We are pleased to send you application information for the 500-hour yoga teacher training program beginning April 2019, here in Buffalo!

**Schedule & Breakdown of Training Hours**

Training sessions will be held one weekend a month from April 2019 through July 2020. All of the classes will be held at the Himalayan Institute of Buffalo. The teaching faculty will include local teachers and faculty members from the Himalayan Institute’s headquarters in Honesdale, PA.

Segment 1: Advanced Teaching Methods: Exploring the Heart of Yoga Techniques and Philosophy.

April 26-28, 2019

May 17-19

June 21-23

August 2-4

September 6-8

Segment 2: Awakening Vital Energy: Chakras, Pranayama, and Sacred Texts

October 4-6

November 1-3

December 6-8

January 17-19, 2020

February 7-9

Segment 3: Yoga as a Healing Art: Physical and Psychological Strategies for Cultivating Peace and Health.

March 6-8

April 3-5

May 1-3

June 12-14

July 10-12

**Cost**

Payment: Early Bird Tuition (Receive a $300 discount if you register by November 15, 2018): $4,199  
 Regular Tuition (Register between November 16, 2018 – April 1, 2019: $4,499

**Payment Plan Details:**

• Initial Deposit Early Bird Tuition: $489 (reserves your seat and covers the tuition for Weekend 1)

• Initial Deposit Regular Tuition: $789 (reserves your seat and covers the tuition for Weekend 1)

• 14 Monthly Payments due at the beginning of Weekends 2-15: $265

**Elements of Training**

1. Completion of required reading and course work in three areas: (1) Advanced Teaching Methods: Exploring the Heart of Yoga and Philosophy, (2) Awakening Vital Energy: Chakras, Pranayama, and Sacred Yogic Texts (3) Yoga as a Healing Art: Physical and Psychological Strategies for Cultivating Peace and Health.
2. Teaching Log of 100 Hours since 200 hour teacher training

**Certification**

Participants who complete the program receive Yoga Teacher Certification from the Himalayan Institute Teachers Association and are also eligible to apply for the 500-hour level of Registration (RYT) with Yoga Alliance. Most participants complete their certification within six months of the training program, with a maximum of two years allowed. After certification is granted, a variety of continuing education seminars are available.

**Requirements and Recommendations**

You will need to purchase all required books and CDs. If you would like to purchase additional resources, you will receive a 10% discount on all Himalayan Institute books and products in the HI Buffalo bookstore.

Please complete the attached application and send it to us along with 1 passport size photo. When you are accepted into the program, you will receive more detailed information about the course syllabus.

Looking forward to hearing from you,

Julia Kress

Coordinator