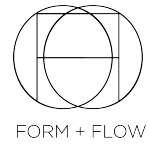


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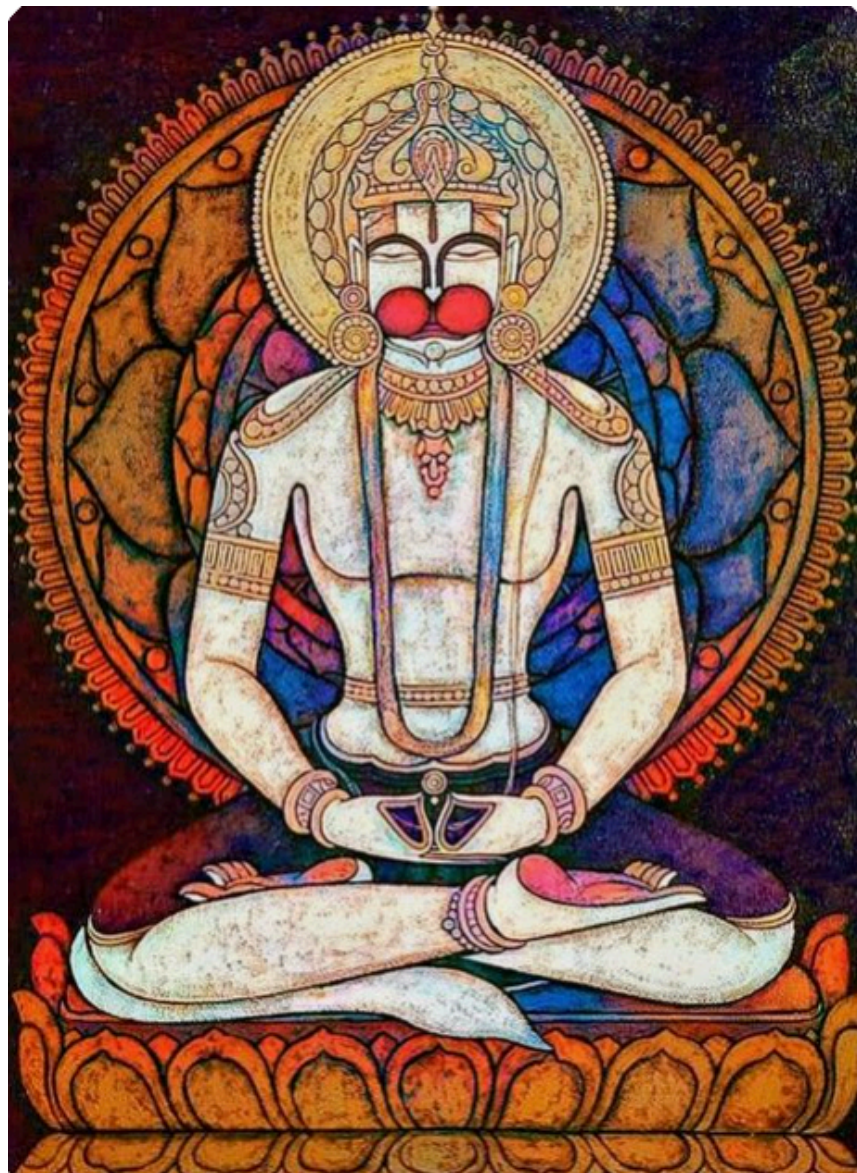
# Form + Flow 2024



## 200-Hour Yoga Teacher Training

Victoria Greene for Form + Flow

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## Hello and Welcome

Thank you for your interest in this yoga teacher training program. Outlined below you will see an overview of the training and what will be required of you. You will find answers offered to some frequently asked questions and important information about your tuition payment and class fees. As well as what you can expect upon graduation of this program.

A traditional Indian story inspires our training program. It is a story about a deity in the Hindi pantheon named Hanuman.

Gifted at birth with unlimited strength, but also cursed with forgetfulness, Hanuman was rarely aware of his incredible potential. Only by surrounding himself with loving friends, and devoting himself to a cause, was Hanuman able to discover that he could lift mountains!

This story of Hanuman is one we can relate to in our program. An opportunity to surround yourself with a supportive community with like-minded people who embark on the yoga journey, and to realize your strengths and qualities just as Hanuman did.

To uncover your potential for incorporating yoga into your lifestyle and sharing your experience with the world.

Led by Victoria Greene, and a small team of guest teachers - the Form + Flow training will prepare you to teach yoga with clarity, compassion, and confidence.

This 4-month training provides a foundation in the principles of physical postures, breathing practices, meditation, teaching techniques, and anatomy and emphasizes the philosophical underpinnings of yoga. We will meet in person and on-line from August to December. We will have a series of Tuesday evening on-line meetings to discuss what we are learning and how we are feeling. You are also expected to take a minimum of 2 asana classes a week at the studio, which's included in your training package. Please make sure that you are ready to commit and invest your time in this training. Friends and family members should be in agreement with you, should you decide to participate.

If you are a future yoga teacher, or are curious about yoga and want to thoroughly deepen your understanding of it, we are proud to offer you a carefully composed schedule of training.

