

# Sundance Yoga Studio RYT 200 Teacher Training Schedule 2023

Sundance Yoga Studios (SYS), is designed to be comprehensive,  
yet individualized enough to meet the needs of all trainees.

SYS Teacher Training is seven weekends of intensive training as well as public class observation.

Yoga Alliance RYT (Registered Yoga Teacher) is approved at the 200-hour level for national certification. Limited to 12 students.

## **Faculty:**

Valerie Immore, director of Sundance Yoga Studio Yoga Teacher Training program will be the primary instructor.

**Additional Instructors: Christy Burnette, John Bethscheider, CJ Rubenak**

**Schedule: Full Course will have In-Person and Virtual Offerings. (Exclusively Virtual is available upon request)**

**Full Attendance is Mandatory.**

**May (18-21) Jun (8-11) & Jun 30- July(1-2) Following dates TBD**

**Thursday Friday Classes are 6-9 pm, Saturday and Sunday Classes may be 9 am-7 pm.**

## **Topics of study will include:**

**Place:** Sundance Yoga Studio (Friendswood)

Sundance Yoga Studio (Pearland)

128 S.Friendswood Dr

7501 Fite Rd

Friendswood, TX 77546

Pearland, TX 77584

\* Yoga history & philosophy

\* Principles of alignment theory and the anatomy  
of movement as they relate to teaching

\* Breathing, meditation and relaxation techniques

\* Methods of teaching to create a complete yoga  
experience for the student

\* Sequencing and how to design a yoga class

\* Energy Work and Yoga Therapy

## **Tuition:**

\$2800\* if paid by April 18, 2023

\$2900 after April 18, 2023

Ask about our individual payment plan

\$500 deposit by April 30, 2023

Full payment is due by June 11, 2023

## **Application Deadline:**

May 1, 2023

## **Pre-Requisites:**

Not limited to any particular style or system

One year of continuous study and practice of yoga

**To Register:** Fill out the Application Form, write a one-page essay on, “**Why I Want to Do This Training**” & mail it to:

Sundance Yoga Studio •128 S. Friendswood Dr. Friendswood, TX 77546 • 281-482-YOGA

## **Sundance Yoga Studio Teacher Training Application Form 2023**

Please fill out the following form and return it with your deposit to Sundance Yoga Studio. Acceptance will be based on review of application by our faculty. We are interested in working with people who will, upon completion of the course, be willing to dedicate themselves to furthering the principles behind Yoga and who will seek to teach those ideals in a safe and nurturing way.

Feel free to attach additional pages.

Name: First \_\_\_\_\_ Mi \_\_\_\_\_ Last \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date of Application \_\_\_\_\_

Email Address \_\_\_\_\_ Phone Number (\_\_\_\_) \_\_\_\_\_

How long have you been studying yoga? \_\_\_\_\_ Who is your regular teacher? \_\_\_\_\_

Please include location and phone number \_\_\_\_\_

What systems of yoga have you studied and for how long? \_\_\_\_\_

Please describe in terms of length and frequency your regular yoga practice, (ie. does it include pranayama, meditation, or prayer?) \_\_\_\_\_

List any current limitations that may affect your participation \_\_\_\_\_

**REFUND POLICY:** Once applicants are accepted, the deposit is Non-Refundable. Anyone who is not accepted into the training will be refunded their full deposit. Those accepted in the program have until June 15, 2023, to receive a prorated refund minus the deposit.