

Sol Center

Hatha Yoga Teacher Training Program 2023

The Sol Center Hatha Yoga Teacher Training Program is for anyone who loves Yoga. Our program is perfect for those seeking certified teacher training and professional development, as well as those wanting a deep enrichment of their personal practice.

We emphasize the classical understanding of Yoga as an experiential path towards one's deepest ground of being. All bodies are welcome.

Techniques are explored from the perspective of form, function, and essence. The studies, practices, and measured pace are designed to help you integrate what you learn and build your vitality and capacity in daily life. The practicums and mentorship support you to link your personal experience to others.

Our approach weaves physical and subtle, practical and philosophical, ancient and modern, and sets the foundation for living and teaching your own unique expression of hatha yoga.

We are an accredited and Registered Yoga School (RYS) with the national Yoga Alliance.

*The essence of our yoga practice is to
reawaken the remembrance of our source ...*

Rama Jyoti Vernon

Particulars of the 200 Hour Program

Our Curriculum is rich with inspiration drawn from classical yoga, modern science, and the teachings of Rama Jyoti Vernon. *Rama is one of the modern matriarchs of Yoga in the United States.*

Anatomy & Physiology	Alignment & Energetics	Classical Technique
Sound, Sanskrit, Mantra	Yoga Psychology	Philosophy & Mythology
Meditation & Yoga Nidrā	Ayurveda & Dinacharyā	Lifestyle
Ethics	Sequencing	Teaching Methodology

Our group sessions, your study & practice assignments, and monthly mentoring check-ins all help you integrate your learning, balance your personal practice, and develop your voice all along the way.

Format

We see yoga training as a personal process that is first and foremost for your own growth and enhancement. In order to fulfill the 200-hour Yoga Alliance requirements in a measured pace, our program spans the entire year.

We also choose to prioritize in-person transmission. While there will be ways to learn and connect virtually as needed, we believe the direct experience in the classroom is essential.

We also find that learning and integration is supported by one to one contact with a mentor on a monthly basis.

Calendar

Yoga Practice Immersion February 2 thru April 27th	Thursdays 6:00 to 8:00	30 hours
May Weekend Intensive May 12, 13, 14	8:00 to 12:00 & 1:30-5:30	24 hours
Summer Internship & Independent Study		
Fall Practice Immersion September 7 th thru Nov 30 th	Thursdays 6:00 to 8:00	24 hours
September Weekend Intensive September 23-24	8:00-12:00 & 1:30-5:30	16 hours
October Weekend Intensive October 21-22	8:00-12:00 & 1:30-5:30	16 hours
November Weekend Intensive November 18-19	8:00-12:00 & 1:30-5:30	
Personal Mentoring & Teaching Practicum Hours		16 Hours 34 hours

Tuition

\$3200 includes a monthly personal mentoring session and Sol Center membership for the entire year.

Accreditation

The Sol Center Haṭha Yoga Teacher Training Program is a Registered Yoga School (RYS) with the national Yoga Alliance. Graduates of our 200-hour certificate program are eligible to join the Yoga Alliance and become a credentialed Registered Yoga Teacher (RYT-200).



Frequently Asked Questions

I am interested in being certified as a yoga teacher but already know I will miss some sessions? Or, what if I do miss for an unforeseen circumstance?

The number of hours of live contact is part of the national standard we uphold. There are some extra hours built in to accommodate this and adjustments that can be made as possible. Depending on the situation, you may need to arrange for additional contact hours and there may be a small extra fee to compensate the trainers time.

I am interested in doing the Yoga Teacher Training (YTT) Program for personal enrichment, but will not be able to attend all weekends?

If you are not interested in the certification component, it is not as essential that you are there as scheduled. The material we are covering does build from month to month though, so you can work with your mentor and class mates to review and explore the material covered.

I only want to do the program for personal development; will the teacher training portions be relevant to me?

Being a trainee rather than just a student is a shift of perspective. Practicing facilitation rather than just being facilitated is an interesting challenge. We will ask you to participate in all this as a way to deepen your own understanding of yoga and explore the development of your voice in general. You may indeed never teach, but the process will expand your own growth and perhaps surprise you down the road with how you are “teaching” yoga.

You also do not have to do the certification requirement portions of the program if this is not of interest- curriculum quizzes, curriculum portfolio, assistant teaching, practice teaching, final project presentation, final exam.

What if we have to go back to virtual teaching for some reason, is this possible...?

Yes. We did deliver our 2021 program in an entirely virtual format and are capable of doing that if necessary. We also can use live-stream methods and recordings of some portions as necessary along the way this year. We simply believe that the dynamic quality of the in-person moment is more potent as a learning community.