Join us for the 2024 Yoga Teacher Training at FORM + FLOW.

## Overview of the training program elements.

### **Techniques, Training, and Practice:**

Asana, Pranayama, introduction to chanting, meditation, chakra, and mudras.

### **Teaching Methodology:**

Demonstrating, assisting, correcting, voice skills, language, qualities, styles of teaching, and working with different types of learners.

### **Anatomy:**

The basics of the mechanical system, breathing process, and yoga-specific references to help to maintain a healthy practice.

### **Philosophy, Lifestyle, and Ethics:**

Study of Yoga history, classical texts including The Yoga Sutra, and Bhagavad Gita. We will learn and discuss The Yamas and Niyamas as a code of good and right living. Ethical guidelines in the service of being a teacher.

### **Practicum:**

We are dedicated to your evolution as a teacher – even if you feel that you do not want to teach publicly, there will be a focus on teaching each other. Being able to communicate what you are learning is a great way to let those thoughts and ideas take root.

### **Additionally:**

Creative Vinyasa Yoga Sequencing, Using props, Meditation, Chanting, the nature of ceremony and the value of sound healing modalities.

Assists lab and techniques.

### **Our Style of Teaching:**

We will be introducing you to a broad spectrum of yogic philosophy and practices. Sometimes people join a training and think that all of the time will be practical and be based on Yoga Asana (poses). The truth is we will read often, discuss concepts frequently and share ideas about our human experience. A training like this can be academic in nature. We will make every effort to lift what you are learning OFF OF THE PAGE to lead you through practical exercise and experiences but we do have to cover the basics first. This includes the history of yoga, foundational principles of philosophy and Eastern religions.

A capacity to read, converse and write in English is a pre-requisite for this training.

We will have a great deal of fun together, there will be many moments of levity and sweetness but we will work hard for you and expect you to offer your best attitude and attention in return.

## Certification requirements are as follows.

### **Contact Hours:**

Contact hours represent the time we spend together. We will lead you through well constructed sessions to cover all the basic information that is required for this program of study.

### **Asana Practice:**

It is recommend that you take as many classes as possible during the program. Two classes per week is mandatory. Asana practice is a crucial component of this training and we are unable to award you a certificate of completion if you fail to meet the minimum attendance for classes required. Take full advantage of your unlimited membership at FORM + FLOW and fully immerse yourself in your practice. There are a limited number of asana clinics scheduled over the training weekends because we have so much ground to cover and it is expected that you will be enthusiastic about taking classes.

Please note that our training **does not** dedicate more than 16 hours on asana (pose) clinic work. Much of this work will be done in real-time classes that you take each week.

### **Observations:**

You must observe two classes during the training with senior teachers; you will be provided with an observation log and given directions.

We will help you with scheduling your observations.

### **Non – Contact Hours:**

Your homework assignments and non-supervised study will equal approximately twenty hours. We will allow you plenty of time to prepare your homework assignments and if you complete assignments on time you should have no problem keeping up. There will be a range of tasks, including two written assignments and some multiple-choice tests as well as anatomy and posture research.

### **Missed Sessions:**

Life happens!

This program is scheduled in two to three hour themed sessions. If you miss any hours you will be responsible for catching up on what you may have missed. If you miss more than 6 hours, you will have to make up that time in a private arrangement with an approved teacher (additional fees apply).

Please keep in mind that you will not receive your 200-hour certificate of study until all of your hours are fulfilled.

## Frequently Asked Questions.

### **Does the program focus on any particular style of yoga?**

Yes, it focuses on Hatha / Vinyasa yoga, some emphasis on flow techniques.

### **What level of experience does a trainee need to have to be accepted into the program?**

This varies. Some people come from arts or sports backgrounds; others with meditation practices and some with very little yoga experience who want to do the training as a bridge towards deeper inquiry.

### **Does the program meet Yoga Alliance specifications?**

The program immerses you in 200hr plus of yoga study and practice, it is in alignment with any Yoga Alliance accredited program but is not listed or recognized as such. Most studio when hiring teachers look for a 200hr training to have been completed. Very few follow up to check that the school is a YA registered school. Upon graduating this program, you will be presented with a detailed review of all that you have been taught to keep along side your teaching resume and a personalized reference from our teachers Victoria Greene, Shelly Yang, Michael Hewitt , Donna McGregor or Josh Meier.

It's important to note that Yoga Alliance is a registry (a list). Training programs are not required to be registered with YA or any other organization. Whether or not a program is of high quality has no relationship to whether the program is registered with Yoga Alliance.

\*You should take some time to consider how you see yourself working with yoga in your professional life and if it is crucial to your plan to graduate from a YA accredited program or school.

### **Are books and materials included in the tuition?**

A copy of the training manual is included for you - but required books are not.

### **How many alumni normally receive an offer to teach at Form + Flow studios after graduation?**

No studio will ever guarantee a placement of work. If you show aptitude there is always a chance that you will be asked to teach, but usually, grads need to teach for a little while elsewhere to get some real-time experience. We do have a program in place for you as a graduate class to teach community classes at Form + Flow after your training and all of your teachers will be available to offer a further one-on-one mentorship to aid and assist you in finding opportunities.

