

# **WVS PREMIER DISTRICT 200 Hour Yoga Teacher Training Program**

2021-2022 Open House Information

## Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



# **Welcome & Introductions**

## **Ms. Mariam Pirbhai**



- Bachelor of Commerce, UBC
- Bachelor of Education, UBC
- Masters of Arts, UBC
- Teacher at West Vancouver Secondary Since 2005
- Business Education and Yoga Teacher at West Vancouver Secondary School

## **Mariam Pirbhai**

### **Yoga Experience**

- 200-Hour Yoga Teacher Training (Kripalu Yoga)
- 500-Hour Yoga Teacher Training (Semperviva Yoga)
- 100-Hour Yoga for Kids Teacher Training
- 100-Hour Ayurveda for Yoga Teacher Training
- 100-Hour Blissology Teacher Training
- 70-Hour Prana Vinyasana Teacher Training
- 50-Hour Yin Yoga Teacher Training
- 40-Hour Vinyasa Yoga Teacher Training
- 40-Hour Restorative Yoga Teacher Training
- 40-Hour Meditation Teacher Training

## The General Concept

- Designed for student registered full time in any one of WVS 3 secondary schools (WVSS, Sentinel or Rockridge)
- Inclusive - designed for all WVS students
- Grades 9 -12
- Open to all genders



## What are WVS Premier District Programs?

- Choice, fee-paying programs
- Areas of interest, strength of passion for students
- Taught by WVS teachers, but can include partnerships with outside community members
- Course credits towards graduation
- We work to provide a positive, challenging & fun environment





## The Program

- The goal of the 200-hour program is to provide students the knowledge, skills and abilities to be comfortable teaching a basic all levels yoga class
- Designed for students who are interested in teaching yoga
- Also designed for students who are interested in learning more about yoga to enhance their own personal practice
- Students receive **certification through Yoga Alliance** as 200-hour yoga teachers.
- With the certification, students would be able to teach anywhere with their certification

*"If you want to learn something, read about it.  
If you want to understand something, write about it.  
If you want to master something, teach it."  
- Yogi Bhajan*



## The Rationale

- Provide students the opportunity to develop a deeper passion for yoga
- Provide students with the tools and skills to effectively and clearly teach yoga to all levels
- Attain employable certification to open career opportunities for students
- Provide an enriching foundation for students moving onto to post-secondary studies particularly in the area of Health Sciences
- The program complements West Vancouver Schools continued focus in the areas of mental wellbeing, self-regulation, physical literacy, enquiry, and leadership

# The Schedule

Currently, West Vancouver Schools is operating within the quarter system.

In this system, there are four quarters within the school year. Students take one course in the mornings and one course in the afternoons for a series of 10 weeks within one quarter.

However, within this schedule, the school district has created periods called X-Blocks.

The 200-Hour Yoga Program runs during these X-Blocks all year long (linearly) within this system:

**September – June**  
**Tuesdays & Thursdays**  
1:00 p.m. – 3:15 p.m.

## Linear Course

Students received 8 course credits

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1					
Lunch					
Period 2		<b>X-Block</b>		<b>X-Block</b>	
		1:00 – 3:15 p.m.		1:00 – 3:15 p.m.	
3:30 – 5:00					

## **Location:**

# **200 hour Yoga Teacher Training Program**

Students from all three secondary schools are welcome.

Parents whose students are registered at Sentinel or Rockridge are responsible for transporting the students to WVSS for the program.



## **West Vancouver Secondary School (WVSS)**



## **Course Credits & Assessment**

## Courses for Participation & Completion

### Grade 9:

Physical & Health Education 9  
BAA Yoga Teacher Training 10

### Grade 10:

Physical & Health Education 10  
BAA Yoga Teacher Training 10

### Grade 11:

Active Living 11  
BAA Yoga Teacher Training 11

### Grade 12:

Active Living 12  
BAA Yoga Teacher Training 12

Students receive 2 courses for participation in the program

Students also receive **certification** as qualified Yoga Alliance approved 200-Hour Yoga Teachers upon completion of the course requirements

## Student Reflections & Feedback

“It’s a great way to learn more about yoga and teaching, it’s an awesome community.”

