

Certification Requirements

The following must be completed to receive your 200hr YTT certificate through Ready2Grow Yoga:

1. Students must attend and participate in all in-person training sessions (8 modules of 25 hrs each) led by the Lead Trainer, Sarah Ceselski (aka Japa Nihal Kaur).

Module 1	Friday, April 5 th at 1:30 p.m. – Sunday, April 7 th at 2:00 p.m.
Module 2	Friday, May 3 rd at 1:30 p.m. – Sunday, May 5 th at 2:00 p.m.
Module 3	Friday, May 31 st at 1:30 p.m. – Sunday, June 2 th at 2:00 p.m.
Module 4 & 5	Week of July 14 th for retreat (see #2 below) 7/14/24-7/20/24
Module 6	Friday, August 2 nd at 1:30 p.m. – Sunday, Aug 4 th at 2:00 p.m.
Module 7	Friday, Sept 6 th at 1:30 p.m. – Sunday, Sept 8 th at 2:00 p.m.
Module 8	Friday, October 4 th at 1:30 p.m. – Sunday, Oct 6 th at 2:00 p.m.

Note that for \$50 a weekend there is an option for students stay in one of the Ready2Grow bedrooms Friday at noon until Sunday at 2:30 p.m., if a residential experience is preferred. An extra residential fee of \$500 applies to students electing to enroll in the 28 day intensive, awesome growth experience. The residential fee does not include food, but the kitchen and grocery are available.

2. Attendance and participation in the 7-day Gatlinburg Yoga retreat is required. The dates are July 14 - 20, 2023. Saturday check in is 4 p.m. (meet in the lobby of the Gatlinburg Westgate Resort Lobby- www.westgateresorts.com) and check out on the 20th is 8 a.m. Costs of the housing plus breakfast are included in the tuition for 200-hr training. Transportation to Gatlinburg, whitewater rafting, and the cost of other meals is not included. Car pooling from Delaware Ohio is an option. Sunday and Wednesday are integration days for relaxation, working on the sequencing workshop project, playing in the free waterpark and swimming pools, or hiking adventures. Housing assumes roommates with shared beds and bathrooms, plus common area living room/kitchen/refrigerator space. There is easy access to grocery stores in Pigeon Forge approximately 20 minutes from the resort.
3. Students must participate in two Aquarian sadhanas, at least one 9 day personal sadhana, and a 40 day personal sadhana. Sadhana will be offered daily while on retreat in Gatlinburg (4-6 a.m.)

4. Students must participate and observe teaching in 30 yoga classes, with at least 20 of the classes being Kundalini yoga classes. At least 10 of the total classes need to meet in person. At least 10 of the Kundalini classes must be taken at Ready2Grow Yoga either in the studio or via zoom. Sign off sheet is required. An unlimited yoga pass to Ready2Grow Yoga is included in the 200-hr teacher training tuition (pass is effective May-Dec 2023).
5. Each student is required to design and submit one of the following for review by the Lead Trainer:
 - i. 4-6 hour Kundalini Yoga workshop series
 - ii. Themed Kundalini Yoga class series (4 classes at 60 min or more each)

Students will be given an option to work on this as a group project during the Gatlinburg retreat.

6. Students will demonstrate a comprehensive understanding of key competencies of Kundalini yoga, history, philosophy, and other methodologies taught throughout the training by way of an open book exam, as well as informal/formal assessment during the module training.
7. Students must demonstrate his/her/their ability, as determined by the Lead Trainer using the feedback form, to apply what they have learned by successfully teaching two 60 minute Kundalini Yoga classes to the peer group. Prior to this, students will be informally and formally assessed by their peers and the Lead Trainer. There is no limit as to how many practices are required to reach competency.
8. Students must sign the Code of Conduct policy.
9. Students must commit to themselves to pursue continuing education if she/her/they intend to teach students professionally.
10. Students must pay their tuition.
11. There will be journaling required during the module coursework. Students are encouraged to maintain a personal journal of their experiences and reflections during their training period. These journals will NOT be collected or reviewed, but students are welcome to share reflections in class, especially when a reflection has significance for the student and the student believes it would be helpful to their growth to put voice (throat chakra) to the reflection.
12. Although not monitored, it is requested that students commit to being open to the mind-body-spirit connection that often unfolds during an intensive training experience such as this. Committing to self-acceptance and self-responsibility as polarities inherently in place to help us grow.