

## **More Information on Black Dog Yoga's Level II 300-hour Teacher Training**

Thank you for your interest in our Level II program. Our program is designed in what we call an "executive" format. We wanted it to be accessible for working professionals so we have scheduled it over the course of 9 months, primarily weekends and an on-line component.

Our Teacher Training staff is Peter Barnett, Sigrid Matthews, Margaret Buckley, Maria Cristina Jimenez and Jenny Brill.

Also included in our program is a monthly 8-class pack of classes which you will be given, so that you can take classes with any teachers you like.

### **Program includes:**

#### **90-hour mentorship:**

You will audit/assist an approved instructor at Black Dog Yoga. You will also be put on our Donation Class teaching schedule. These are public classes we offer on Sunday, Tuesday & Thursday that are donation based. A rotation of approved instructors will come and take your class and offer feedback and answer questions.\*

#### **Leslie Kaminoff Online Yoga Anatomy program:**

We are very excited to be partnered with Leslie Kaminoff and are offering his Online Yoga Anatomy course as a significant portion of our program (our program emphasis is anatomy). This includes 2 hours of online "class" a week as well as a once a week in-person review course with one of our Teacher Training instructors.

#### **Weekend courses:**

You will attend weekend courses that will take place one weekend a month over 5 months. These will cover topics such as pre-natal yoga, ayurveda, energy anatomy, and yoga philosophy.

For any further questions, please contact our Program Administrator, Mischa Allen at [mischa@blackdogyoga.com](mailto:mischa@blackdogyoga.com)

\* We frequently enlist our program alumni as substitute teachers however enrollment in the program does not ensure that opportunity.