

A person is shown from the waist down, performing a yoga inversion on a purple mat. They are wearing a grey tank top and a colorful, patterned sarong. Their hands are on the mat, and their feet are tucked up towards their chest. The background shows a yoga studio with other people and mats.

# Teacher Training

## 200-Hour Approved Yoga Alliance School Program

Whether you are interested in deepening your own practice or you feel the call to teach, the **breathé 200-hour Teacher Training (TT)** program is committed to the personal success of each participant. Students will acquire the confidence to communicate the practice of yoga to others with the highest level of skill while honoring their own unique voice and style. The teacher training program at breathé will broaden your perspective of yoga – culminating in an experience that is transformational on every level: physical, emotional, mental, and spiritual.

### *breathé 200-Hour Teacher Training Sessions:*

September 6th-8th  
October 25th-27th  
January 3rd-5th

September 20th-22nd  
November 8th-10th  
January 10th-12th

October 11th-13th  
November 22nd-24th

**Fridays:** 5pm-9pm *breathé Pittsford*  
19 South Main Street, Pittsford

**Saturdays:** 9am-7pm *breathé Downtown Annex*  
930 East Avenue (Hutchison House), Rochester

**Sundays:** 9am-6pm *breathé Downtown Annex*  
930 East Avenue (Hutchison House), Rochester

# Teacher Training Program

**breathe 200-hour Teacher Training (TT)** program is a serious commitment for participants and teachers. Space is limited – a deposit is required to hold your space for a session. To reserve your place in the training go to [breatheyoga.com](http://breatheyoga.com) to submit your signed application agreement along with your deposit. If you have questions, please call (585) 248-9070 ext. 1 or email [info@breatheyoga.com](mailto:info@breatheyoga.com); our address is 19 South Main Street in Pittsford, New York.

**School Tuition: \$3,250\***

**Graduation.** Our Yoga **Teacher Training (TT)** program is designed to fulfill the requirements necessary to become a Yoga Alliance Registered Yoga Teacher (RYT). Following successful completion of the TT program, students will receive a certificate to be used for Yoga Alliance registration.

**About the Training.** Yoga Teacher Training topics include:

- \* Breakdown, alignment and sequencing the postures of vinyasa yoga
- \* Basic anatomy and physiology
- \* Yoga history and philosophy
- \* How to evaluate bodies and prevent injuries
- \* Assisting and supervised teaching
- \* Ujayii and Pranayama breathing techniques, bandhas and chakras
- \* Teaching techniques and communication skills for a challenging power vinyasa class
- \* Meditation: developing awareness
- \* Nutrition as it relates to the yogic relationship
- \* The business of yoga



**Cyndi Weis**

RD, ERYT

Cyndi is the founder of breathe and owner of breathe's three Corporate locations, she is a 500-hour Certified Baptiste Power Vinyasa Yoga Teacher. Over the past 18 years she has trained with Baron Baptiste, Seane Corn, Bryan Kest, Vinnie Marino and Francois Raoult.



**Carly Weis**

MS, L.Ac., ERYT

Carly immersed herself in yoga teacher training at YogaWorks in Los Angeles, CA. Carly has a true passion for breaking down the basics enabling the flow to feel more fluid and accessible. As a licensed acupuncturist, Carly's background provides a strong foundation in anatomy and mechanics of yoga.



**Ryan Barry**

ERYT

Ryan's journey began in breathe's inaugural 200-hour teacher training nine years ago. She is a Certified Tier 2, 750-hour Baptiste Yoga Teacher and a graduate of the Faculty in Training Leadership Program through the Baptiste Institute. Ryan is the co-owner of the breathe franchises in Greece and Webster locations.

**For additional questions, call (585) 248-9070 or email [info@breatheyoga.com](mailto:info@breatheyoga.com)**

\*\*A \$500 deposit is required to hold your spot in any session. A non-refundable \$200 registration fee is included in your deposit. If you withdraw prior to the start of the session, you will be refunded your deposit minus the registration fee. Tuition includes 180 classroom hours (the remaining 20 hours are comprised of outside reading, homework and assisting). The required reading materials are not included in the tuition (estimate \$30). Tuition can be paid with a convenient payment plan. The \$500 payment is due at the time of registration; four additional payments of \$687.50 will be due on 9/9/2019, 10/9/2019, 11/9/2019 and 1/9/2020.