“Yoga is a way to relax the mind and body, to find yourself and your inner peace.”

“This program is really great in that it digs deep into yoga philosophy, teaching things beyond physical poses.”

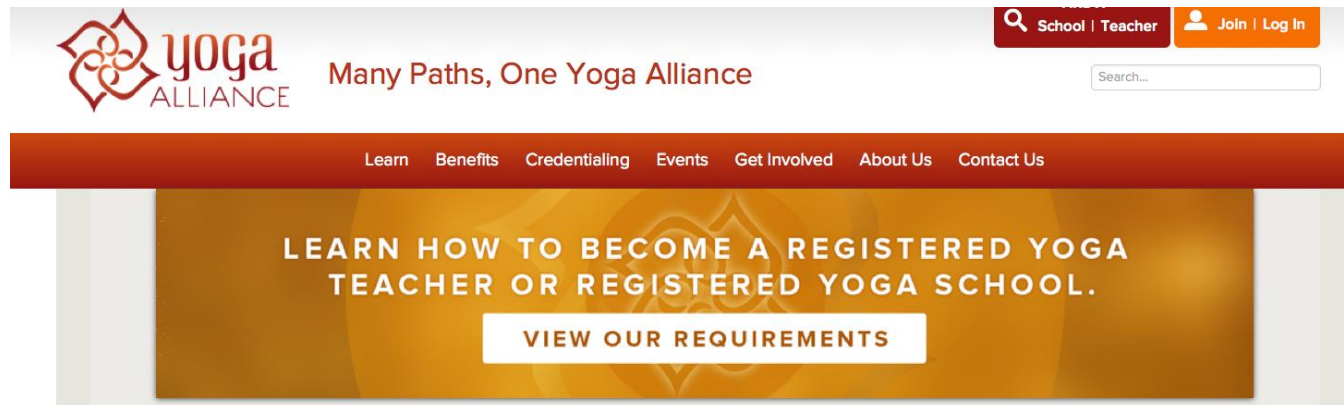
“I come tired, but I leave with energy and a different perspective.”





# Yoga Alliance

- The 200-Hour Yoga Teacher Training follows the guidelines set out by Yoga Alliance
- Yoga Alliance is a U.S.-based non-profit membership trade and professional organization for yoga teachers
- Ensuring the highest educational standards of quality, integrity, and professionalism



# Techniques, Training, and Practice 100 Hours



Topics in this category include:

- Asanas (postures)
- Pranayamas (breathing techniques)
- Meditation

## Teaching Methodology 25 Hours

- Communication skills
- How to address the specific needs of individuals and special populations
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Business aspects of teaching yoga

# Anatomy and Physiology

## 20 Hours Online Component

- Understand the physical effects of yoga on the body
- Learn how to avoid injury in key areas, and how to work with basic injuries
- Learn the energetic effects of yoga on the body

# Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers: 30 Hours

- Yoga's origins and journey to the West
- Introduction to key yogic mythology

## Practicum 10 Hours

- Practice teaching as the lead instructor
- Receiving and giving feedback
- Observing others teaching
- Assisting students while someone else is teaching

## Assessment

- Based on students' growth and work demonstrated through class participation, assignments, and journaling
- To receive certification as a 200-hour Yoga Teacher, students must successfully complete the following:

Group practice teachings

One 30-minute class

One 45-minute class

One 60-minute class



## **Assessment & Evaluation**

### **Assessment**

- On-going assessment each session

### **Report Cards**

- Report cards issued 3 times per year

### **Parent-Teacher Interviews**

- One formal virtual interview offered to parents
- Open-door policy
- Parents can contact us at any time



# **Clothing Kit**

## **Clothing or Equipment Requirements**

- Comfortable clothing appropriate for practicing yoga
- Yoga mats and props are available



**Fees**

## Fees

Total Cost for the entire year: \$150

- Includes the training manual, field trips, & guest teachers
- \$75 payment at the time of registration to reserve the student's spot
- \$75 payment January 2022



# **The Selection Process**

## Selection Process & Criteria

- ☐ Genuine interest or passion for this area of focus
- ☐ Commitment to participate for the full school year
- ☐ Complete the on-line student information form for the 200-Hour Teacher Training Program
- ☐ Answers within the completed registration form:
  - Ability to work well in classrooms
  - Demonstrated good character: being responsible & respectful
  - Ability to work well with others
  - Ability to follow the rules of this district program, as well as the mandatory health safety protocols





