

Dear YTT 200 graduates,

Mount Madonna Center's Yoga Teacher Training 200 hour level Apprentice Program provides structure for your development within our Yoga Teacher Training programs to create a progressive sequence of learning opportunities. It also provides an opportunity for growth in your personal development as a teacher and a student. You can either apprentice or assist (see below).

### **Apprentice**

#### *Prerequisites:*

- YTT200 or YTT500 at Mount Madonna Center
- 50 hours of yoga teaching experience within the last 12 months
- **Having a regular sadhana practice which includes the 4 purifications and meditation**
- Mentoring abilities

Note: Apprentices do not teach morning asana classes; they apprentice both sadhana and asana classes.

### **Assistant**

#### *Prerequisites:*

##### *Having*

- Apprenticed at MMC YTT for two previous YTT sessions.
- MMC teaching experience (classes, retreats, workshops, or programs)
- 100 hours yoga teaching experience within the last 12 months
- **A regular sadhana practice**
- Mentoring abilities
- Organizational skills

##### *Being*

- A responsible team worker
- Yoga Committee approved

Note: Assistants may teach morning asana classes.

### **Teacher**

#### *Prerequisites:*

##### *Having*

- Been an Assistant at MMC for a minimum of two YTT sessions
- Completed YTT500 from a Yoga Alliance approved school
- Willingness to take full responsibility for class(es) taught, including preparation, in-class aides, homework, etc. as curriculum requires.
- Yoga Committee approved

### **Senior Teacher**

#### *Prerequisite:*

- 5+ years as Teacher

Apprentice tasks will include any or all of the following:

- Attending classes on communication skills, mentoring
- Attending check-ins with fellow apprentices/assistants
- Attending classes on teaching techniques
- Spotting shat karma classes
- Spotting Sadhana [pranayama/meditation] classes
- Spotting daily asana classes
- Spotting specialty classes
- Mentoring student teaching of asana and sadhana
- Working in the kitchen, dining room or elsewhere as assigned to help in the community.

Please notice that your work in sadhana is of equal importance as your work in asana. **We will give preference for those who teach and practice pranayama and meditation as well as asana.** Please be specific as to what you teach and what you practice as you fill out the application so that we can be sure we are meeting the expectations we have set. (Attached)

#### **YTT 500 students**

If you are enrolled in our YTT 500 hour program, you can complete your 50 hours of electives by apprenticing or assisting in YTT 200. We have attached the particulars of how you might cover your electives should you apprentice or assist. (See next page.)

Warm regards from the mountain,  
Kamalesh

**OFFLAND PARTICIPANTS****Apprenticing or Assisting in MMC YOGA TEACHER TRAININGS\*\*  
for 50 hours credit toward 500 hour certification**

→ morning sadhana (daily attending YTT classes)	30 hours
→ asana (spotting a.m. classes)	19 hours
→ asana (core and student teaching)	31 hours
→ theory (attend 10 classes minimum)	15 hours
→ write an integrative paper on theory classes (required)	<u>5 hours</u>
<b>TOTAL</b>	<b>100 hours</b>

- To receive the credit hours, the person must be enrolled in the YTT 500 program..
- For the electives to count, the participant must have ongoing communication with Kamalesh and maintain the agreed upon schedule.

NOTE: You need to let us know in advance that you would like to apprentice or assist as elective credit toward your YTT500 hours at MMC; this cannot be retroactive.

**ONLAND PARTICIPANTS****Apprenticing or Assisting in MMC YOGA TEACHER TRAININGS\*\*  
for 50 hours credit toward 500 hour certification**

→ Morning Sadhana classes (attending when you can)	18 hours
→ Teaching YSC classes (minimum 2 classes per week)	12 hours
→ Asana (core and student teaching)	31 hours
→ Theory (attend 10 classes minimum)	15 hours
→ Write an integrative paper on theory classes (required)	5 hours
→ Miscellaneous, approved by Kamalesh, within the year	<u>19 hours</u>
<b>TOTAL</b>	<b>100 hours</b>

- To receive the credit hours, the person must be enrolled.
- To enroll, participants should follow the standard procedure for YTT participation of MMC residents and notify Kamalesh in writing (email is fine).
- For electives to count, the participant must have ongoing communication with Kamalesh and maintain the agreed upon schedule.

Please fill out our online apprentice application form at:

[http://www.mountmadonna.org/yoga/ytt\\_apprentice\\_application.html](http://www.mountmadonna.org/yoga/ytt_apprentice_application.html)