







THE KNOW.









RYT 500





Learning Objective: Consume Pata from a Trainer's vantage point. HOURS 1-100 Consume data presented to the 200hr folks online via podcasts, Zooms, written lessons in a Glimpse of Yoga to WORK TOWARDS MASTERY. LEARN HOW EDGE OFFERS YTT FROM the other side of the mat. Fill out the 200hr manual to CREATE YOUR OWN TEACHER'S GUIDE. MEET WITH MICHELLE AT 100-HOURS TO EVALUATE THE DIRECTION YOU'D LIKE THIS TO GO. WHICH PLATFORM ARE YOU MOST COMFORTABLE PRESENTING ON?





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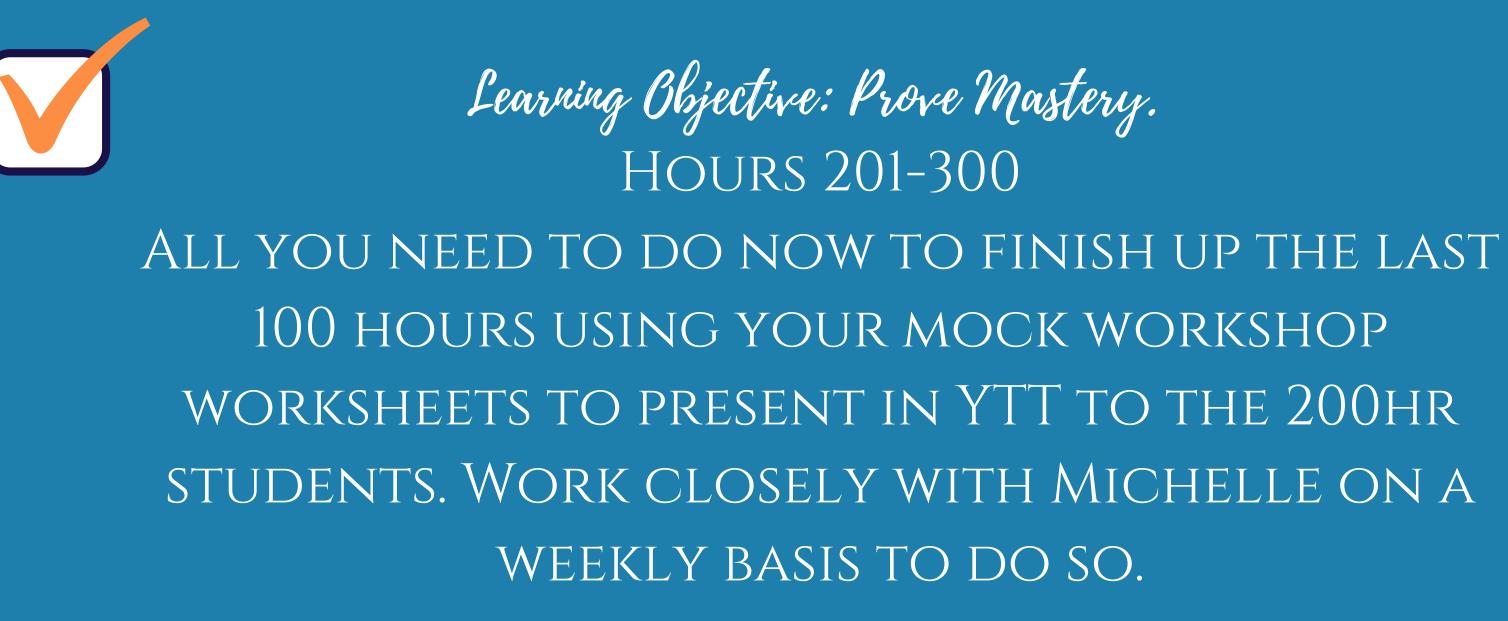
Learning Objective: Gain experience co-leading a 200. Develop a teaching style. Hours 101-200 Step up and take a leadership role. Earn experience ASSISTING YTT. PLATFORMS AVAILABLE TO DO SO ARE: PHONE LECTURES, CHAT SESSIONS, AND ZOOM VIDEO DEMOS. FOCUS ON FILLING OUT THE MOCK WORKSHOP WORKSHEETS in the 300hr manual. Schedule plan with Michelle at 200-HOURS.





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FILL OUT YOUR WORKBOOKS, BOOK REPORT, THE ANATOMY LESSONS LISTED IN THE ANATOMY PODCASTS WITH SHANE, AND CELEBRATE! THIS CAN BE DONE IN JULY SO ENJOY THE PROCESS!

Housekeeping Motes Asterna: non-stealing Come to live Zoom lessons prepared. Take a day or TWO TO COMB THROUGH THE WELCOME SECTION ON TEACHABLE AKA MICHELLERAESOBI.COM. KEEP AN EYE ON SLACK MESSAGES, ANNOUNCEMENTS, AND READ THE EMAILS THOROUGHLY. MY FIRST PRIORITY IS TO HOLD SPACE FOR YTT. I HOPE THIS AIDS YOU IN HAVING A JOYFUL AND ABUNDANT TRAINING.



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DISTINCTION

