



200HR TEACHER TRAINING PROGRAM

The mission of Strongheart Yoga has always been to bring the beauty and benefits of yoga to everyone, in “every body”. We pride ourselves on our commitment to creating a safe and nonjudgmental environment where learning is not intimidating for anyone.

The world contains a diverse set of people—young and old; fit and challenged; of many backgrounds—and the belief of Strongheart is that there is a practice of yoga that can benefit each of them.

Our **200HR Teacher Training Program** strives to make the physical and mental benefits of yoga accessible, and train teachers to teach everyone with confidence, understanding, and compassion. Kindness, personal attention, and encouragement are the guiding principles as students deepen their understanding and learn to share it with others.

“The training at Strongheart brought a lightness into my life. Transformational, invigorating, enlivened, engaged and grounded!! A profound difference for my inner self to shine brighter.”

~ Karen Messineo, RYT, 2020

2024 PROGRAM: September 27, 2024 - January 25, 2025

Our training curriculum includes in-person classes at our studio, online classes, and supplemental recorded video content. The schedule has been planned with attention to making learning both effective and convenient. Together the elements of the program provide everything you need in your training: flexibility, rigor, and support. You will have continuing access to the online training classes.

Instruction will be grouped into 3 terms:

- The First 50 Hours: Four weekends in either May & June, or September & October
- The Middle Term: Six weekends from November 1 - December 14
- The Final Term: Three weekends in January

There will be no class on Thanksgiving weekend and shortened hours for the two weekends in December, with a 3 weekend Holiday from December 14 - January 10.

See Program & Calendar section below.

CURRICULUM

The First 50 Hours

Yoga Asana

The techniques, anatomy, function, and modifications of over 75 yoga asana. And a signature *Strongheart Flow* and the adaptations that can make it more accessible and gentle for beginning practitioners, or more vigorous and challenging for the well-practiced.

Pranayama & Meditation

Breathing practices that can increase energy or quiet the mind to release mental stress and aid good sleep. Techniques for effective meditation for each individual.

History, Philosophy, & Psychology of Yoga

The deeper study of how yoga works, including Patanjali's Yoga Sutras, Subtle Energy, and the chakra system.

Yoga Lifestyle

The principles of Ayurveda, yoga's sister science of health, and how understanding our nature in relation to the world helps us live life in greater balance, health, and well-being.

The Middle Term

Anatomy Study

Combined 30 hours, independent online study and in person support, to meet current Yoga Alliance requirements

Vinyasa Krama

Learning to design & sequence effective classes

Class Observations

Watching to learn and meet the practicum requirements for the course.

The Final Term

Teaching Methods & Practice Teaching

How to cue and lead posture and meditation practices to confidently share them with students. Practicing teaching to find your own voice and confidence. Understanding the ethics of teaching yoga and how traditional practices can be respected and still connected to our modern world. And brief introductions to teaching Yin Yoga, Chair Yoga, Prenatal, and Restorative Yoga.

"My training at Strongheart was one of the most positive, growth-oriented experiences of my life. I have a solid foundation of yoga knowledge to continue to build upon because of this program."
~Carla Sandles, RYT 2020

COURSE TEXTS

Strongheart Yoga Training Manual

Pattie McCann ERYT

This manual, specially developed for our program, will be provided in both a bound manual and PDF format.

Yoganatomy 30 Hour Online Anatomy Course (\$75, not included in your tuition)

Functional Anatomy of Yoga: A Guide for Practitioners & Teachers by David Weil

The Bhagavad Gita

Eknath Easwaren translation

Ashtanga Yoga: The Practice Manual

David Swenson

Optional Supplemental Texts:

Bringing Yoga to Life by Donna Farhi

Yoga: The Spirit & Practice of Moving Into Stillness by Erich Schiffman

The Key Muscles of Hatha Yoga: Scientific Keys Volume 1

The Key Poses of Hatha Yoga: Scientific Keys Volume 2

Ray Long, MD, FRCSC featuring illustrations by Chris Macivor

*"Strongheart offered a nurturing environment to dive deeper
in my yoga practice."
~Elaina Bicego, RYT, 2020*

CERTIFICATION

Upon completion of all requirements
students will be certified to register
with Yoga Alliance at the 200-hour level.



