

KOSHA YOGA TEACHER TRAINING

Frequently Asked Questions:

Is this training right for me?

Yes! if you would like to gain experience in therapeutic yoga applications through proper alignment, movement and posture, myo-fascial release, breath work, energy work and learning the stages of letting go in the mind. In the end being able to synergize all of these applications to create healing for yourself and those you share these teachings with. The training will be offered in English with French translations as needed.

Is this 200 hour teacher training certification registered with Yoga Alliance?

Yes! It is being offered by Nurture Yoga Therapy which is a registered school with Yoga Alliance under the 200 hour designation. The lead trainer Jayme Hernandez is the founder of Nurture Yoga Therapy has over 20 years of experience and holds 200 EYT & 500 RYT designations with Yoga Alliance. Jayme is also a continuing education provider with the Yoga Alliance Organization.

What is the general approach?

We will explore the “Koshas” or layers of the Self, physically, mentally, energetically, which lead to an experience into a greater exploration into love, direct knowing and existence. Adapting the practice to fit the student versus fitting student into the practice. Focusing building awareness versus achievement.

How is the curriculum going to be presented?

Kosha Yoga Teacher Training will use the layers of the Self like modules for approximately 5 weeks per layer. Mastering the

fundamentals. It is also a balance of education and matching the teaching with a real life situation and experience.

How intense is the schedule?

We will meet once a week for 4 hours and over a period of 45 weeks. To be completed within approximately 12 months. This offers trainee time to explore, integrate and apply what they have learnt over the year. The client observations will be scheduled at the convenience of the trainee, trainer and client during the day between 9am and 2pm anytime during the 12 months of training or after, ideally no later than 6 months after the training is done.

What's the structure of the day like?

The beginning of the day will often start with some form of meditation. Education on a particular theme will be presented. Through exploration physically experiencing what it is we are trying to learn. Small practices individually and or with each other or as a group or as an observation, leaving time for discussion and questions. Homework will often be integrating what we have learnt into your day to day life during the week.

Are the workshops on a different day?

For the most part they will fall on the day we usually meet. There may be one whole day retreat (to be announced).

What and when are client observations?

Client observations are by appointment to be set up with Jayme the fee can be paid by you or your client. It is when you invite someone to be a student for a 60 minute private yoga therapy session with the lead trainer to observe. Discussion and questions between trainee and lead trainer will take place after the 60 minute session is over. Great way to see unique life situations and theory put to practice.

How do I register and pay for the training?

Please contact Jayme directly to look over the contract and set up a payment plan via preset email transfers or postdated cheques monthly or quarterly installments.

What is the whole training going to cost?

\$3200. Plus \$250 = clients 5 x 1hour clients observations \$50 each to paid by trainee or client or can be split. All taxes included in prices. Save \$200 dollars when you pay up front.

FEEL FREE TO CONTACT ME IF YOU HAVE ANY QUESTIONS OR CONCERNS. I WOULD LOVE TO HEAR FROM YOU.

Sincerely,
Jayme Hernandez