

About Our Program

Be Yoga has partnered with Firefly Yoga and Massage to offer a Nationally Recognized 300-hour Yoga Alliance Certification in Vinyasa Flow Yoga. Based in the traditions of Ashtanga yoga, this mentorship program builds upon the essential skills you learned during your 200hr training, and supports your transition to yoga as a way of life. It provides you the opportunity to hone your teaching skills and steep yourself into a deeper understanding of your own personal practice, as well as the practices of your students and clients. The 300hr training combines extensive one-on-one mentoring with lead trainer, Laurie Searle, 500-ERYT, with 5 weekend intensives, allowing for a deeply individualized training experience. With a rolling admission, you may begin your training at any time. You must complete the 5 weekend intensives and independent coursework within 2 years of acceptance into the program. Graduates are eligible to register with Yoga Alliance as a RYT 500.

Full Program Requirements

- ADVANCED CORE STUDIES: 5 WEEKEND MODULES
- TEACHING OBSERVATIONS: 20 HOURS
- KARMA YOGA PROJECT: 20 HOURS OF VOLUNTEER WORK AS A YOGA TEACHER IN AN APPROVED NON-PROFIT.
- LEAD TRAINER MENTORING: 30 HOURS OF LEAD TRAINER ONE-ON-ONE MENTORING,
- MAJOR ELECTIVES: 120 HOURS OF INDEPENDENT STUDY IN THE MAJOR IN WHICH YOU ARE SPECIALIZING.

Program Faculty



Laurie Searle, owner of Firefly Yoga and Massage, is a 500Hr-ERYT registered through Yoga Alliance as well as a licensed massage therapist. She has been teaching for over 15 years and has had the opportunity to study with Sri Dharma Mittra, Shri K. Pattabhi Jois, Srivatsa Ramaswami, in addition to many other amazing teachers. She currently leads 200RYT and 500RYT programs throughout the US and Internationally. Her passion is to make yoga and fitness accessible for all.



300 Hour Yoga Teacher Training Program

Yoga is a light which once lit will never dim, the better your practice the brighter your flame. - B.K.S. Iyengar

BE YOGA

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Pricing

We offer flexible pricing options so you may adapt the 300hr training to a schedule that works best for you. Pricing is divided into the Independent Study/Mentorship Portion of the Training, and the Weekend Intensives. You must complete the program within 2 years of acceptance into the program.

\$3300 Full Program Tuition. Includes 300hr Training Manual, 5 Weekend Intensives and all Independent Study/Mentorship hours. Must be paid in full prior to March 31st, 2019. \$500 Deposit due 30 days after acceptance in to the program (applied towards full program tuition.)

Extended Payment Options:

\$1100 for Independent Study/Mentorship Portion of the Training. Includes 30 contact hours of one-on-one mentoring with Lead Trainer, and 5 mentorship hours to oversee karma yoga project, observations, self-study and homework. This portion of the training must be paid in full prior to beginning any independent study/mentorship hours and may be taken before, after, or concurrent with the weekend intensives.

Weekend Intensives: \$2200 for all 5 weekend intensives. Includes 300hr training manual and all 5 weekend intensives. Must be paid in full prior to March 31st, 2019. \$500 for each individual training module weekend if taken and paid for separately (applicable for 20 CEU's from Yoga Alliance). Participants should have 200hours training from a Yoga Alliance approved program.

PROGRAM OVERVIEW

The 300hr YTT program combines 5 required weekend intensive modules with an individualized mentorship program. Delving deeper into Pranayama, Anatomy, Philosophy and the science of Ayurveda, you will explore and leave this program with a thorough understanding of yoga - what it means to you and the healing it can bring to others as a day-to-day physical and mental practice. Graduates are eligible to register with Yoga Alliance as a RYT 500.

Weekend Training Modules

There are 5 required weekend intensives training modules, each led by Lead Trainer Laurie Searle. They will begin Friday evening and go throughout most of the day on Saturday and Sunday. Exact times TBD. These weekends are also available to others outside of our 300RYT program wishing to increase their knowledge or gain 20 Continuing Education Units from Yoga Alliance. The dates of the required weekends are:

APRIL 12TH - APRIL 14TH, 2019
MAY 10TH - MAY 12TH, 2019
JUNE 7TH - JUNE 9TH, 2019
JULY 12TH - JULY 14TH, 2019
AUGUST 2ND - AUGUST 4TH, 2019

Individualized Mentorship

In addition to the 5 required weekend intensives, you will complete 30 hours of one-on-one training with Lead Trainer Laurie Searle. During this mentorship format portion of your training, you will narrow your focus on where you would like to deepen your teaching and personal practice. Additionally, you will pursue independent studies in an elective area of your choice, develop a karma yoga project, engage in teaching observations, self-study and homework, culminating in a final presentation in your major of focus.