

THE UNION

FITNESS & FUN

SPRING 2020 U-INSTITUTE YOGA TEACHER TRAINING

- Enrollment in the training will provide you a 200-hour RYT Yoga Alliance certification to teach the U-60, with an option for an elective modality.
- Requirements for the training:
 - a) Attendance and participation in all sessions
 - b) Memorization of U-60 dialogue
 - c) Independent posture research
 - d) Required reading
 - e) Journaling
 - f) Commitment to personal development
 - g) A desire to change lives, starting with your own
- Training curriculum:
 - a) Class sequence and dialogue
 - b) Independent posture research
 - c) Lineage and breakdown of postures
 - d) Anatomy of body systems
 - e) Business of Yoga
 - f) Teaching methodologies and tools
 - g) Personal development and leadership skills
 - h) Exposure to The Union's culture
- You will have the option to be certified in an additional modality:
 - a) Yin Yoga - additional cost TBD, February 7 – 9, 2020
 - b) Hot Barre – additional cost and dates TBD
 - c) U-Basic – no additional cost, dates TBD
- Dates of the training:

March 20 -22: Leadership weekend
April 18: One day immersion
May 15 – 17: Weekend intensive
June 11 – 17: Week intensive

July 17 – 19: Weekend intensive
August 27 – September 2: Week intensive

- Training faculty:
 - a) Lisa Ingle-Stevens – Co-Owner/Founder of The Union
 - b) Stevan Falk – Co-Owner/Founder of The Union
 - c) Lynn Whitlow – Renowned Yoga teacher and Studio Owner
 - d) Cintra Brown – Renowned Yoga teacher
 - e) Mark Banasau – Manger at The Union and Training Coach
 - f) Katy Esparza – Yoga and Pilates teacher at The Union and Training Coach
 - g) Latoya Adams – Yoga and Pilates teacher at The Union and Training Coach

- Upon the completion of our training sessions, you will have until December 31, 2020 to complete all requirements for graduation to receive 200-hour RYT certification. You will then be eligible to register through Yoga Alliance.

- To apply, you must complete an online application that will be made available on our website on November 15, 2019, as well as an interview with members of training faculty.

- There will be a \$500 deposit to be submitted with your application – this amount goes towards the total price for the 200-hour U-60 training. If you are not accepted, the deposit will be returned to you.

- Early bird price for the 200-hour U-60 training is \$3,999.
 - a) Early bird pricing ends December 31, 2019, 12:00 AM CST.
 - b) Starting January 1, 2020, the price will increase each month by \$250.
 - c) Payment plans can be discussed to meet your needs.

- Websites for more information:
 - a) www.theunionsa.com
 - b) www.yogaalliance.org
 - c) www.lynnwhitlow.com
 - d) www.bikramyoga.com

- Feel free to reach out to our training faculty for any questions or guidance:
 - a) lisa@theunionsa.com
 - b) steve@theunionsa.com
 - c) mark@theunionsa.com
 - d) katy@theunionsa.com
 - e) latoya@theunionsa.com