

Sundance Yoga Studio RYT 200 Teacher Training Schedule 2023

Sundance Yoga Studios (SYS), is designed to be comprehensive,
yet individualized enough to meet the needs of all trainees.

SYS Teacher Training is seven weekends of intensive training as well as public class observation.

Yoga Alliance RYT (Registered Yoga Teacher) is approved at the 200-hour level for national certification. Limited to 12 students.

Faculty:

Valerie Immore, director of Sundance Yoga Studio Yoga Teacher Training program will be the primary instructor.

Additional Instructors: Christy Burnette, John Bethscheider, CJ Rubenak

Schedule: Full Course will have In-Person and Virtual Offerings. (Exclusively Virtual is available upon request)

Full Attendance is Mandatory.

Feb (17-19), Mar (3-5), Mar 31- April (1-2), Apr (28-30), May (18-21) Jun (8-11) & Jun 30- July(1-2)

Thursday Friday Classes are 6-9 pm, Saturday and Sunday Classes may be 9 am-7 pm.

Topics of study will include:

Place: Sundance Yoga Studio (Friendswood)
128 S.Friendswood Dr
Friendswood, TX 77546

Sundance Yoga Studio (Pearland)
7501 Fite Rd
Pearland, TX 77584

* Yoga history & philosophy

* Principles of alignment theory and the anatomy
of movement as they relate to teaching

* Breathing, meditation and relaxation techniques

* Methods of teaching to create a complete yoga
experience for the student

* Sequencing and how to design a yoga class

* Energy Work and Yoga Therapy

Tuition:

\$2800* if paid by February 19, 2023

\$2900 after February 19, 2023

Ask about our individual payment plan

\$500 deposit by February 15

Full payment is due by April 2, 2023

Application Deadline:

February 17, 2023

Pre-Requisites:

Not limited to any particular style or system

One year of continuous study and practice of yoga

To Register: Fill out the Application Form, write a one-page essay on, **“Why I Want to Do This Training”** & mail it to:
Sundance Yoga Studio •128 S. Friendswood Dr. Friendswood, TX 77546 • 281-482-YOGA

Sundance Yoga Studio Teacher Training Application Form 2023

Please fill out the following form and return it with your deposit to Sundance Yoga Studio. Acceptance will be based on review of application by our faculty. We are interested in working with people who will, upon completion of the course, be willing to dedicate themselves to furthering the principles behind Yoga and who will seek to teach those ideals in a safe and nurturing way.

Feel free to attach additional pages.

Name: First _____ Mi _____ Last _____ Address _____

City _____ State _____ Zip _____ Date of Application _____

Email Address _____ Phone Number (____) _____

How long have you been studying yoga? _____ Who is your regular teacher? _____

Please include location and phone number _____

What systems of yoga have you studied and for how long? _____

Please describe in terms of length and frequency your regular yoga practice, (ie. does it include pranayama, meditation, or prayer?) _____

List any current limitations that may affect your participation _____

REFUND POLICY: Once applicants are accepted, the deposit is Non-Refundable. Anyone who is not accepted into the training will be refunded their full deposit. Those accepted in the program have until April 15 2023 to receive a prorated refund minus the deposit.