PROGRAM TEACHER

Pattie McCann, ERYT200 & YACEP

With over 20 years of diligent practice and 18 years of teaching, Pattie has accumulated a knowledge and understanding of sharing the practice with all levels of students. As a studio owner and teacher, she has taught a wide range of classes, from active vinyasa and ashtanga to basic, gentle, and chair yoga. Those students, with their diverse interests and abilities, have been the best teachers. But she has also continued to grow her understanding by studying with great teachers in different traditions.

With a love of all the elements of yoga, she has sought out leading teachers of both the philosophy and physical wellness aspects of the practice. Her open-minded curiosity has led her to explore workshop trainings in Ashtanga, Iyengar, Restorative, Viniyoga, and Trauma Sensitive Yoga. Doug Keller, Donna Farhi, Julie Gudmestad, Kristin Cavileri Weber, and Tom Myers are recent strong influences and favorite teachers.

In 2015, Pattie planned and led the first Teacher Training Program at Strongheart Yoga. Over the years since, she has seen numerous students accept what she shared, successfully graduate, and go on to share the practice with others.



"I love the study of yoga; I love learning from wise teachers and beautiful texts. I love that an ancient art and science can be brought into our modern lives to enrich and fulfill them. Even more I love seeing people transformed by the joy and confidence yoga can offer, and recognizing potential they didn't realize was there all the time."

~Pattie McCann ERYT200, Program Teacher

PROGRAM & CALENDAR

Our program includes over 80 hours of studio instruction and directed studio practice. Included recorded Strongheart Classes have lifetime access. In addition, The 30-hour online Anatomy Course (20 hours of video, 10 hours group study) meets the latest standard from Yoga Alliance and remains available to you for one year. All other online classroom content will also be accessible for one year, for review or completion after live classes end. Personal mentoring is always available.

Studio classes provide an opportunity to practice and teach the techniques of asana in a supportive group. The independent-study classes allow students to move through material at their own pace as their schedule allows.

The program is grouped into 3 terms. The First 50 Term will be offered in both Spring and Fall. The Middle Term will have 4 weekends in November and 2 weekends in December with shortened class times. Studio classes will conclude with 3 weekends in January of 2025.

No classes on Thanksgiving weekend and a 3 week Holiday Break in December.

The First 50 Hours / 4 weeks / May & June or September & October

Session I

Friday Evenings (6-8pm)

May 10, 17
June 7, 14

Saturday Afternoons (12:15-4:15pm)

May 11, 18
June 8, 15

or

Session II

Friday Evenings (6-8pm)

September 27
October 4, 11, 18

Saturday Afternoons (12:15-4:15pm)

September 28
October 5, 12, 19

The Middle Term / 6 weeks

Friday Evenings (6-8pm)

November 1, 8, 15, 22

Friday Evenings (6-7:30)

December 6, 13

Saturday Afternoons (12:15-5:15pm)

November 2, 9, 16, 23

Saturday Afternoons (12:15-3:15pm)

December 7, 14

The Final Term / 3 weekends / January

Friday Evenings (6-8pm)

January 10, 17, 24

Saturday Afternoons (12:15-5:15pm)

January 11, 18, 25

TUITION PLANS

200HR Teacher Training Tuition (Beginning with The First 50 Hours / Session II)

\$1850 early bird tuition (paid in full by September 27, 2024)

**Please note that the \$75 for Online Anatomy is required but not included in your tuition.*

\$2100 tuition with payment plans

Flexible Payment Plan

\$600 due by September 27, 2024

Balance to be paid in 3 payments of \$500 each: due Oct 30, Nov 30, & Jan 4, 2025

Application and Registration

Application Fee \$50 *Applies to tuition*

Registration Deposit \$150 *Applies to tuition*

Strongheart Yoga Unlimited class access begins with deposit payment and ends on February 28, 2025

200HR Teacher Training Tuition (Beginning with The First 50 Hours / Session I)

\$550 standard tuition (paid in full by May 10, qualifies student for early bird tuition price)

Flexible Payment Plan

\$250 initial payment due by May 10

Balance of \$300 to be paid in 2 arranged payments of \$150 each by July 6

Strongheart 3 Months of Unlimited Yoga Pass is included with Session I (May, June, July)

200HR Enrollees can then get 3 Months of Unlimited Yoga Pass for \$150 (Aug, Sept, Oct)

**Please note that the \$75 for Online Anatomy is required but not included in your tuition. It is online independent study and enrollees in Session I could register and study during the break between their First 50 and Middle Term.*

CONTACT INFORMATION

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