



## Yoga Teacher Training Certification 200 Hour Yoga Alliance Registered Yoga School



Aspiring to Touch as Many People  
In as Positive a Way as Possible

### Curriculum

- Full Spectrum of Asanas
- Techniques Training/Practice
- Therapeutic Alignment Principles
- Teaching Methodology
- Anatomy & Physiology
- Prana, Bandhas, & Meditation
- Practice & Study of the Eight Limbs of Hatha Yoga
- Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers
- Study of Patanjali's Yoga Sutras & the Bhagavad Gita
- Ayurvedic, Yogic & Buddhist Philosophy
- Hands-on Assisting & Use of Props
- Supervised Practice Teaching
- Practicum
- Sequencing
- Restorative Yoga
- Partner Yoga
- Senior Yoga
- Plus Size Yoga
- Family Yoga
- Kids Yoga- Prenatal Yoga
- Karma Yoga

### DIRECTOR

Helene Couvrette, E-RYT 500, C-IAYT, Founder - Director of H~OM Yoga School  
Montreal Area (HUDSON) 514-730-1702

[h-om@sympatico.ca](mailto:h-om@sympatico.ca) [www.homyogacenter.com](http://www.homyogacenter.com)



Registered Yoga School



## 200 Hour Yoga Teacher Training

June - December 2021

### 6 Month ONLINE INTENSIVE Program

*\*H~OM ONLINE INTENSIVE program is limited to 8 participants.*

**\*DATES / HOURS;** May alter to accommodate group. *We work it out together!*

**24 Days / 6 Months**

**6 hours each (30 min lunch)**

**9:00 - 3:00 ONLINE**

*\* Days will be decided among group.*



This training is registered with Yoga Alliance at the 200 Hour Level.  
The teacher contact hours total approximately 180,  
Plus approximately 20 hours of assigned homework.

### 200 Hour YTT Tuition Plans Fees *\* INCLUDE \* Tax*

\_\_\_ **EARLY BIRD Registration Discount: \$2800.00**

**Deposit** with registration - \$600.00

Balance by > **June 1<sup>st</sup>** - \$2200.00

\_\_\_ **Regular Registration: \$2900.00**

**Deposit** with registration - \$600.00

Balance by > **June 15<sup>th</sup>** - \$2300.00

\_\_\_ **Instalment Plan A: \$3000.00**

**Deposit** with registration - \$600.00

Balance payable;

**4** cheques of **\$600.00** each

**Post-dated;** July 1<sup>st</sup>, Aug 1<sup>st</sup>, Sept 1<sup>st</sup>, Oct 1<sup>st</sup>

### Method of Payment

Cheque(s) or E-Transfer in Canadian funds, payable to **H-OM Inc.**

### Mailing Address:

**H~OM Inc., 301 Main Road, Hudson, QC, J0P 1H0**

**E-Transfer to ; h-om@sympatico.ca**

\*In the event that you miss a portion of the group training, if necessary to make up part/whole hours missed, the a fee of \$20/hr will apply. (to be determined by program director)

**H~OM Yoga Centre opened its doors in 2007 inspired to  
"Touch as Many People, in as Positive a Way, as Possible"**



**H~OM's Yoga Style and Approach:** Personal attention to each being who embarks on a yogic journey be it in YTT or public classes. YTT focuses on alignment principles, applied practice of the Therapeutic Yoga techniques, teaching yoga in ways that make it accessible to all levels and ages, deepening the understanding and purpose of poses, as well as the essence of yoga philosophy, always with the intent of an open mind and a compassionate heart.

ॐ *YTT is a journey of self-discovery that will transform your life in ways you have yet to imagine!*

**Prerequisites:**

- ❖ Complete Registration Form.
- ❖ 2 years OR 150 hours min of regular yoga practice.
- ❖ Commit to the days and times of classes and all assigned readings and homework.
- ❖ Include Tuition Deposit Cheques (+ post dated cheques if required).
- ❖ Read all terms and conditions.
- ❖ Possess a deep desire to learn and grow on all levels.
- ❖ In reasonable (not necessarily for perfect) physical, mental, and emotional health.
- ❖ Care for your health and habits for the duration of this course.
- ❖ Keep an open mind and compassionate heart.

