

# 2024 HOT YOGA TEACHER TRAINING PROGRAM

## Hot Yoga Kapolei

*Please read all this information carefully before enrolling in our Hot Yoga Teacher Training.*

### TRAINING DATES & MODULES

Our Hot Yoga Teacher Training Program follows a 4 weekend intensive training format, Saturdays and Sundays. The group will meet on February 24<sup>th</sup>, 25<sup>th</sup>, March 2<sup>nd</sup>, 3<sup>rd</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup>. (4 weekends in a row). The bulk of the training hours will be completed during the weekend intensive modules. All our weekend sessions must be attended in person.

Teacher Training is structured into 2 Modules. Each Module will take place on one day of each weekend and we will work on various skills and topics.

#### Module 1 (Principal Trainer: Matthias Burger)

- Brief overview of the history of Calcutta Yoga
- Hot Yoga posture study & analysis
- Yoga anatomy
- Yoga philosophy
- Medical benefits of Hot Yoga
- Modifications and corrections for injuries

#### Module 2 (Principal Trainer: Patricia Carrera)

- Teacher's dialogue study
- Learning the essentials for teaching a Hot Yoga class
- Practicing teaching an inclusive Hot Yoga Class

In addition to our weekend sessions, we will have optional office hours available during the weekdays. These sessions will be optional and available to those trainees who might need extra support with studying material, script delivery and anything else supporting their TT experience.

#### Training Office Hours (optional)

Monday - Tuesday and Thursday from 11am to 2pm.

## **YOGA PRACTICE DURING TRAINING**

Trainees are required to maintain a regular Hot Yoga practice of three (3) classes per week during the course of Teacher Training, twelve (12) classes total:

- Saturdays: 7 - 8:30 am: class with Matthias
- Sundays: 7 - 8 am: class with Matthias
- One additional Hot Yoga class of choice with Patricia during the week

## **IMMERSION TRAINING SCHEDULE (subjective to change)**

### Saturday, 2/24, 3/2, 3/9: Module 2

7 - 8:30 am: class with Matthias

9 - 10 am: dialogue study at the studio; Matthias present for help and questions

10:30 am - 4:30 pm: Module 2 with Patricia

### Sunday, 2/25, 3/3, 3/10: Module 1

8 - 9 am: class with Matthias

9:30 am - 3:30 pm: Module 1 with Matthias

### Saturday, 3/16: Module 1

7 - 8:30 am: class with Matthias

9 - 10 am: dialogue study at the studio; Matthias present for help and questions

10:30 am - 4:30 pm: Module 1 with Matthias

### Sunday, 3/17, Teaching by trainees

8 - 9 am: class with Matthias

9:30 am - 4:30 pm: teaching of a 60 min Hot Yoga class by each trainee

Graduation will be held on the evening of the final day of training, Sunday, March 17th, 2024.

## **ATTENDANCE POLICIES**

100% attendance is strongly encouraged. We do understand that life happens sometimes and students may need to take time away. Participants may miss up to 1 day per weekend of training. Trainees will be assigned make-up work and will need to make up any work/hours missed in order to complete the course. Please notify us promptly if any emergencies come up so that we can determine the best way to accommodate your circumstances.

Participants must arrive punctually for all sessions.

If it becomes necessary during the course of the training for a participant to miss one weekend, please contact us to make arrangements. If appropriate, the participant may join a subsequent teacher training session to make up for hours missed.

## **TRAINING COSTS**

The total investment of \$2499 is due by Monday, February 19th, 2024. Payment is split into two 50% deposits of \$1249.50 each. The first deposit is required to save your spot and receive access to all the study materials. We recommend paying the deposit as soon as you are committed to the program so that you can begin preparing.

Payment deadline 1st deposit: January 21<sup>st</sup>

Payment deadline 2nd deposit: February 19<sup>th</sup>

If you require a different payment plan, please reach out to us by email or see us at the front desk.

## **TUITION INCLUDES**

- All study materials (downloadable as pdfs)
- Teacher Dialogue Recording (by Matthias)
- All training classes held at Hot yoga Kapolei during our teacher training weekends (\$360 value)
- Hot Yoga Kapolei classes card for 10 additional Original Hot Yoga classes, valid only for 90 days (\$250 value). Trainees may purchase additional classes/studio memberships for a discounted fee during the dates of the training.

## **TUITION DOES \*NOT\* INCLUDE**

- Additional books and reading materials
- Meals and accommodations - although we are happy to help you review your options and select your accommodations if you are coming from out of town.
- Classes outside of the 12 class minimum are \*not\* included in training tuition.
- Non-local students are responsible for maintaining an appropriate membership at another approved Original Hot Yoga studio.
- Local students may pay a reduced rate if they wish to attend additional classes during training.

## **GRADUATION REQUIREMENTS**

Payment of tuition does NOT guarantee graduation or certification. In order to gain their teaching certification, participants must:

- Fully participate in all training hours (total of 120 contact hours)
- Complete all required yoga class hours (total of 12 classes minimum)
- Complete all assigned required reading
- Demonstrate the ability to teach all 26 postures during our in-person sessions (Module 2)
- Teach an inclusive 60 min Hot Yoga class on the last day of training (Sunday, March 17<sup>th</sup>)
- Conduct self professionally and uphold Hot Yoga Kapolei's code of conduct and ethics

## **CANCELLATION / REFUND POLICY**

Participants must pay the first deposit no later than January, 21<sup>st</sup>, 2024. to secure their place in the course. The deposit gives trainees access to all the training materials and is non-refundable. The remaining balance is due by February 19<sup>th</sup>, 2024. Payment plans may be arranged through the studio provided that the full balance is paid by this date. The final payment is non-refundable. If an individual is unable to complete the program, tuition fees may be applied to another program at a later date.

Please note that payment of teacher training tuition does NOT guarantee certification - trainees must fulfill all graduation requirements in order to be certified. Although it is our intention that all trainees will be ready to join the workforce upon graduation, completion of the teacher training course does NOT guarantee employment at Hot Yoga Kapolei or any other yoga studio.

Please contact [hotyogakapolei@gmail.com](mailto:hotyogakapolei@gmail.com) if you have any questions that are not addressed here!