

YOGA TEACHER TRAINING BEGINS NOVEMBER 19, 2022



WHY CHOOSE
ZENYA FOR YOUR
YOGA TEACHER
TRAINING?



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REASON #1

#1 WORLD CLASS FACULTY

Six highly experienced Instructors with diverse backgrounds and styles that are true experts in their field and specialize in the topics they teach.

- Linda Melochick, Director, ERYT-200, RYT-500
- Christal Rabalais, Assistant Director, ERYT-500, C-IAYT
- Dr. Dilip Sarkar, M.D., FACS, C-IAYT, D. Litt. (yoga), Author of “Yoga Therapy, Ayurveda, & Western Medicine”
- Muning Hu, ERYT-500, RPYT, YACEP
- Danielle Orender, RYT-500, RCPT, RPYT
- Cortney Cunningham, Studio Owner, Dean of Zenya Yoga Academy

With most programs all 180 hours are taught by 1-2 instructors and often students graduate with a cookie cutter type style of instruction.

Our students graduate with their own unique style of teaching because of the diverse backgrounds of the Instructors.

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REASON #2

#2 ADVANCED TRAINING TOPICS

Many of the topics that we teach are normally only found in Advanced Teacher Training Programs.

- Yoga Philosophy, Lifestyle, & Ethics
- Yoga Anatomy & Physiology
- Study of Asana & Alignment
- Effective & Intelligent Sequencing
- Modifications for Different Bodies & Abilities
- Yoga for Stress Management
- Intro To Children's Yoga- (advanced)
- Intro To Prenatal Yoga- (advanced)
- Chakra Theory
- Intro To Ayurveda- (advanced)
- Meditation & Pranayama
- Preparing Powerful & Focused Classes
- Becoming an Inspiring Teacher
- Yoga Business & Marketing- (advanced)

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REASON
3 & 4

#3 INTERNSHIP

Students are encouraged to get “hands-on experience” through an internship at the Zenya Yoga studio in order to advance their careers and have experience they can put on a resume.

#4 CLASSES ARE WEEKENDS ONLY & YOU GRADUATE IN ONLY 6 MONTHS

Classes are every 2 to 3 weeks and are on the weekends only making it easy to fit into a busy lifestyle with family and a full time career. Each weekend is 18 hours.

- Saturdays- 9:00am-6:00pm (one hour lunch)
- Sundays- 9:00am-6:00pm (one hour lunch)

WHAT OUR GRADUATES SAY

"In meeting other yoga teachers, I've realized that the Zenya 200-hour yoga teacher training was far more extensive than many of the other trainings out there. I'm not sure how you were able to find so many awesome teachers, but you have pulled off a real masterpiece with the teacher training at Zenya."

~Gretchen Brown, Graduate from Zenya 200-hour & 300-hour Advanced Training

"The Zenya Yoga Teacher Training Course was incredible! I did not think I would teach yoga and joined the course to expand my personal yoga journey. I was also intimidated by the youth and experience of my fellow students when I started.

I not only expanded my horizon, but I now teach Karma classes where I work, and regular yoga classes at the Zenya Yoga Studio! That speaks volumes as to the structure and content of the course and the instructors.

I will continue my journey and plan to join the Advanced 300-Hour course at Zenya.

The instructors and the course have transformed my life! Thank you!"

~Linda Kerns, Graduate from Zenya's 200-hour & 300-hour Advanced Training

FREQUENTLY ASKED QUESTIONS

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- **What if I don't have very much yoga experience?**

If you are committed to expanding your personal yoga practice and you want to learn more about yoga, you are ready for a teacher training. 😊 You don't have to be a master yogi and there is no need to "get ready" for a training. As long as you are comfortable in your personal practice and eager to learn more, you are ready. The purpose of a yoga teacher training is to learn, grow, and blossom into the best version of yourself. And what better way to dive deeper into your personal practice than a teacher training.

- **Can I take the course for my own personal growth and not necessarily to teach?**

YES, the course is very much a personal immersion into your own yoga practice. There is no better way to dive into the heart of yoga and your personal practice than in a yoga teacher training. It will deepen your knowledge about yoga and its uses as therapy for the mind, body and spirit. It is equivalent to 2-3+ years of regular yoga practice.

- **Is there additional work outside of the classroom?**

There is no "homework", the learning takes place primarily in the 18 hour intensive weekends. The course is 200 hours over six months and consists of 180 hours in the classroom, and 20 hours of at home study including journaling, meditation & karma teaching to family and friends. Other than that, Most students have families and work full time jobs, and find that the training schedule compliments their lifestyle well.

FREQUENTLY ASKED QUESTIONS

- **Can I make a living as a Yoga Instructor?**

Yes you can, and many of our graduates do. Yoga is a multi-billion dollar industry and is growing every day. Every day new people are taking a yoga class for the first time, and the demand for yoga instructors is at an all time high. Because we know many people take the training and hope to build a career as a yoga instructor, we have a course in Yoga Business & Marketing along with an Internship as part of our training, to help you hit the ground running after graduation.

