoga Mastering the Basics by Sandra Anderson  
Joint and Gland Exercises by Swami Rama newest edition  
The Royal Path by Swami Rama  
The Science of Breath by Swami Rama  
Meditation and Its Practice by Swami Rama  
Yoga Anatomy by Leslie Kaminoff 2nd edition  
Hatha Yoga Illustrated by Martin Kirk Brook Boon  
The Yoga Sutras of Patanjali translated by Alister Shearer

7. Teachers are required to keep a logbook with your logged in practice hours. Teachers should bring this logbook to our Sunday training classes each month along with your training manual. You will be provided a schedule of homework readings for each month, these homework reading assignments total to at minimum 40 hours for your virtual/home study hours required.

Please contact us with questions regarding the training at:  
Chenoa Lorenzo [chenoa@silverlotus.yoga](mailto:chenoa@silverlotus.yoga) (847) 772-9204

Training classes held at:  
Silver Lotus Yoga Studio  
220 South Main St. Wauconda, IL 60084  
[info@silverlotus.yoga](mailto:info@silverlotus.yoga) | (847) 772-9204