

Step by Step Plan to Complete Your 200 Hour Training

1. **Register for an Immersion:** You will receive an email on how to begin your self-paced work, join the Facebook Group, YouTube Channel for on demand videos.
2. **Begin Your Self-Paced Work:** After registration you can begin your self-paced modules. Here is where you will do your weekly reading including the mandatory books for the training, complete your weekly discussions, quizzes, watch videos and more. Be sure to attend all the complimentary classes and workshops to get the most out of your training.
3. **Complete a Minimum of 25 Hours of Self-Practice:** This can be done with Powers Yoga Online Classes or Workshops, attend a local yoga studio or online subscription. These hours are to be recorded in a journal and handed in.
4. **Attend a 65 Hour Immersion with Lead Teacher:** Attend a 5 Day Immersion. This is when we work on alignment, adjustments and modifications of the poses in-person with a Lead Teacher. This is where the practice meets the mat.
5. **Complete Your Practicum:** Record 10 Hours of you teaching as the Lead Teacher. This can be done with a friend, group or without. If you have any challenges recording your class. You have the option of handwriting your sequences and handing them in.

Step by Step Plan to Complete Your 300 Hour Training

1. **Register for an Immersion:** You will receive an email on how to begin your self-paced work, join the Facebook Group, YouTube Channel for on demand videos.
2. **Begin Your Self-Paced Work:** After registration you can begin your self-paced modules. Here is where you will do your weekly reading including the mandatory books for the training, complete your weekly discussions, quizzes, watch videos and more. Be sure to attend all the complimentary classes and workshops to get the most out of your training.
3. **Complete a Minimum of 50 Hours of Self-Practice:** This can be done with Powers Yoga Online Classes or Workshops, attend a local yoga studio or online subscription. These hours are to be recorded in a journal and handed in.
4. **Attend a 65 Hour Immersion with Lead Teacher:** Attend a 5 Day Immersion. This is when we work on alignment, adjustments and modifications of the poses in-person with a Lead Teacher. This is where the practice meets the mat.
5. **Complete Your Practicum:** Record 20 Hours of you teaching as the Lead Teacher. This can be done with a friend, group or without. If you have any challenges recording your class. You have the option of handwriting your sequences and handing them in. Write a one-page essay on how a particular Sutra correlates with a Yama or Niyama.