



SUTRA SEEKERS



RÚNA
YOGA

200-Hour
Yoga Teacher Training

Deepen your practice and share your passion for yoga with others.

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Welcome

Thank you for your interest in Runa Yoga + Sutra Seekers 200-Hour Yoga Teacher Training. This is a life-changing program that catalyzes spiritual growth and teaches practices and philosophies that bring more steadiness and ease into your life.

We would like to personally invite you to the upcoming Winter session 2023 here in Duluth, MN. Brittany Belisle, Michelle Cartier, Jessie Erickson, and Miriam Hanson will be leading the training, along with a staff of senior instructors that will serve as your coaches and ongoing support.

Teacher training will not only deepen your own practice, it will also give you practical skills and a strong foundation to share your passion for yoga with others. We have witnessed extraordinary successes and shifts during yoga teacher training and we are beyond excited to share this program with you.

Details

- The training begins on Jan 27th, 2023, and ends on May 21st, 2023
- 8 weekends + 14 Wednesdays in duration
- 200-Hour Yoga Alliance Certified Training
- Leads: Brittany Belisle, Michelle Cartier, Jessie Erickson, Miriam Hanson, and a handful of excellent Runa Yoga instructors, coaches, and outside lecturers
- Covid-19 precautions: We will be leading our classes in-studio and virtually. We will be updating our precautions closer to the start date.



Meetings

If you have a conflict with the dates, please reach out to us and we can chat about the conflict date and make-up options.

8 Weekends (in-studio)

- Jan 27 - 29
- Feb 10 - 12
- Mar 3 - 5
- Mar 17 - 19
- Mar 31 - Apr 2
- Apr 21 - Apr 23
- May 5 - 7
- May 19 - 21

14 Wednesdays (in-studio + virtual)

- Feb 1 - May 17
(no class 2/22/2023 + 4/12/2023)

Times

Wednesday | 6:00p - 9:00p
Friday | 6:00p - 9:00p
Saturday | 11:15a - 7:15p
Sunday | 10:15a - 6:15p



Our teacher curriculum meets and exceeds the required standards established by Yoga Alliance.

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Our Standards

Our 200-hour level teacher training curriculum meets and exceeds the required standards established by Yoga Alliance in the following areas:

Techniques

Guided practice and analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation.

Teaching Methodology

Principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, and business aspects of teaching yoga.

Anatomy and Physiology

Both human physical anatomy and physiology (bodily systems of bone, muscle, organs, etc) as well as energy anatomy and physiology (chakras, nadis, meridians, etc).

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers.

Practicum

Practice teaching, giving and receiving feedback, and observing others' teaching.

Our Curriculum

- Runa Yoga Sequencing
- Yoga Philosophy
- Asana
- Alignment And Anatomy
- The Chakra System
- Sutra Study
- Prenatal
- Intro To Sanskrit
- Hands-On Assists
- Pranayama
- Practice Teaching

Included In Your Training

- Free unlimited yoga classes at Runa Yoga (in-studio, virtual, outdoor, and ondemand) for the duration of the training
- Discount on retail shop for the duration of the training

3 | We are here
to help you.

Payment Plans

Runa Yoga and Sutra Seekers are committed to working with your individual financial situation. See which plan fits your needs best.

We can work with you to make this happen! We are now accepting \$250 deposits. Reserve your spot today.

Please note that a 3% fee will be added to the final payment if you are paying with a credit card.

Early Bird Full Payment Plan

Total Price | \$2,600
Deposit | \$250
One Payment | \$2,350
Payment Due On | 1/1/2022

Full Payment Plan

Total Price | \$2,750
Deposit | \$250
One Payment | \$2,500
Payment Due On | 1/15/2023

Two Payment Plan

Total Price | \$2,850
Deposit | \$250
Two Payments Of On | \$1,300
Payment 1 Due On | 1/15/2023
Payment 2 Due On | 3/15/2023

Three Payment Plan

Total Price | \$3,000
Deposit | \$250
Three Payments Of | \$917
Payment 1 Due On | 1/15/2023
Payment 2 Due On | 3/1/2023
Payment 3 Due On | 4/15/2023

Four Payment Plan

Total Price | \$3,000
Deposit | \$250
Four Payments Of | \$687.50
Payment 1 Due On | 1/1/2023
Payment 2 Due On | 2/1/2023
Payment 3 Due On | 3/1/2023
Payment 4 Due On | 4/1/2023



Join us on
this amazing
journey!

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Conclusion

If you have not already, please take a moment to fill out the “Runa Yoga + Sutra Seekers 200HR TT Application” so that we can learn more about you!

Join us on this amazing journey!

Your questions and concerns are important to us, please call or email us if we can be of service.

Contact Information

Jessie Erickson

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