

## Mindful Resilience Yoga Teacher Training (MRYTT) MARCH thru JUNE, 2024

*Welcoming applications from Thursday, January 25th until midnight pst Monday, February 5th.*

### What You Will Learn:

As a graduate of the Veterans Yoga Program, you will be fully equipped and prepared to embark on your teaching career with confidence. Our comprehensive 200-hour training provides you with all the essential skills required to conduct safe, empowering, and well-grounded Mindful Resilience Yoga classes. Additionally, you will learn about offering modifications, various posture options, understanding contraindications, and designing a series of classes that progress in difficulty. Participants will also explore:

**Yoga History:** exploration of terms, timelines, and various styles.

**Yoga Philosophy:** study of historical texts, significant dates, and fundamental concepts.

**Yoga Ethics:** focus on the responsibilities of teaching, adherence to governing bodies' standards, and aspects of business management in yoga.

**Asana Practice:** examination of commonly practiced asanas (poses), their historical significance, methods for safe sequencing, alignment, and understanding contraindications.

**Pranayama Techniques:** understanding commonly practiced pranayama (breathing exercises), their impact on the physical and subtle bodies, and ways to adapt and sequence them.

**Anatomy and Biomechanics:** in-depth look at major bones, muscles, their roles in asana, and the types of joint movements.

**Physiology:** insights into the nervous, cardiovascular, and endocrine systems.



## Program Dates:

- This program is a blend of synchronous online sessions, asynchronous study, and 1 week of in-person training with a celebratory graduation.
- Our synchronous sessions will occur from 11:00 am to 5:00 pm Eastern:
  - March: 9, 10, 23, 24
  - April: 13, 14, 27, 28
  - May: 11, 12, 25, 26
  - June: 8, 9.
- One week of in-person training and a celebratory graduation ceremony will take place at the Himalayan Institute in Honesdale, PA, with arrival on Saturday, June 22nd and departure on Saturday, June 29th.
- The program fee of \$4,000.00 covers:
  - Manuals and all necessary reading materials
  - Yoga equipment
  - Mentorship program during and after the course.
- Travel and accommodation expenses are the responsibility of the student.

## Application requirements:

- Fill out your application [HERE](#)
- Confirm your military service using the verification process [HERE](#)
- Submit a Letter of Recommendation [HERE](#)
- Submit a video explaining your motivation for becoming a yoga teacher and your plans for applying these skills [HERE](#)

Questions? Please contact the MRYTT Team at [MRYTT-manager@veteransyogaproject.org](mailto:MRYTT-manager@veteransyogaproject.org).