We are pleased to send you application information for the 300-hour yoga teacher training program beginning October 2020, here in Buffalo!

**Schedule & Breakdown of Training Hours**

Training sessions will be held one weekend, two Wednesdays a month from October 2021 through December 2023. 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.

November 5-7

December 10-12

January 7-9, 2022

February 11-13

March 11-13

Wednesdays; Nov. 10, 17; Dec. 8, 15; Jan. 19, 26; Feb. 16, 23; Mar. 16, 23.

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

April 8-10

May 13-15

June 10-12

July 29-31

August 19-21

Wednesdays; April 13, 20; May 18, 25; June 15, 22; July 20, 27; Aug. 10, 17.

Segment 3: Art of Teaching Yoga for Health and Balance: Physical and Psychological Strategies for Cultivating Peace and Health.

September 9-11

October 7-9

November 11-13

December 9-11

January 20-22, 2023

Wednesdays

Sept. 14, 21; Oct. 12,19; Nov. 9, 16; Dec. 7, 14; Jan. 11, 18.

Reserve your spot today! Training Bonuses;

* All Access Pass to HIB’s Online Yoga Classes
* Access to Himalayan Institute Wisdom Library
* Mentorship with Training Facilitators
* 10% discount on Bookstore Purchases
* Discounts on selected workshops

**Cost**

Tuition; $4,499

**Payment Plan Details:**

• 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) Ar tof Teaching Yoga for Health and Balance: 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 300-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, 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. You can mail it in or email me at [Julia@hibuffalo.org](mailto:Julia@hibuffalo.org). 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