

1 Wellness Way  
Bloomfield, NY 14469

Grounded by Yoga  
(585) 861-YOGA

514 South Main St.  
Canandaigua, NY 14424

## 200 RYT Yoga Teacher Training

"Teaching With & From the Heart"

(includes Trauma Awareness)

### A School of the Multi-Dimensional Self

The 200 Hour Yoga Teacher Training is a comprehensive program, purpose-built for aspiring teachers and serious students who wish to take their understanding of yoga to a new level. This is your opportunity to join a spiritual journey that will transform your life.

- **DISCOVER** the proper alignment and architecture of all major poses.
- **CREATE** a sacred space with an open Heart.
- **SEQUENCE** an inspiring and intelligent yoga class.
- **FIND** your voice as you analyze and practice cueing.
- **ASSESS** injuries, modify for multiple levels and practice hands-on assists.
- **DEMYSTIFY** ancient texts, the subtle body and learn to articulate yoga philosophy.
- **COMMUNICATE** effectively and manage your classroom.
- **NAVIGATE** the business of yoga to attract abundance of heart.
- **EXAMINE** different lineages, explore the modern & traditional paths.
- **MUCH MORE** know that this journey is all about what you need

### 200RYT Yoga Teacher Training Dates for 2019:

August 10th is official beginning. However, August and September are "Flex Time"- we will embark on pre-reading and general information. You choose the dates! Approximately 15-20 hours per month Aug & Sept.

Our souls will gather together on:

- ❖ October 11,12,13
- ❖ November 2,3
- ❖ November 23,24
- ❖ December 14,15
- ❖ January 18,19
- ❖ February 1,2
- ❖ February 15,16
- ❖ February 28,29

❖ March 1

- **General Times:** Saturdays are 11:30–8:00pm, Sundays are 11:00 – 7:30pm, Fridays, 5:30–9:00pm **Last Weekend:** Extended time required. (Note: 3 of these days require an extra 2 hours before or after for required & fun workshops)
- **Notes from the Director:** While early in registration, we can shift dates if you have a conflict. Must be agreed with all other registrants. I have personally been in small group trainings (6–12) and large ones (18+). The ability to learn productively, manifest spiritually and deeply bond arrives within a smaller group. Personalized care is key at Grounded by Yoga. Each student grows at their own pace, and this allows for individual attention as needed. I never felt ready to teach from the heart until I experienced a more intimate setting, so this is what we deliver.
- *Above schedule not include required flexible practice time, and homework assignments. Our program is fully approved by the Yoga Alliance and is equivalent to over 210 hours.*

## After graduation.....

- Receive 10% off tuitions for the next 2 years from date of graduation on our Restorative Yoga Teacher Training Program.
- Receive updates (protocols, laws etc) as long as you are Yoga Alliance member (they will contact you directly).
- If you are a teacher at GBY, receive free mentor-ship in any way. Particularly, with therapeutic questions.
- I will approve your Yoga Alliance Registration for up to 11 months after graduation. After 11 months – a written test is required (\$50)

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## YOGA TEACHER TRAINING SYLLABUS OVER-VIEW

Below is a very general outline of our Yoga Teacher Training. (note: **This is not inclusive.** Our program includes many experiential components as well. Should you have any questions, please call 585-861-YOGA or sign up for one of our info sessions)

- ❖ Postures (modern yoga postures & traditional) all optional
- ❖ Practice and Teaching postures
- ❖ Health Benefits
- ❖ Trauma Awareness / Techniques
- ❖ Interdisciplinary/ Direct lineage teachings so that we can truly meet students where they are.
- ❖ Effective start and class endings
- ❖ Teaching Beginners, Gentle, Mixed Levels
- ❖ Teaching in Heated Classes and Normal Heated
- ❖ Proper Hands on Assists for deepening awareness
- ❖ Sequencing- How, When, Why
- ❖ Proper Environment & Creating a Sacred Space
- ❖ Workshop Process
- ❖ Healing and Adaptive Yoga (For our Yoga Teacher Training focus on Addiction & Trauma Recovery this is replaced with this module) *Your teacher is certified in both these modules.*

