



2023–2024 Yoga Centre Winnipeg Teacher Training Program

This comprehensive program is a series of weekend and one-day workshops offered over the span of 2 years. Students are required to attend ongoing classes and observe experienced teachers. The 2 year program allows participants the opportunity to integrate the course content, deepen their own practice and hone their ability to teach. Each year consists of 100 hours of training plus 50 hours of practice. Participants must register for each year separately. This program will be offered in person and online as needed.

Workshops

Elements of Teaching

Sunday, September 24

Standing Poses

October 13, 14, 15

Inversions / Balancing Poses

November 17, 18, 19

Lesson Planning I

Sunday, December 10

Backbends

January 12, 13, 14

Forward Bends, Seated Postures & Twists

February 9, 10, 11

Lesson Planning II

Sunday, April 7

Yoga Physiology: The 5 Elements

Saturday, May 11

Testing Weekend (Year 2 students only)

June 7, 8, 9

Weekend Workshops

Friday: 7–9 pm

Saturday: 1–5 pm

Sunday: 1–5 pm

One-Day Workshops

1–5 pm

Online Philosophy Course

Wednesdays 7:30–9 pm

September 20

October 25

November 22

January 24

February 21

April 3

May 15

June 12

The Yoga Centre Winnipeg Teacher Training Program is committed to excellence in instruction:

Graduates are highly qualified to teach in the community, in the workplace and privately. Participants receive a complete teacher training manual.

The Yoga Centre Winnipeg Teacher Training Program is committed to self-growth and self-awareness:

We teach through inquiry, encouraging students to adopt an attitude of exploration and curiosity towards their asana practice and their own being.



Course Requirements

Requirements	Hours
4 weekend workshops: 10 hours each	40
4 one day workshops: 4 hours each	16
Philosophy Course: 1.5 hrs x 8	12
Observation: (beginner classes at YCW)	15
Testing Weekend: June 7, 8, 9 (year 2 only)	10
Meeting	1
Reading Requirement/ Homework Assignments	11
Home practice; (2 x one hour, 3 x half hour)	
Observed Teaching: 1 class per 2 years in program	
Total hours: Year 1	95hrs
Total Hours Year 2	105hrs
Cost for above listed requirements	\$1,312.50 per year

Additional Requirements

Ongoing yoga classes with the Yoga Centre Winnipeg while in the program (Minimum 50 classes per year)

Choose between:

Unlimited Classes: September 1, 2023- June 30, 2024 (no refunds or extensions):\$840

50 class pass: September 1, 2023- August 31, 2024(no refunds or extensions): \$656.25

Total yearly cost of program is \$1312.50 plus class fees (includes GST)

Registrations will be accepted as of May 1, 2023.

Applicants must submit: a letter of reference & a description of their previous yoga experience.

A \$500.00 non-refundable deposit is required to reserve your space.

Payment must be in full or postdated cheques.

Other payment arrangements may be subject to a 10% financing fee.

Full payment/arrangements due on or before August 31, 2023

After program begins, no refunds. (Full payment is required, including post-dated payments).

Missed workshops and discontinuation of course will not be refunded. Missed hours in the program must be made up in future years at student's expense. (Missed workshops: Weekend \$210/ One Day \$84)