**Materials:**

- ❖ Yoga Sticky Mat
- ❖ Meditation Cushion, Yoga Blocks, Strap, Blanket(s) (if you have)
- ❖ Writing Material (Paper, Pens)
- ❖ Nourishing Lunch & Supper / Snacks & Bottled water

**Reading Material:**

- ❖ H~OM 200 Hour YTT Manual (Supplied)
- ❖ The Bagavad Gita, Stephen Mitchell / Eknath Easwaran (or other translation) \*MUST have
- ❖ The Yoga Sutras of Patanjali, B.K.S. Iyengar (or other translations) \*MUST have
- ❖ Key Muscles of Hatha Yoga, Ray Long MD FRCSC (highly suggested)
- ❖ Key Poses of Hatha Yoga, Ray Long MD FRCSC (highly suggested)
- ❖ The Language of Yoga, Nicolai Bachman (or similar asana Index book) (highly suggested)
- ❖ Teaching Yoga - Essentials foundations & Techniques, Mark Stephens (highly suggested)
- ❖ Yoga Sequencing, Mark Stephens (highly suggested)
- ❖ Musculoskeletal Anatomy Coloring Book, Joseph Muscolino (or similar variation, suggested)
- ❖ Light on Yoga, B.K.S. Iyengar (highly suggested)
- ❖ The Breathing Book, Donna Fahr (optional)
- ❖ 608 Yoga Postures, Dharma Mittra (handy optional)
- ❖ A Path with Heart, Jack Kornfield (lovely optional)

ॐ **Books & Manuals are at Trainees Cost** (With Exception of the H~OM YTT Manual).  
(Consider sharing books with fellow students as an option to help with costs!)



**Please read the Terms and Conditions on the following 3 pages & sign Acknowledgment:**

**Homework Assignments:** This YTT is registered with Yoga Alliance. There are approximately 180 hours of teacher contact, PLUS approximately 30 hours of homework. All contact and non contact hours should be approached with the intent of gaining awareness in mind, body and spirit, for personal growth above all.

*ॐ Knowledge is a gift meant to be shared & passed on!*

**During the 7 month training period you will be expected to:**

- ❖ Attend all classes in their entirety.
- ❖ Study for and write exams.
- ❖ Complete practical and written assignments.
- ❖ Read books listed in whole or in part as required.
- ❖ Take 7 yoga classes with 7 different yoga teachers and hand in written comments.
- ❖ Continue a regular yoga practice in a public yoga class of your choice.
- ❖ Do a minimum of 20 minutes 3x/wk of your own personal practice at home & journal.
- ❖ Practice teaching 7 x 1 hour yoga classes (family, friends) hand in documentation.
- ❖ Live a yogic lifestyle honouring the Yamas & Niyamas in class and in your life.

### **Code of Conduct/Ethics:**

As a Registrant YTT of Yoga Alliance and as an Experienced Registered Yoga Teacher (E-RYT) or representative of a Registered Yoga School (RYS), I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.

ॐ H~OM Yoga School Director of Teacher Training and its associates will not be held responsible for any loss of physical ability in any way, resulting from or during the course of the training. The participants have to be in good general health & responsible for maintaining it as the yoga teacher training course will be comprehensive and demanding.



### **Attendance / Certification Requirements:**

- ❖ Participants are expected to commit themselves to the program during contact and non contact hours.
- ❖ Successful completion of written exams, homework and reading assignments.
- ❖ Pass all tests with no less than 80% mark. (Exams can be retaken if necessary).
- ❖ Practice-teach classes as required, showing acquired skills and comfort.
- ❖ Demonstrate the majority of basic postures with precision to the best of your ability.
- ❖ Show respect and yogic attitude to entire group of participants and teachers of the program, with an open mind and compassionate heart.
- ❖ Participants are expected to arrive 15 minutes early for class and be fully alert and present for its duration.

ॐ The director and / or faculty of H-OM Yoga School reserve the right to dismiss a participant who is not exhibiting full commitment to the program, has not been truthful on their application, and / or who is not meeting the above requirements at any time during the training period. No refund will be issued.