- ❖ Finding your personal style and teaching from the depths of your Heart
- ❖ Strong emphasis on the 4 paths of yoga
- ❖ Keeping spirituality alive inside and out
- ❖ Pranayama
- ❖ Kriyas and Bandhas
- ❖ Yogic Anatomy (Gross & Subtle)
- ❖ Yoga History
- ❖ Conscious Language
- ❖ Private Yoga or Studio Management /Ownership (we will vote on our choice or do both!)
- ❖ Yoga Nutrition
- ❖ Yoga Philosophy
- ❖ Intro to Sanskrit Language
- ❖ Importance of Transcendence
- ❖ Experiences in Meditation
- ❖ Modern Day Lineage/Styles • Kundalini Yoga • Yin Yoga • Iyengar Yoga • Ashtanga/Vinyasa Style • Sivananda Yoga
- ❖ Prenatal Basics
- ❖ Yoga Dilution and its Prevention
- ❖ Disconnecting to Connect
- ❖ Business Ethics and Marketing Your Self or Your Yoga Business
- ❖ National Yoga Alliance
- ❖ Yoga on and off the Mat

Quizzes are delivered to allow me to help in your growth and understanding. 80% required for teaching certificate.

## Yoga Teacher Training Tuition

### Tuition

### Paid in Full by:

- ❖ \$2975      Dec 31 2018
- ❖ \$3075      Feb 20, 2019
- ❖ \$3175      March 20, 2019
- ❖ \$3275      April 20th, 2019
- ❖ \$3375      May 20th, 2019
- ❖ \$3475      After May 20th, 2019

- **Payment Plans:** At full tuition price of \$3475 plus monthly statement fee \$10. 60% of tuition must be paid by August 1st, 2019. *Update: Due to unfulfilled tuition payments in 2017, we will only be able to accept 1-2 students on a payment plan. Our greatest apologies. At the time of application, \$500 deposit and \$95*

application fee required. If by chance is application is not approved, your \$500 deposit will be refunded. Feel free to call if you have any pre-application concerns!

- [Terms of Agreement/Refund Policy](#) must be reviewed and agreed upon.
- **Student additional costs:** Some books (approx 175), Workshops (approx \$25-\$30 total), Continuation of your regular practice (GBY will offer discounted memberships is desired) Yoga Alliance certificate (45, if desired and is payable 6 weeks prior to graduation) Syllabus workbook (almost 300 pages, \$25 B&W or \$75 in Color. Payable by August 15th, 2019)
- Seeking to compliment a **previous training** you may have had or qualify for a **scholarship**? Please contact us after May 20th for details. One each will be distributed and based on a **first come first serve** approval basis. *Note: misused scholarships will be voided and collectible.*
- All applications will be responded to within 48 hours of required items submitted. Thank you trusting your new beginnings with us, we look forward to guiding you.

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## FACULTY

- Sandy Hicks, RYS Interdisciplinary Yoga
- Luc Watelet, RYS Kundalini
- Wendy Stoddard, CYT Kripalu, RYS, Open Sky, Yin Certified
- Amita Bhagat, Certified Iyengar
- Dr. Ted Barnett, Yogic Nutrition
- Damodar Das, Bhakti Yoga

