



SCHYS

Surya Chandra Healing Yoga School

Training students to become teachers and teachers to become students.

300-Hour Advanced Yoga Teacher Training Program

This program also serves as Step 1 of the
SCHYS Yoga Therapy Certificate Program

300-Hour Program Overview

Honoring the teachings of in the tradition of T. Krishnamacharya and TKV Desikachar

This program offers teachers of yoga a unique opportunity to become a student again. Throughout this program, teachers may find that their love of teaching yoga becomes an even more rewarding experience. The transformation from an ordinary teacher to an extraordinary teacher, through advanced study, is both challenging and satisfying - it is an exciting path. Students in this program come to realize that yoga is a deeply intimate event for the body-mind-spirit, and that the beauty of it rests in how differently it is expressed from person-to-person. Students in this program can apply for the 900-Hour Yoga Therapy Certificate Program.

The mentor-student relationship plays an integral part of your success in this training. Through required private sessions, your faculty mentor will motivate you to keep a home practice - a key component to learning and deepening your understanding of these teachings.

To join this program is to:

- become part of a community;
- cultivate new friendships;
- form study groups and enhance the learning experience;
- deepen your understanding of yoga; and
- receive guidance for a sustainable and transformational personal practice

Graduates of this program may be eligible to continue on to Step 2 of the SCHYS Yoga Therapy Training Program.

Location

This training is available at several locations around the US. Check the SCHYS website for information on current program locations!

Faculty

Find a complete Faculty list online!

Yoga Alliance

SCHYS is a Yoga Alliance Registered Yoga School. Graduates of this program may apply to the Yoga Alliance with this certificate and their RYT-200 to receive a RYT-500.



Program Modules

Current program dates are available online

Module	General Topics
1.1	Energy
1.2	Pranayama
1.3	Anatomy
1.4	Mental Health
1.5	Teaching Methods
1.6	Philosophy
1.7	Business
1.8	Anxiety & Depression
1.9	Ayurveda
1.10	Yoga Therapy
1.11	Meditation

Each SCHYS location runs the same curriculum for this program. The general schedule for each location is:

Day AM/PM	Time	Hours
Fri PM	5:30p - 8:45p	3.25
Sat AM	9:30a - 12:30p	3
Sat PM	1:30p - 5:30p	3.75
Sun AM	9:30a - 12:30p	3
Sun PM	1:30p - 5:30p	3.75

Individual locations may adjust the schedule as needed for traffic or other concerns, as long as the required module hours are met over the course of the weekend.

300-Hour Program Requirements

Pre-Requisites

This program is designed for teachers who have a RYT-200 from the Yoga Alliance (or equivalent) and logged 100 teaching hours (or 1 year of teaching).

Program Modules: 180 Hours

Students are required to attend 11 modules. At least one faculty member will be present for all modules, with 2 faculty present for at least 4 of the modules.

Program Modules are included with tuition.

Online Classes: 28 Hours

Students are required to take online classes as a way of enhancing the learning experience to better prepare you for the final exam. You can take these classes at your own pace - starting at any point throughout the program. We recommend that you begin this classes right away and complete at least one hour per week to ensure that complete them all by the end of the program. All online classes must be completed before requesting the final exam.

Online Classes are included with tuition.

Retreat: 20 Hours

In ancient times, yoga students studied and lived with their teacher for many years before they were eligible to become a yoga teacher. This is not possible in today's times, but attending a retreat with a faculty member is the next best thing. You must attend one retreat sponsored by SCHYS or approved by the Director.

Retreat fees are not included with tuition. *Approximate retreat cost is \$1,200* but varies depending on the retreat selected and travel expenses required.

Faculty Mentorship: 4 Hours

Faculty mentorship is required for self-growth using yoga therapy, asana, pranayama, and meditation practice. Students are required to schedule at least 4 one-hour private sessions with their faculty mentor.

Faculty Mentorship hours are not included in tuition. *Minimum cost is \$75/hour* but may vary depending on your Faculty-Mentor.

Faculty Practicum: 20 Hours

Students are required to observe and/or assist their faculty mentor (or approved teacher) in their classes (group or individual) as a way of learning new ideas for teaching and helping others.

Student Practicum: 48 Hours

Students are required to teach on their own to individuals or group classes using the new teaching methodologies learned throughout the program. If continuing on through the SCHYS Yoga Therapy Program you are encouraged to begin seeing clients privately.

Books and Course Materials

Books and other course materials are not included with tuition. *Estimated costs \$200-\$300* depending on where the materials are purchased and quality (used, new) of the materials.

Additional Responsibilities

In addition to the classroom hours and commitment of study time, students are expected to complete

- Homework assignments;
- Study Guide;
- Research paper (5-7 pages); and
- Final exam (open book)

300-Hour Application & Fees

Application

Applications are available online or by request. To apply, fill out the application and include contact information for four references (two personal and two yoga references). The non-refundable Application Fee of \$50 should be included with your application.

Once you have submitted your application, a SCHYS staff member will review and notify you if you have been accepted into the program. Once accepted you will receive an Enrollment Agreement - sign and return with a \$100 deposit (deducted from your first payment).

Program Fees: \$3,600

The cost of this program includes all schedule program hours, online classes, SCHYS Study Guide and Asana Reference Manual.

SCHYS accepts checks, major credit cards, and PayPal!

Payment Options

Option A: \$3,300

If paid no later than one month before program start date.

Option B: \$3,600

Three (3) payments of \$1,200 paid within the first 4 months of the program start date.

Option C: \$3,780

Six (6) payments of \$630 each paid within the first 6 months of the program start date.

Option D: \$3,840

Eight (8) payments of \$480 each - paid within the first 8 months of the program's start date.

Other options and/or Scholarships may be available. Contact JJ at SCHYS for more information!

Final Exam Fee: \$150

Due before the Final Exam. If you withdraw from the program before graduation you are not responsible for the final exam fee.



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