

## River Flow Yoga Teacher Training 300-hour (for RYT 500): 2023-25 Program



Are you ready to take your teaching to the next level? The 300 hour (for RYT 500) River Flow Yoga Teacher Training is an advanced level training for those who have taken a 200 hour training or the equivalent. The program runs over 22 months to allow for integration time for each intensive study area. It is a combination of in-person, online live and self-paced learning modules. The modular structure allows for participation in **Intensives** only for teachers interested in continuing education or increasing knowledge and experience in a particular content area.

| Full Program  |   |                            |            |
|---|---|----------------------------|------------|
| <b>Total Fees</b><br>Taking the entire training is the most cost-effective option with deep discounts for committing to the entire program. See content areas (intensives) below and specifics for dates & times. | <b>Bundled early bird:</b><br>\$4200 if paid by August 3, 2023<br><b>Payment Plan:</b><br>\$200/month for 22 months, starts by August 3, 2023 | <b>Total Program Hours</b> | <b>300</b> |

### By Intensive Schedule & Fees

| Asana Intensive: Adaptive & Specialty Classes, Targeting Areas of the Body, Sequencing, Adaptation, Class & Series Development, Teaching Practicum  |                                 |  |             |
|---|---------------------------------|--|-------------|
| Annamaya Layer (Physical): Demonstrate ability to develop and teach adaptation in asana practice to serve a particular group or for a specific intention, including fitness-oriented classes, adaptive classes, and specialty classes. Learn observation skills, adaptation, and sequencing to impact different areas of the body including low back, sacrum and hips, knees, ankles and feet, upper back, neck, shoulders, and jaws. Adapting for specific needs will be emphasized for working with individual clients. |                                 |  |             |
| What  | Date                            | Time   | Hours       |
| Online Live Intro Session   | Mon, Aug 14, 2023               | 6:00 – 7:30 pm                                   | 1.5         |
| Self-Paced Hours Prep for Weekend #1  | Aug 14 – Oct 14, 2023           |  | 25.5        |
| In-Person<br>Asana Weekend #1   | October 14-15, 2023             | Sat: 8:00 am – 5:30 pm<br>Sun: 8:00 am – 4:30 pm | 16          |
| Self-Paced Hours Prep for Weekend #2  |                                 |  | 13.5        |
| In-Person<br>Asana Weekend #2   | May 18 - 19, 2024               | Sat: 8:00 am – 5:30 pm<br>Sun: 8:00 am – 4:30 pm | 16          |
| In-Person<br>Asana Teaching Practicum   | June 22 - 23, 2024              | Sat: 8:00 am – 5:30 pm<br>Sun: 8:00 am – 4:30 pm | 16          |
| <b>Fee:</b>   | \$1283 early-bird by 08/03/2023 | <b>Total</b>                                     | <b>88.5</b> |

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**5 Koshas**  
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**RIVER FLOW YOGA**  
TEACHER TRAINING SCHOOL

| <b>Pranayama Intensive: Human Energetics, Ratio, Technique, Class &amp; Series Development, Teaching Practicum</b>  |  |                                   |             |
|---|--|-----------------------------------|-------------|
| Pranamaya Layer (Vital): Demonstrate ability to develop and teach pranayama ratios and techniques in yoga practice including how to tailor asana, breath adaptation in asana, ratio, and technique for specific class intentions or the needs of an individual. |  |                                   |             |
| What  | Date   | Time                              | Hours       |
| Online Live Sessions every other week   | <b><i>Mondays</i></b><br>Jan 8, 22, Feb 5, 19,<br>March 4, 18, April 1,<br>15, April 29, May<br>13*, June 3*, June<br>17, July 15, August<br>5, 2024 | 5:30 – 7:00 pm<br>*5:30 – 8:30 pm | 24          |
| Self-paced hours to prepare for Online Live sessions  | 1.5 hours X 14<br>lectures/practices<br>Jan 1 – Sept 20,<br>2024   |                                   | 21          |
| In-Person Teaching Practicum Day  | Saturday,<br>September 21, 2024  | Sat: 8:00 – 4:30 pm               | 7.5         |
| <b>Fee</b>  | \$761 early-bird by<br>12/15/2023  | <b>Total Hours</b>                | <b>52.5</b> |

| <b>Teaching Practicum &amp; The Business of Yoga Intensive: Refining Teaching Skills, Developing New Products &amp; Programs, Teaching Privates, Retreats &amp; Workshops</b> |                                 |  |           |
|---|---------------------------------|--|-----------|
| Be the lead teacher or conduct private sessions for at least 6 hours during the training through experiential sessions and teaching demonstrations.                           |                                 |  |           |
| What  | Date                            | Time                                       | Hours     |
| Self-Paced and Online Live Activities:<br>Reading, Mentoring Sessions,<br>Homework Discussion, Planning<br>Teaching Practicum, Chanting, Study<br>Halls                       | Throughout<br>program           |  | 30        |
| Online Live Business Seminar  | Saturday,<br>February 22, 2025  | 1:00 – 4:00 pm                             | 3         |
| Self-paced content prior to Weekend #1  | 1.5 hr. X 3 lectures            |  | 4.5       |
| Weekend #1 – Conducting Private<br>Sessions & Workshops   | April 27 - 28, 2024             | Sat: 8:00 – 5:30 pm<br>Sun: 8:00 – 4:30 pm | 16        |
| Weekend #2 – Final Teaching Practicum<br>& Graduation   | June 28 – 29, 2025              | Sat: 8:00 – 4:30 pm<br>Sun: 8:00 – 3:30 pm | 13.5      |
| <b>Fee</b>  | \$972 early-bird by<br>02/01/24 | <b>Total</b>                               | <b>67</b> |