### **Attendance / Certification Policies:**

For certification, full attendance, homework completion, and passing exams is required. The program is designed for the benefit of learning in an integral manner. You are expected to attend all contact hours in full and complete and/or hand in all homework assignments on time. However it is understood that life has its unforeseen circumstances. In these cases the homework and certification extension policies apply. The completion of program is required within a 2 year period.

### **Extensions:**

In case of extenuating circumstances causing incomplete attendance for any portion of the training you are registered for, you may retake the missed portion of the program in a subsequent session, providing space is available. Making up missed portions of any training is the responsibility of the participant.

In the event that you must make up a missed portion of the training the tuition the cost is \$100.00 per day or \$15.00/hr. The prior rates will not be applied from the original program you were registered to attend. All participants must pay the tuition for the program they are originally registered for in full. Graduation must be completed within a two (2) year period from the 1st day of the original training you attended to qualify for certification.



**Helene (pronounced Heleen) Couvrette , E-RYT500 , Certified Yoga Therapist (C-IAYT)  
Founder / President H~OM Yoga Centre/School  
Co-founder President MISTY - Montreal International Symposium on Therapeutic Yoga**

**I took my first yoga class in 1999.** Not sure why I did not start earlier! It was an instant & natural fit for me. My passion for yoga inspired me to share with a few friends, one of whom eventually lost her battle with cancer. It was in her basement that I realized my love of yoga could only be surpassed by my desire to share it & the joy of seeing others benefit from it on all it's levels. **\*H~OM offers yoga FREE to those in cancer treatment.**

**In 2002** just after delivering a stillborn boy, my teacher suggested I join her in taking a 200hr YTT Certification Course. (Prior to that certifications were not always required to teach). Without hesitation I dove into learning & have yet to stop! By 2003 I was certified & began teaching yoga at the St. Lazare Community Centre. That same year I also gave birth to a wonderful baby girl. I actually did my training pregnant & with baby the last few weekends!

**In 2007** I founded **H~OM Yoga Centre** with a commitment to provide the community a place to find peace & healing of mind, body & spirit for souls of all ages & abilities. The response has been overwhelmingly supportive, demonstrating a need for all to "breathe" in a space that has the energy of H~OM. After 13 years due to Covid H~OM move online.

**\* H~OM Yoga Center & Trainings are all ONLINE during Covid but will find a new space when all is safe.**

**In Sept 2010**, H~OM Yoga Centre became a **Registered Yoga School** & I taught my introductory **200 Hr YTT Program**. It was a wonderful journey for all, complete success & absolute joy for me.. so I continued to YTT on!

**In January 2018** I started the 1st **300hr YTT ADVANCED** Yoga Certification focusing on the **Sciences of the Human System**.

I am registered since 2015 with **IAYY - International Association of Yoga Therapist** as a **Certified Yoga Therapist**.

**In 2011** I co-founded & am president of **MISTY - Montreal International Symposium on Therapeutic Yoga**.

I have acquired over **13,000 hours** of teaching & over **1700 hours** of education so far.  
**I now offer ; 200hr, 300hr Advanced (=500YTT) & 800hr Yoga Therapy Programs**

**I am a certified in Pain Care Yoga & Trauma Sensitive Yoga.**  
My teachings reflect this approach.

**About**  
**MISTY - Montreal International Symposium on Therapeutic Yoga**  
**1st Canadian International Event on Therapeutic Yoga**

MISTY - Montreal International Symposium on Therapeutic Yoga, an international therapeutic symposium held in Montreal offering yoga therapy education sessions presented by medical health professionals and highly experienced Yoga therapists for specific health concerns.

**MISTY is held at @ Le Westin Hotel in Montreal [www.homyogaevents.com](http://www.homyogaevents.com)**

**H~OM Yoga Centre/School will continue to grow with an open mind, compassionate heart & deep intent to... "Touch as Many People, in as Positive a Way, as Possible"**

I continue to learn every day from all those who entrust onto me the gift of teaching yoga.

We hope see you soon at H~OM!  
Namaste  
**Heleen**