

Hot House Yoga Teacher Training Details

Meeting Times and Duration

The teacher training starts Friday, August 6th 2010 and runs until Saturday, December 4th 2010

The meeting times are:

Every other weekend at the VB Studio: Friday 7pm- 9pm and Saturday 1:30- 3:30pm and 5- 8pm

Must Attend:

26 Classes in the Foundations Course held every Mon. & Wed. 7:30- 8:30pm in Norfolk or every Tues. & Thurs. 6:30-7:30pm in Virginia Beach

8 Meditation Classes held every Thurs. 8- 8:45pm in Virginia Beach

Must practice a minimum of 5x per week totaling 85 classes for the training

(Mandatory that 4 of those classes are taught by John, Chris, Smitty, Gianni, or Abril)

Cost

Cost of the Teacher Training: \$3000.00

Monthly installment payment options are available

Training must be paid in full before certification is given

\$500.00 non-refundable deposit is required to reserve a spot

Required Books

The Key Muscles of Hatha Yoga by Ray Long MD FRCSC

The Power of Now by Eckard Tolle

Meditations from the Mat by Rolf Gates

Bhagavad Gita translation by Stephen Mitchell

The Yoga-Sutra of Patanjali by Chip Hartranft

The Seven Spiritual Laws of Success by Deepak Chopra

How Yoga Works by Geshe Michael Roach