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### Sound, Meditation & Integrated Practices Intensive: Using Sound, Meditation, Nyasa, Mudra, Bhavana, Symbolism, & Ritual, Class & Series Development, Teaching Practicum

Vijnanamaya Layer (Inner Wisdom): Demonstrate how to choose meditation approaches, sequence for meditation practice, and teach meditation for personal practice, individuals, or groups, including use of the cakra model.

Anandamaya Layer (Heart): Demonstrate how to choose practice tools, sequence, and teach integrated practices including the use of asana, pranayama, sound, meditation, nyasa, mudra, bhavana, sankalpa and ritual for individuals or groups.

| What  | Date                            | Time           | Hours     |
|---|---------------------------------|----------------|-----------|
| Self-paced prior to Weekend #1  | August 5 – September 11, 2024   |                | 3         |
| In-Person Weekend #1:<br>Sound in Yoga Practice                                 | Sunday,<br>September 22, 2024   | 8:00 – 4:30 pm | 7.5       |
| Self-paced prior to Weekend #2  |                                 |                | 3         |
| In-Person Weekend #2: Meditation + Cakra-s                                      | October 12 - 13,<br>2024        | 8:00 – 4:30 pm | 15        |
| Online Live   | Saturday,<br>November 2, 2024   | 1:00 – 4:00 pm | 3         |
| In-Person Weekend #3:<br>Integrated Practices and Meditation Teaching Practicum | May 3 - 4, 2024                 | 8:00 – 4:30 pm | 15        |
| Online Live: Habits & Transformation in Yoga                                    | Saturday,<br>January 25, 2025   | 1:00 – 4:00 pm | 3         |
| In-Person Weekend #4:<br>Integrated Practices Teaching Practicum                | Sunday,<br>June 8, 2025         | 8:00 – 4:30 pm | 7.5       |
| <b>Fee</b>  | \$827 early-bird by<br>07/15/24 | <b>Total</b>   | <b>57</b> |

# River Flow Yoga Teacher Training 300-hour (for RYT 500): 2023-25 Program



**5 Koshas**  
yoga and wellness



**Yoga Philosophy & Chanting Intensive: States of Mind & Consciousness, Purusa/Prakriti, Essential Methods, Negotiating Obstacles, the Gunas in Yoga Practice, Working with the Klesha-s, Working with Ourselves & Others through the Yamas & Niyamas, Transformation, Guarding the Senses, Moving Beyond Suffering**

Manomaya Layer (Mind): Chant and discuss the meaning of some of the most significant yoga sutra-s in Chapter 1, 2 and 3 especially as the teachings relate to the mind, meditation, and habitual patterns.

| What        | Date   | Time           | Hours     |
|-------------|--|----------------|-----------|
| Online Live | Mondays, Oct 21, Nov 4, Nov 18, Dec 2, Dec 16, 2024, Jan 13, 27, Feb 10, 24, March 10, 24, April 7, 28, May 12, 2025 | 5:30 – 8:00 pm | 35        |
| Fee         | \$508 early-bird by 09/15/24   | <b>Total</b>   | <b>35</b> |

## 300-hour Advanced Yoga Teacher Training Intensives – Timelines – Early Discounts

|      |       |   |  |  |  |  |
|------|-------|---|--|--|--|--|
| 2023 | Aug   | Asana Intensive - 88.5 hours<br>\$1283<br>By 8/3/23 | Pranayama Intensive - 52.5 hours<br>\$761<br>By 12/15/23 | Teaching Practicum & The Business of Yoga - 67 hours<br>\$972<br>By 2/1/24 | Sound, Meditation & Integrated Practices Intensive - 57 hours<br>\$827<br>By 7/15/24 | Yoga Philosophy & Chanting Intensive - 35 hours<br>\$508<br>By 9/15/24 |
|      | Sept  |   |  |  |  |  |
|      | Oct   |   |  |  |  |  |
|      | Nov   |   |  |  |  |  |
|      | Dec   |   |  |  |  |  |
| 2024 | Jan   |   |  |  |  |  |
|      | Feb   |   |  |  |  |  |
|      | March |   |  |  |  |  |
|      | April |   |  |  |  |  |
|      | May   |   |  |  |  |  |
|      | June  |   |  |  |  |  |
|      | July  |   |  |  |  |  |
|      | Aug   |   |  |  |  |  |
|      | Sept  |   |  |  |  |  |
|      | Oct   |   |  |  |  |  |
| 2025 | Jan   |   |  |  |  |  |
|      | Feb   |   |  |  |  |  |
|      | March |   |  |  |  |  |
|      | April |   |  |  |  |  |
|      | May   |   |  |  |  |  |
|      | June  |   |  |  |  |  |