# **Next Steps**

## Next Steps

- ❑ Ensure the student is registered full time at one of the three WVS: École Sentinel, Rockridge or West Vancouver Secondary Schools
- ❑ Register on-line at <https://westvancouver.schools.ca/200-hour-yoga-teacher-training>
- ❑ Complete the process for final registration (\$75 non-refundable deposit)
- ❑ Parents whose students are confirmed for the program will receive ongoing communication about the process to be ready for September 2021

## Student Testimonials

In the 200-hour Yoga Teacher Training Course, I learned about the postures, anatomy, and teaching techniques for yoga classes. My previous experience with yoga at a community centre kindled my interest in yoga, so I signed up for this teacher-training course without hesitation even though none of my friends were interested.

The course further developed my interest in yoga and equipped me with the knowledge to prevent injuries during practice. For example, hyperextension may end up in a knee or arm injury, but a micro bend of the knee and arm can significantly reduce potential problems. I also came to fully appreciate the importance of coordinating breathing along with body movements and the benefits of meditation. Furthermore, I received professional advice from guest speakers who are the best yoga teachers in town.

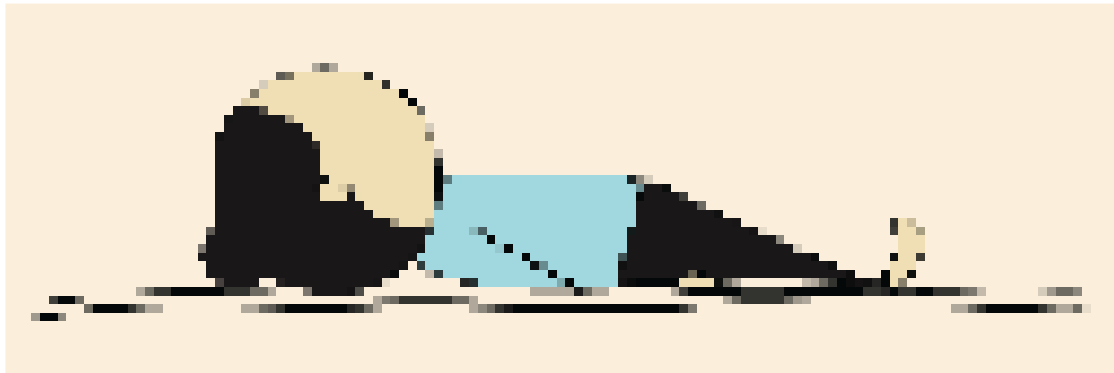
## Student Testimonials

During the course we had opportunities to give practice lessons in which we planned our own sequences and taught a one-hour class for a group of students. At first, I was extremely nervous because I was afraid of public speaking and overwhelmed by the idea of talking in front of strangers for an entire hour. However, I understand the importance of practice because it is a valuable experience for future teaching. Therefore, I wanted to challenge myself. I planned out all the postures, put them in an organized order, and practiced my class again and again.

Public speaking is no longer a formidable obstacle. With the completion of the course, I am now a certified yoga teacher by Yoga Alliance. Even though the course is now finished, I still have a passion for yoga. I plan to continue my practice and obtain more knowledge in this area.

## Student Testimonials

We had a mock lesson before the final class, which gave us a chance to practice before the final evaluation. However, despite my best efforts, things did not work out as planned. In the mock class, my planned sequence somehow finished a lot faster than anticipated, with 15 minutes remaining. My face was blushing, and my voice started to shake due to nervousness. After a few seconds, I tried to get myself out of panic mode by making eye contact with my students, which calmed me down. I tried my best to create new sequences for my students, and no one seemed to notice my mistake. After the mock teaching class, I made some changes to extend the yoga sequences and practiced again. In the final evaluation of my practice teaching, I received a mark of 100 percent from my teacher.



Email: [mpirbhai@wvschools.ca](mailto:mpirbhai@wvschools.ca)

Registration: <https://westvancouver.schools.ca/200-hour-yoga-teacher-training>

**Thank You**