

HITS THE SPOT YOGA™ TEACHER TRAINING

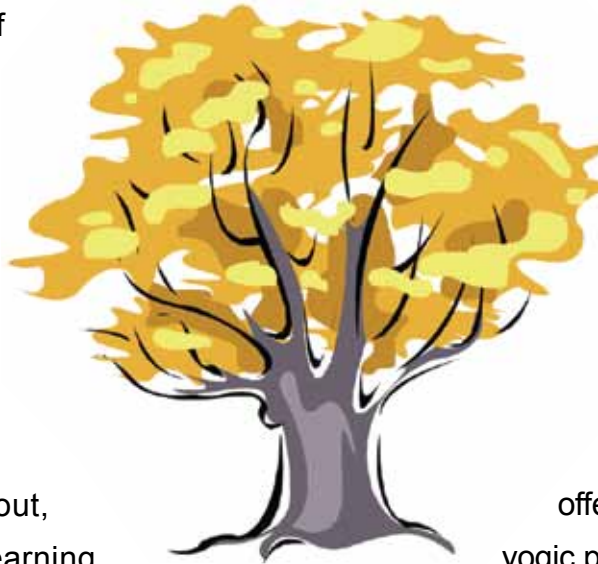
200-HOUR CERTIFICATION PROGRAM

At Hits The Spot Yoga™, we have a single goal for our Yoga Teacher Training program: To provide a year of detailed instruction and ongoing support so that our student teachers have the skills and confidence to begin teaching students of their own immediately upon graduation.

Gain a deep understanding of the practice of teaching yoga...

Our training spans 12 months, which gives you ample time to develop and assimilate the skills you will need to teach others.

We meet once per month for a weekend intensive of master classes, posture clinics, breathwork and meditation technique practicums, teaching methodology workshops, anatomy and physiology classes, and yoga psychology and philosophy presentations and discussions. Throughout, we focus on experiential learning in small and large groups, with each student receiving extensive coaching from Program Director Scott Willis. Completion of the program fully prepares you to teach beginning and beginning/intermediate classes.



...as you deepen your own yoga practice

Throughout the year, while you will be learning to teach others, you will also be embarking on an in-depth immersion into your own practice of yoga. We encourage you to take this year to delve deeper, establishing your own full practice of postures, breathwork, and meditation. Through homework, readings, video presentations, and group discussions, we will support you in focusing on your personal development using the techniques and practices that yoga offers. Our program integrates yogic psychology and philosophy, with an emphasis on keeping things relevant to your life and goals. Through the yogic tradition, you will develop a deeper understanding of yourself: mind, body, and spirit. And together we'll have fun with it along the way!

*Learn to teach yoga with confidence
as you transform your personal practice*

THE HEART OF THE PROGRAM

Learn The Fundamentals Of Teaching

- Lead a yoga class
- Do posture demonstrations
- Assist students in poses
- Develop a curriculum
- “Create the container” for students to get the most out of your class

We will also focus on techniques that will enable you to take what you learn and then incorporate your own style and interests into a teaching practice of your own. We give you the framework to be the best teacher you can be by encouraging you to be yourself, to remain creative and authentic, so you can bring your unique abilities and strengths to the fore in your own yoga teaching practice.

Practice teaching throughout the program

We emphasize gradual introduction to topics so that you can become thoroughly familiar with each one before moving on to the next. This practice will help you assimilate the information so you can share it fully with your own students at the end of the training program. In addition,

each weekend you will have opportunities to teach so you can apply the techniques you’re learning in one-on-one settings as well as in groups. Over the course of the program, you will develop the skills—both academic and applied—to begin teaching your own students as soon as you graduate.

Understand the business/ethics of teaching yoga

We will discuss the business of developing and sustaining a yoga teaching practice. Our goal is to equip you with the information and skills you need to create your own teaching practice, including business tools to give your teaching practice “real-world functionality.” We will balance our business discussion with a focus on the ethics and intentions behind teaching yoga.

Become a Registered Yoga Teacher

The Hits The Spot Yoga™ Teacher Training 200-Hour Certification Program is certified and registered with Yoga Alliance. After graduation, you will qualify to apply for Registered Yoga Teacher status with Yoga Alliance.

“In leading the Yoga Teacher Training, Scott’s love of teaching, clear and thorough presentations, and humane approach to yogic studies are always evident. As a result, he has a special ability to empower his students to become more than they imagine they can be, not only as yoga teachers but as human beings.”

– J.L., Therapist, Long Island, NY

PROGRAM FAQs

When does the Yoga Teacher Training begin?

The 2012 **Hits The Spot Yoga™ Teacher Training** program will begin on January 13, 2012 and continue through December 2012. Our small group of student teachers will meet for the second weekend of each month (except in August, when no classes will be held), learning in an intimate setting with personal coaching from Program Director Scott Willis while gaining extensive opportunities to teach others.

