

200-hour Cost and Mandatory Session Dates

Birchwood Center Level I Yoga Teacher Training aims to produce quality yoga instructors who are creative in their teaching and committed to the practice and understanding of yoga as a way of life. The seven month program includes lecture and experiential instruction with teachers Betsy Ceva, Charlene Bradin, Liz Schulman and others. Students will be expected to be reliable in their attendance to classes and in completion of assignments and readings. Graduating students who successfully meet all the requirements receive a 200-hour certification and will be prepared to teach a basic level I yoga class. Training Begins Friday September 11, 2009. Birchwood Center Teacher Training is approved by and registered with the Yoga Alliance.

Please check the dates below to make sure you will be able to attend all mandatory training sessions. Thank you.

Cost:

- To be considered for the program, all applications must include a non-refundable \$50.00 application fee and a \$500.00 deposit (separate checks please). If accepted into program the \$500.00 deposit will be deducted from the full tuition. If an applicant is not accepted into the program the \$500.00 deposit will be refunded. Deposit is non-refundable after September 11, 2009.
- The cost of the 200-hour Teacher Training program is \$3200.00 if paid in four monthly payments or \$3000.00 if paid in full by August 15, 2009.
- Monthly payments will be divided as followed:
\$3200.00 minus the \$500.00 deposit = \$2700.00.
Four equal payments of \$675.00 will be due by September 11, October 16, November 12, and December 4. The first payment is required by September 11, 2009.
- The cost of the training includes all materials, (excluding text books) and unlimited classes at Birchwood Center for the duration of the program. Trainees will receive a 10% discount on all workshops offered at Birchwood as well as a 10% discount at Birchwood Yoga Essentials. (Some restrictions apply.)

Mandatory Training Session Dates:

September 2009

Friday 11th – 6:00-9:00pm
Saturday 12th – 11:00am-7:00pm
Sunday 13th – 12:00-7:00pm

October 2009

Friday 16th – 6:00-9:00pm
Saturday 17th – 11:00am-7:00pm
Sunday 18th – 12:00-7:00pm

November 2009

Friday 13th – 6:00-9:00pm
Saturday 14th – 11:00am-7:00pm
Sunday 15th – 12:00-7:00pm

December 2009

Friday 4th – 6:00-9:00pm
Saturday 5th – 11:00am-7:00pm
Sunday 6th – 12:00-7:00pm

January 2010

Friday 9th – 6:00-9:00pm
Saturday 10th – 11:00am-7:00pm
Sunday 11th – 12:00-7:00pm

February 2010

Friday 19th – 6:00-9:00pm
Saturday 20th – 11:00am-7:00pm
Sunday 21st – 12:00-7:00pm

March 2010

Friday 19th – 6:00-9:00pm
Saturday 20th – 11:00am-7:00pm
Sunday 21st – 12:00-7:00pm

*Your unlimited class card can be used from
September 11, 2009- March 21, 2010.*