



2024–2025 Yoga Centre Winnipeg 200hr Teacher Training Program

This comprehensive program is a series of weekend and one-day workshops over the course of 2 years. During this time students are also required to attend ongoing classes and observe experienced teachers. The 2-year program allows participants the opportunity to integrate the course content, as well as mature and grow as both yoga practitioners and teachers. While the program is best experienced in-person, online classes and workshops may be offered as a substitute for in-person when appropriate.

Each year consists of 100 hours. Participants must register for each year separately.

Workshops

Sourcing Your Home Practice

Sunday, September 22, 2024

Restorative Practices & Teaching Techniques for Pregnancy

October 18, 19, 20, 2024

The Art of Sequencing

November 15, 16, 17, 2024

The Chakras

Sunday, December 15, 2024

Anatomy for Yogis and Yoginis

January 10, 11, 12, 2025

Props/Adjustments and Touch

February 7, 8, 9, 2025

Practice Teaching

Sunday, March 9, 2025

Five Sheaths, Three Bodies

Sunday, April 6, 2025

Weekend Workshops

Friday: 7–9 pm

Saturday: 1–5 pm

Sunday: 1–5 pm

One-Day Workshops

1–5 pm

Online Philosophy Course

One Wednesday Per Month

7:30–9:00 pm

The Yoga Sutras of Patanjali

September 18, 2024

October 16, 2024

November 20, 2024

January 15, 2025

February 12, 2025

March 19, 2025

May 14, 2025

June 18, 2025

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: 1.25 hrs x 8	10
Observation: (beginner classes at YCW)	15
Testing Weekend: (Year 2 only) June 13 & 14, 2025 (date subject to change)	10
Meeting	1
Reading Requirement / Homework Assignments	12
Home practice; (2 x one hour, 3 x half hour)	
Observed Teaching: 1 class per 2 years in program	1
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 at the Yoga Centre Winnipeg, at the intermediate or advanced level.

Minimum 50 classes per September-June. Pass options:

Choose between:

Unlimited Classes: September 1, 2024 – June 30, 2025 (no refunds or extensions): \$840

50 class pass: September 1, 2024 – August 31, 2025 (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, 2024.

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 / pre-authorized credit card payments / e-transfer.

Payment arrangements may be subject to a small financing fee.

After program begins- no refunds, you are responsible for full payment.

Missed workshops and discontinuation of course will not be refunded.

Hours in the program must be made up in future years at student's expense.

(Missed workshops: Weekend \$210.00 plus GST/ One Day \$84.00)

Full payment/arrangements due on or before August 31, 2024