



2025 -2026 Shabach Yoga 300-Hour Teacher Training Schedule

Friday: 6:30 – 9:00 PM | Saturday & Sunday 9:00 AM –
6:30 PM

Lead Trainer: Courtenay S. Brown, ERYT-500, YACEP

The order of the content is subject to change. The dates are set. We will adjust accordingly during the winter months if necessary. You will bring your trainee manual and your mat to every training session.

1. September 12-14: Yoga Philosophy & HELP Methodology™ Introduction & Application
2. October 10-12: Healing the Teacher: Recommit to Your Personal Practice
3. November 21-23: Advanced Pranayama Techniques
4. December 19-21: Trauma-Informed Yoga Practices & Teaching Techniques
5. January 23-25: Exploring Ayurveda & Developing Dosha Specific Flows
6. February 27-March 1: Meditation Training for Yoga Teachers
7. March 27 – 29: Sound Healing Training
8. April 24-26: Yoga for Specific Conditions
9. May 29-31: Advanced Gospel Yoga Flow
10. June 26-28: Mudras & Mantras for Specific Conditions
11. July 24-26: The Business of Yoga

To receive the certificate of completion, trainees **must**

- Complete at least 300 hours of the training
 - If you miss a training session, individual instruction is charged at \$150 per hour.
- Demonstrate an adherence to yoga ethics
- Participate in the Seva Outreach Activity
- Complete at least 50 hours of independent practice (35 must be asana)
- Complete all homework assignments
- Create and deliver a 30-hour project
- Meet all financial obligations

Ritual Closing Ceremony will be held on July 31.

Required Textbooks (not included with tuition):

1. *The Yamas & Niyamas: Exploring Yoga's Ethical Practice*
2. *Yoga Sequencing*
3. *Don't Sweat the Small Stuff*
4. *The Kleshas: Exploring the Elusiveness of Happiness*
5. *The Heart of Yoga: Developing a Personal Practice*

6. *The Upanishads, Introduction & Translated by Eknath Easwaran*
7. *Trauma-Informed Yoga: A Toolbox for Therapists: 47 Practices to Calm Balance, and Restore the Nervous System*
8. *Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice*
9. *The Key Poses of Yoga*
10. *The Key Muscles of Yoga*

Tuition: \$4,400

SAVE 10% WHEN YOU PAY IN FULL: \$4,000 if paid in full on or before August 1.

PAYMENT PLAN OPTION:

Tuition of \$4,400 payable as follows:

- \$400 non-refundable deposit
- Followed by 11 equal monthly payments of \$363.33 due on the 1st of each month starting September 1.

TUITION & REFUND POLICY

If applicant withdraws from the program after deposit, but before the program starts, \$400 from applicant's deposit amount will be retained by the program. However, such amount can be applied towards a future training program.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training it begins. In that case any payments applicants have made will be refunded in full.

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. In the case of any emergency absences, please notify the lead trainer immediately.

If a student has planned absences that conflict with attendance in the program, please contact the lead trainer prior to enrollment to discuss options.

Each student is expected to be at each session 5 minutes before the start time to set up. If the student is late more than 5 times, this will result in a deduction of 1 hour from their total contact hours.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the lead trainer. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees.

If tuition is increased for the next available session, the student must pay the higher rate. No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.