### **What level of class will I be qualified to teach after the program?**

Open level Vinyasa Yoga and Hatha Yoga - You will also have an understanding of how to work with pregnant students and those with special requirements (although you will need to seek additional training for prenatal yoga to be qualified to teach it). You will have a deepened understanding of the philosophical underpinnings of yoga and be a well-rounded teacher of yoga.

**Will I teach during the training and how often?**

Yes, practice teaching exercises will be explored every weekend that we meet, including one-on-one and small group work. You will teach in front of the full group from time to time too.

**Are there any tests required to graduate?**

Yes - there will be a formal mid-term and end-of-program knowledge assessments. This is not a pass or fail exam. You will be expected to complete homework assignments and quite a lot of assigned reading. You must also meet the required number of asana hours outside of the training.

2/3 classes per week.

**How many teachers will be on the program faculty?**

Victoria Greene is the lead trainer, and you will spend much of the program with her. You will be free to take classes with any of the teachers currently at Form + Flow, and guest teachers will be brought in to work with you.

**What's the average hourly pay for yoga instructors in NY?**

This varies from studio to studio and things have changed in the industry 'post-Covid'. People teach because they are moved to and they love it. Unless you are salaried you don't get paid if you don't teach, if you are sick or on vacation. Class fees can range from \$45 - \$75 per class and events, workshops, private clients appointments, and retreats can generate more revenue over time. The best advice is to start part-time and see how things develop.

Ultimately the 200hr program is a foundation for you. Once you have a sense of the scope of yoga and all of its richness, you can embark on a path that you feel pulled towards. The journey can be endless and full of great joy.

## Tuition Payment, Payment Plans, Responsibilities and Agreements.

### **Program Investment:**

Full Tuition: \$3,000

- including full yoga class access at F+F Studio

Deposit: \$800 to reserve your spot. Pay the remainder prior to June 1st, 2024.

- Deposit is non-refundable

(Payment plans may be available depending on circumstance).

### **Payment methods**

1. Pay Online: [www.formandflow.co/yoga-teacher-training](http://www.formandflow.co/yoga-teacher-training)
2. Paypal: [paypal.me/formandflowyoga](https://paypal.me/formandflowyoga) (Please kindly select the “friends & family option”)

### **Cancellation Policy:**

Tuition is non-refundable once the program has begun. If you are unable to complete the program due to illness/injury, you may have the option to defer to our future trainings.

Cancel within 14-day prior to the program start date, receive \$500 refund.

Cancel within 7-day prior to the program start date, receive \$200 refund.

Please kindly sign this agreement page, and send it to [info@formandflow.co](mailto:info@formandflow.co) along with your deposit or full payment. Thank you!

I \_\_\_\_\_ agree to the cancellation policy of the Form + Flow 200-hour Yoga Teacher Training Program.

I fully understand that the Form + Flow is not a registered Yoga Alliance school.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Form + Flow

\_\_\_\_\_  
Date



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# Are You Ready +

## Yoga Teacher Training Questionnaire.

**Name:**

**Preferred Pronoun:**

**Contact Information:**

Please take some time to answer the following questions as fully and thoughtfully as you can. Use as much space for your answers as you need. Once complete please email to [info@formandflow.co](mailto:info@formandflow.co)

**1) Are you currently a student at Form + Flow?**

**2) Which style of class do you enjoy?**

**3) What kind of teacher would you like to be?**

**4) Are you familiar with any nationally or internationally recognized yoga teachers?  
If yes, have you ever taken classes, workshops or even been on retreat with them?**

**5) How many years have you been practicing yoga?**

**6) Where do you feel most comfortable in posture work on a sliding scale from 1 - 10?  
10 being handstand, headstand, arm balances - 1 being yin/ restorative style posture work.**

**7) What past training or schooling have you had that would provide a useful background  
to your studies, or an asset to you as a teacher of yoga? (massage therapy, bodywork,  
movement training, anatomy, medical study or philosophy etc).**

**8) Do you have any teaching experience in yoga or any other discipline?**

**9) Is your intention to become a yoga teacher, or to deepen your personal practice?**

**10) Is what environments/ populations would you envision yourself teaching in the future?**

**11) What qualities do you believe are necessary to qualify you as a yoga teacher?**

**12) Is English your first language, will you have difficulty in reading and writing in English for assignments and book studies?**

**13) Please complete the following translations - without google/ books or asking anyone. (It is okay to not know the meaning of any of the following words).**

**Asana -**

**Prana -**

**Bandha -**

**Mudra -**

**Satya -**

**Santosha -**

**What is/are the principle god/gods in Hinduism?**

**What is a Yoga Sutra?**

**14) Have you ever read the Bhagavad Gita?**

**10) Do you foresee any limitations that would prevent you from participating in the training fully, including scheduling, religious practices, conflicts, injuries etc?**

We look forward to having you,  
Kindly  
Victoria & Shelly.