Where does the Yoga Teacher Training take place?

The training takes place at the Yoga Center at Solar Hill, a tranquil yoga studio atop a beautiful mansion in Brattleboro, Vermont. This idyllic country setting features large porches for lunching and relaxing, extensive gardens, and a system of trails that start right from the backyard for hiking through the woods in all seasons. Yet despite the retreat feeling that permeates Solar Hill, the Yoga Center is only minutes from downtown, where cafes, restaurants, and boutiques offer pleasant diversions.

Who are the instructors for the Yoga Teacher Training program?

Scott Willis, M.Ed., is the primary teacher. Scott has studied a wide range of yoga styles and has taught yoga for more than 20 years. An Experienced Registered Yoga Teacher (E-RYT) with Yoga Alliance, Scott has over

1,000 hours of formal yoga training and has taught more than 10,000 hours of classes. He is also an educator, and brings those skills to bear in instructing student yoga teachers to be the best teachers they can be. Joining Scott is Donna Smyth, Chair of the Physical Education department at Keene State College and a Registered Yoga Teacher. Donna will be the program's anatomy and physiology instructor.

Who should join the Yoga Teacher Training program?

Our program reflects the same celebration of each individual's unique strengths as do the yoga classes at Solar Hill. We invite students of all shapes, sizes, ages, and degrees of flexibility to join us. Anyone who has practiced and studied yoga for 2 or more years and who feels passionate about practicing and teaching yoga is welcome—and will become part of a community of student teachers dedicated to learning how to live and teach yoga to the best of each of our abilities.

How can I apply to the Yoga Teacher Training program?

If you're interested in joining us for the 2012 **Hits The Spot Yoga™ Teacher Training** program, please contact Scott Willis at 802-257-1926 or at scott-willis@comcast.net to request an application.

YOGA TEACHER TRAINING TUITION

“To enroll in the Hits The Spot Yoga™ Teacher Training Program is to embark on an incredible, wondrous journey of self-discovery and personal transformation. Training weekends are educational, enlightening and restorative. And fun!”

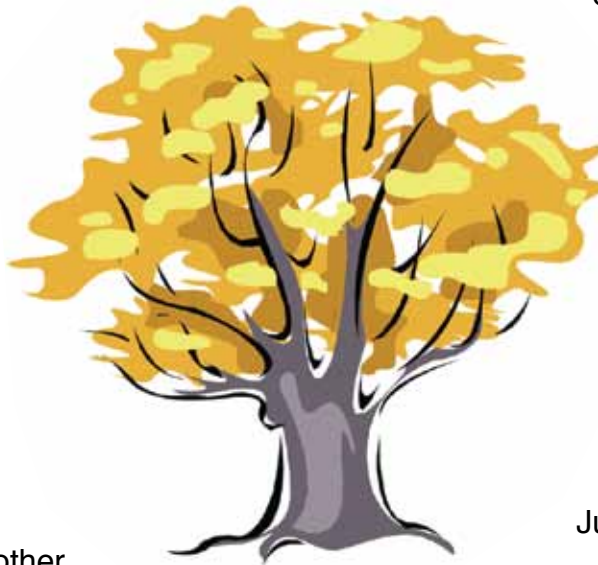
– K.E., Editor, Williamsburg, MA

Tuition:

Tuition is \$2,500 for the year-long program, including a \$500 deposit. Proprietary study and teaching aids are included in the tuition; books, props, meals and accommodations are not

Discounts:

- **\$200 off** for every student who pays their tuition in full by December 1, 2011, making the tuition for the year \$2,300
- **Additional \$300 off** for every enrolled student with paid deposit who refers another student for the 2012 program; \$300 to be deducted from tuition when the referred student pays their deposit in full



Flexible payment plan:

- Students who do not wish to pay their tuition in full by December 1, 2011 can pay by post-dated check or automatic credit card payment for a total of 4 payments of \$500 each. This does not include the deposit of \$500
- First installment paid on December 1, 2011
- Second installment paid on February 1, 2012
- Third installment paid on April 1, 2012
- Fourth installment paid on June 1, 2012

Deposit:

- A \$500 deposit is required to reserve your place in the program. A maximum of 14 students will be accepted into the program, on a first accepted-first deposited basis
- Please note that deposits are non-refundable

“I have had the privilege of studying and practicing yoga with Scott Willis since 1992. Scott’s knowledge of yoga practice and philosophy is vast, and he is deeply committed to sharing it with others.”

– S. J., Educator, Brattleboro, VT

Please contact Scott Willis at 802-257-1926 or scott-willis@comcast.net with any further questions about the Hits The Spot Yoga™ Teacher Training program.