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## Love from Alumni

- *"As the year comes to a close, I've been reflecting a lot. I am grateful to have completed my training this year and to be teaching (I love it so much). The experience has been life changing. But I am so very grateful to have met you. **Your spirit, kindness, generosity and love has inspired me in so many ways.** Thank you for being such an amazing person in my life" JG*
- *"After the training, I felt very close with everybody in different ways. I think everyone shared bonds with each other. We cried, laughed, and worked hard together. I would recommend this teacher training to anyone who is looking to teach yoga, or just learn and gain experience. Sandy's training was life changing!" JA*
- *"Sometime prior to my yoga teacher training with Sandy at Grounded by Yoga, I had tremendously high expectations. I know yoga teachers and through their advice concerning their own trainings, and my own research and practice, I knew this was the place to be. You have completely fulfilled my high hopes and I couldn't be happier with the great deal of knowledge I acquired throughout this training. The width of topics covered including philosophy, anatomy, Sanskrit, asana, assisting, history, business, and much more, were so thoroughly and carefully taught that it actually amazes me how did you effectively be able to do all that to us?? What I came away with most is the wisdom and resources I need to continue to read, learn, and grow, into an experienced yoga teacher. I am extremely happy with this program and feel truly proud to be able to call myself a graduate of this fine school." ~ Jennifer*
- *"Grounded by Yoga, created by Sandy Hicks, is a sacred and special space where the practice of authentic yoga is valued and encouraged. I would encourage people to take the program for personal growth to live a balanced, healthy and holistic life or to become someone passionate about maintaining the integrity of a*

full yoga practice that includes spiritual growth and meditation. Sandy Hicks guides her teacher trainees to teach from the heart and her students to focus internally with love and compassion. For this, and many other reasons, the teacher training program at Grounded by Yoga is exceptional. Sandy, thank you from the bottom of my heart. Namaste." ~ Kathy

- "WOW where do I begin? Sandy, you really go above and beyond what I think is expected and it shows! Each one of us experienced a transformation and bond that is just amazing!!! **LOVED** all the workshops and guest teachers, please tell them how grateful I am to have been in their presence as well as yours and my fellow 'kulas'! I will be moving out west soon, and what a feeling and joy to know have incredible vast of tools to use to create extraordinary class experiences for people. i can't thank you enough....I just can't. ~ Mary
- "Dear Sandy, my whole world is brighter, my life is clear, and I feel so complete for the first time in 38 years. I have enjoyed knowing you and the fact that you give mentorship for free indefinitely is a blessing and a generous gift. I may never need it, but the support you offer is a good feeling. Thank you for EVERYTHING, you deserve so much Sandy. Will miss this group and YOU!!!!" ~ Kathy
- "I have been silent because I am in awe. I cannot bring forward the words to explain how your training has risen mountains above a previous one I did somewhere. I only wish I found you sooner. I owe my peace to you and all of the group. What a journey, my life is changed." ~ NG
- "This was an absolutely awakening and transforming experience. I didn't necessarily enter this program intending to teach, I thought that I might, but it was more for a deepening of my own practice. I walked away feeling confident in my ability to share this practice with others. Sandy was an amazing teacher and spiritual guide, and I uncovered and learned so much about myself through this process." ~ DS
- "Thank you Sandy. You have created not only an amazing space to learn knowledge but a space in which to "come home" to reunite as one which we truly are. You are amazing. We are so privileged to be on this journey with you." ~ Anonymous
- "A complete journey to healing. She should write a book. Sandy I love you. ~ MW
- "Sandy went above and beyond with the training she gives. She takes pride in everything she presents and hands to her students. Everything was well planned and thoroughly explained. Her love for the true wisdom of yoga shines through and I couldn't have been happier with my choice to complete my training with her. **HIGHLY RECOMMENDED!**" ~ CC
- "I wanted to just thank you for all the love and peace that you have shared with me through Yoga Teacher Training. I honestly do not know how I would have made it through living here with no family without the family you provided me with. I never knew that yoga would have changed my life like this, nor that I would have found what I had always been looking for: a way to love myself, and find the Divine that I have been searching for. Thank you does not cover the depth of gratitude I have for you, your sacred space, and this life I've found." ~ Jessica

For many more testimonials please see our website or visit the National Yoga Alliance to contact alumni directly.