- **How much money to Yoga Instructors make?**

As with any job, the wages vary based on your location and the studio or gym you are working for, but there is also no cap to what you can earn! Many yoga instructors go above and beyond teaching daily and weekly classes, but here is a general overview of earnings for teaching individual classes:

By the class: \$15-\$50 per class

Specialty class or workshop: 70/30 to 60/40 split from class income

Gym settings: Flat rate established by the facility

There are many ways that you can make a living once you've earned your 200-hour teacher training certification. Once you've gained experience teaching classes, and perhaps continued your education with a 300- hour training, you can begin to teach specialty workshops, host events, and offer trainings with much higher price tags than a single class.

FREQUENTLY ASKED QUESTIONS

- **What is the schedule for the course?**

The schedule is one weekend every two to three weeks for 6 months.

[BEGINS NOVEMBER 19, 2022 – CLICK HERE FOR CLASS SCHEDULE](#)

- **Do you have makeup options if I miss classes?**

We have several ways for you to accumulate "make up hours" by attending yoga classes and workshops from qualified Instructors. We can accommodate just about any situation for missed hours. If you know of any days you may miss in advance, please let us know so we can make those arrangements with you at the start of the course.

- **What type of certification do I have when I complete the course?**

Our program is accredited by the Yoga Alliance which is the highest level of accreditation in the world for Yoga Instructors. You graduate as an RYT-200, or a Registered Yoga Teacher at the 200 hour level. The certification is recognized worldwide so you can take it anywhere life takes you. 😊

FREQUENTLY ASKED QUESTIONS

- **Will I be skilled, confident, and ready to teach yoga upon graduation?**

YES, you will have the training and confidence to be a yoga teacher and to teach a class unique to you and your personality. During the course you also have an Internship opportunity to teach and gain real class experience while in school.

- **What is the cost?**

The tuition cost is \$3200. Same as cash payment plans are available with no fees or interest.

Free Payment Plan Options*:

1. 10 Months-\$160 paid on the 1st & 15th of each month
2. 12 Months- \$134 paid on the 1st & 15th of each month (most popular)
3. 15 Month- \$107 paid on the 1st & 15th of each month

**Payment plans available with ZERO FEES & you can pay extra or pay it off anytime.

- **Are there any additional expenses other than the course tuition?**

The only additional cost is the three required textbooks that we sell at a discounted price because we purchase them in bulk. The cost for all 3 textbooks is \$125.

FREQUENTLY ASKED QUESTIONS

- **What is the safety protocol for COVID-19?**

We take COVID-19 very seriously and have extensive safety and sanitization protocol in place. We have individual desks that are 4 feet wide to allow for proper social distancing. Everyone wears a mask unless we are engaging in a more intense practice where social distancing is still in place. Everyone's temperature is taken with a touchless thermometer. We also have an outside terrace for outdoor yoga practice, with a blue stone floor and a beautiful, soothing water fountain.

We also have Zoom live instruction as a back up in the event that we are unable to get together. We agree and believe that you can't learn to be a good yoga teacher solely online and we see no reason that our in class sessions will be interrupted.

HOW DO I START?

- **HOW DO I START?**

STEP #1 The first step is to complete our Yoga Teacher Training application here: [CLICK HERE TO APPLY](#)

Upon receipt of your application, it will be reviewed and you will receive an email within 3-7 days with your acceptance, or a phone call from us to clarify any questions regarding your application.

STEP #2 Add the training weekends to your calendar. The detailed class schedule is here: [CLASS SCHEDULE](#)

STEP #3 The next step is to decide how you would like to pay your tuition.

1. Complete our same as cash payment plan agreement which has no fees or interest and allows you to break up the tuition in as much as 15 monthly payments. [CLICK HERE TO REQUEST PAYMENT PLAN AGREEMENT](#)

CONTACT INFO AND LINKS

[zenyayoga.](http://zenyayoga.com)
[com](http://zenyayoga.com)

What if I have other questions?

Call Cortney Cunningham at (757) 675-9077 OR

[CLICK HERE TO SCHEDULE A FREE COURSE CONSULTATION](#)

- **ARE YOU A MILITARY SPOUSE OF THE RANK E1-E5, W1-W2, or O1-O2?**

If so, we have a military spouse scholarship through MYCAA for 100% FREE TUITION & TEXTBOOKS.

Send an email to the address above or call today for details!
(757) 675-9077

- **OTHER IMPORTANT LINKS**
- [CLICK HERE TO APPLY NOW](#)
- [CLICK HERE TO PAY TUITION IN FULL](#)
- [CLICK HERE TO REQUEST PAYMENT PLAN AGREEMENT](#)

*"You Have To Find
What Sparks A
Light In You So
That You In Your
Own Way Can
Illuminate The
World."*

~Oprah Winfrey

Zenya 
at Port Warwick



*And suddenly you just know.. it's time to start something new
& trust the magic of new beginnings...*