

How VNYSA School of Yoga Works



Train with **highly experienced** Vancouver-based teachers

Define and deepen your own path as a yoga practitioner and as a yoga teacher

Learn to teach and practice yoga with **new inspiration, confidence, and creativity**

Take your practice and your life to the **next level** through a heightened understanding of yoga

Vibe higher in life, work and in play

Now is the perfect time



As unique as you are.

We are all at different stages in our lives. Whether you wish to amplify yoga in your life, strengthen your yoga practice, or take on the incredible privilege of teaching yoga to others. Something has brought you here and we are excited to support and guide you through our comprehensive online curriculum which is complimented by the opportunity to practice in a real studio with real life lead teachers as your mentors and evaluators. It is in this process of learning that will transform your life.

Yoga meets you where you are today.

Scrap the idea that you have to perform King Dancer's before you take on your teacher training. No levitation, advanced poses or yoga philosophy knowledge is required. You will LEARN AT YOUR OWN TIME, IN YOUR OWN COMFORT, WITH ONGOING SUPPORT. This is about recognizing and following your passionate drive for yoga.

Where do I start? And what can I expect?

Enroll in 200 hr YTT. All modules are bundled into one at a discounted price. We encourage you to finish your 200 Hr YTT within 4 months time (to help you stay focused and committed). However, you do have access the program for an entire year. We get it. Life is busy.

200 hr YTT is a comprehensive easy-to-access, user-friendly practicum. All the practical experience you need to lead a yoga class safely and effectively. You will solidify your knowledge through module quizzes, and assignments. Take advantage of in-person teacher evaluations, Teacher in Training classes. These Teacher in Training classes are reserved for our YTT students to get real experience in teach yoga in a yoga studio setting with real students (yes, humans). Alternatively, non-local TT students can submit teaching sessions via audio, transcripts, or video to the VNYSA School of Yoga team.

Receive your VNYSA School of Yoga *200 HR YTT Certification. Upon completion of the 200 hr YTT course bundle and practicum you will receive your 200 Hr Certification.

***VNYSA School of Yoga Certification is Yoga Alliance Certified.**

Ongoing Support from VNYSA School of Yoga Support Team. Your lead teachers will be available by email, Zoom, phone throughout your training. Option to book private lessons with your lead teacher. Opportunity to stay connected with other students and VSOY graduates through our Facebook group.

Access Live Sessions. Live sessions held 2-3 times per month via Zoom or in-studio. These sessions start with brief asana practice and follow with a thought provoking discussion on various yoga topics. Graduation requires participation in at least 12 Live Sessions.

Step by Step breakdown:

1. Submit application to VNYSYA School of Yoga (www.vnysa.school)
2. Pay tuition and enrol to access content.
3. Receive 1 year unlimited streaming to our digital studio VNYSYA ONLINE (www.vnysa.yoga)
4. Attend at least 12 Live Sessions.
5. Complete content, quizzes, worksheets and assignments.
6. Book your Teacher in Training session through our Calendly link.
7. Submit final practicum evaluation
8. Complete final exam.
9. Apply for certification.

