

TT COLLABORATION OPTIONS

Workshop

Workshops are 90min and offered through Zoom.

Package Includes:

- 90 min presentation with recording
- Handouts and supplemental tools
- Yoga Alliance CEUs for already registered yoga teachers

Investment: \$225

Series

Series include four, 90-min sessions offered through Zoom and can be customized to your fit your training theme, curriculum, and goals.

Package Includes:

- 4 x 90-min Presentations (6 hours of education)
- Handouts and supplemental tools
- Yoga Alliance CEUs for already registered yoga teachers

Investment: \$800

Module

Modules are for 200hr, 300hr TT or Yoga Therapy programs are customized to fit your curriculum. Modules provide Yoga Alliance accredited hours, mostly within YPLE, and IAYT requirements. Other categories available. Offered through Zoom, in-person, or a blend of both.

Package Includes:

- Manual pages
- Handouts and supplemental tools
- Quarterly & Final reviews and tests
- CEUs for already registered teachers
- Homework management
- Module lead teacher
- Trainee check-ins + mentoring
- YPLE or a blend of categories

Investment:

10hrs // partial module: \$1500

20hrs // full 200hr module: \$3000

30hrs // full 300hr module: \$4500

** payment plans available.*

TT Mentorship *Plus* Co-Facilitator

TT Mentorship is a comprehensive way to begin your TT facilitator's journey. Trainings require a lot of behind the scenes work and often presents many ethical challenges. By having an experienced mentor to offer you hands-on support, develops your confidence and experience as a program director. Plus, you'll have a knowledgeable co-facilitator by your side each step of the way.

Mentorship Package Includes:

- Curriculum co-creation & development
- Copy writing support
- Collaboration circle: access to my personal network
- Monthly Coaching Support
 - Develop empowered facilitator skills
 - Business and operations coaching
 - Communication techniques and tips
 - Smooth navigation of inevitable challenges
- Lila as co-facilitator and lead teacher
- Assistance with manual creation

Add-ons:

- Marketing assistance with Canva
- YA Application

Investment:

\$5,000 mentorship fee for the duration of training, plus additional 10 hrs for prep time.

+ program fee for teacher training facilitation. Special rate applies.

** payment plan available.*

TT COLLABORATION OPTIONS

Includes	Workshop	Series	Module	Mentorship <i>Plus</i>
Manual Pages & Worksheets	✓	✓	✓	✓
Presentation + recording with Q&A via Zoom	✓	✓	✓	✓
CEUs for already registered teachers	✓	✓	✓	✓
Quarterly reviews, tests, and trainee mentorship			✓	✓
Access to Lila's Network of Teachers & Students				✓
Curriculum Development and Planning Guidance				✓
Monthly Coaching Calls and Personal Support				✓
Business and Facilitator Mentoring				✓
Lila as Co-Facilitator and Lead Teacher (ERYT500)				✓

SAMPLE TT MODULE STRUCTURE + LAYOUT

Sample 200hr Yoga Philosophy Module, YPLE

Example based on the course running 5 months.

ZOOM MEETINGS:

2-3, 90m Zoom sessions per month that blend lecture, self-reflection, peer reviews, sangha circles, and Q&A. In-person weekend or retreat immersions available.

SAMPLE CURRICULUM (will be more custom tailored for your TT):

- What is Yoga? Lineages, styles, various paths
- History of yoga; scriptures, rishis, timelines
- Defining Vedanta (Vedas) and Raja Yoga
- Brahman + Atman, Pure Consciousness as the foundation of life
- 3 Gunas, Energetics of Life
- Introduction to 3 Bodies + 5 Koshas
- How to Teach Pranayama + Meditation
- Ethics for being a steward of yoga, yoga studio ethics, yamas + niyamas (as required by Yoga Alliance)
- Sattvic leadership qualities for building community

HOMEWORK:

Read 'Walking the Ancient Path of Yoga', and answer the study questions at the back of the book. Student covers 2-3 chapters per month.

REVIEW + TEST:

Month 3 - Halfway test to assess students knowledge
Month 5 - Final test of all content covered.

300hr Yoga Philosophy Module, YPLE

Example based on the course running 9 months.

ZOOM MEETING OPTIONS:

Twice a month, 90m Zoom sessions over 9 months, or weekly 90m Zoom sessions for 5 consecutive months. In-person weekend or retreat immersions available.

SAMPLE CURRICULUM (will be more custom tailored for your TT):

- Integrative Yogic Lifestyle: karma, bhakti, jnana, raja yogas
- Bringing Advaita Vedanta into daily life
- Brahman, Atman, Maya
- Om Symbolism + Mantra Meditations
- Understanding the Mind; yoga psychology for working with clients
- Subtle anatomy; chakras, nadis, etc.
- Classical Hatha Yoga; sequencing, teaching pranayama, etc.
- Weaving yoga philosophy in asana classes
- Ethics for being a steward of classical yoga, yoga studio ethics, yamas + niyamas (as required by Yoga Alliance)
- Sattvic leadership qualities for building community.

HOMEWORK:

Read 'Walking the Ancient Path of Yoga', and answer the study questions at the back of the book. Student covers 1-2 chapters per month. Book on Raja Yoga.

REVIEW + TEST:

Month 3 & 6 - Quarterly test to assess students knowledge
Month 9 - Final test of all content covered.