



**GLOBAL SOUL YOGA  
TEACHER TRAINING  
HOSTED BY GET HOT YOGA  
2019**

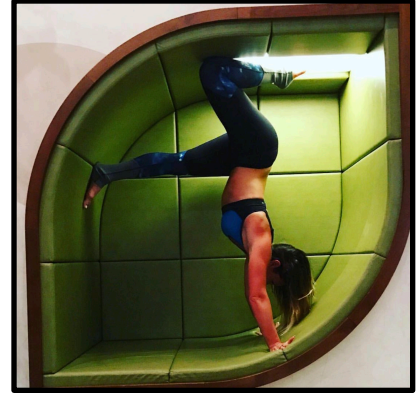


**EVENT: 200-hour Yoga Teacher Training**

- Students will receive a 200-hour teaching certificate that they can use to register with the Yoga Alliance as an RYT-200 (Registered Yoga Teacher)

**LOCATION: Maple Valley, Washington**

- Get Hot Yoga  
27203 216<sup>th</sup> Ave SE #7  
Maple Valley, WA 98038
- Some weekend sessions partly hosted at nearby local business
- Various (4-5) weekday night classes will be hosted at various locations throughout the greater Seattle area



**DATES: September 7 – October 27, 2019**

- Saturdays & Sundays
- Core Hours: 8am – 6pm (\*some weekend classes may start a little later and end a little later)
- Various (4-5) \*weekday night classes will be hosted at various locations throughout the greater Seattle area
  - \*See detailed training schedule once enrolled

**INVESTMENT: Tuition is \$3500.**

- Full tuition includes training, yoga classes during core training hours (Sat & Sun sessions) and Training Manual
- Field Trips: Tuition also includes all additional classes hosted at other studios around the greater Seattle area – this is an amazing way to expand your view of what yoga is and experience various styles that you may not have been exposed to yet! (It's one of my favorite parts!!!!)
- Students are responsible for purchase of the required training books outlined in the Orientation Packet and registration directly with the Yoga Alliance at the end of the program.



**SCHEDULE: A typical day in the life of a Teacher Trainee...**

- We accomplish so much each day in order to complete the teacher training but we also really go with the flow (yoga joke). In order to get the most of the training experience the schedule is outlined in detail – but will also be amended as we move through it to ensure we gain the most from the moments that just make sense!
- Most days will consist of 1-2 hot yoga classes, multiple asana clinics (posture breakdown), teaching practice, various lectures, guest teachers, lunch and a few short breaks

**EXAMPLE SCHEDULE:**

8am Hot Yoga Class  
9am Break  
9:15am Daily Group Intro  
9:30am Lecture – Energy Systems  
11am Posture Clinic  
12pm Teaching Practice  
12:30pm Lunch  
1pm Lecture - Prana  
2pm Posture Clinic  
2:45pm Break  
3pm Guest Teacher/Activity  
5pm Teaching & Assisting Practice  
6pm Daily Group Close

ENROLLMENT: Enrollment is easy and just a few steps!

- Fill out a training application and return to:
  - Piper Sandifer at [piper@globalsoulyoga.com](mailto:piper@globalsoulyoga.com)
  - Or in person at Get Hot Yoga (Attention Nicole Kuro)
- Along with your application, process your full tuition *or* a min \$500 deposit to hold your spot.
  - Payments may be made in form of cash, check or credit card (all major cc's accepted)
  - Process payments:
    - In person at Get Hot Yoga
    - Over the phone with Get Hot Yoga by calling: 425.413.0619
    - Over the phone with Piper Sandifer by calling: 253.468.2664
    - Online at <http://www.gethotyogamv.com> (click on the "Training" tab) or [www.globalsoulyoga.com](http://www.globalsoulyoga.com) - follow the link at the bottom of the Teacher Training event
  - If you process the deposit only upon enrollment, please make payment arrangements with Piper Sandifer at [piper@globalsoulyoga.com](mailto:piper@globalsoulyoga.com)
    - **Tuition must be paid-in-full by August 24, 2019**

NEXT STEPS: Orientation Packet

- Once enrolled, you will receive a Training Orientation Packet via email. This will outline pre-requisite assignments for training as well as the list of required books to read. It will also include the Training Agreement to sign and return within 5 days of receipt.

CONTACT FOR FURTHER SUPPORT:

- We are here to support your planning efforts! Reach out with any questions!
- Piper Sandifer – Owner Global Soul Yoga & Training Director
  - Cell: 253.468.2664
  - Email: [piper@globalsoulyoga.com](mailto:piper@globalsoulyoga.com)
- Nicole Kuro – Owner Get Hot Yoga
  - Studio Phone: 425.413.0619
  - Email: [live@gethotyogamv.com](mailto:live@gethotyogamv.com)

