



RISE WELLNESS

riseyoga.com
916.764.4388

Application Process

Complete application and submit with \$200 application fee by mail or hand delivered to:

Rise Wellness
7385 Greenhaven Drive #5
Sacramento, CA 95831

Deadline to submit application is TBA.

You will be notified within 2 weeks if your application is accepted.

Application fee is refundable if you are not accepted.

Applications available at riseyoga.com or at the studio.



RISE WELLNESS

*Enrich your spirit,
come alive, and
guide others.*



200-Hour Teacher Training Program

About the Program

We are all teachers and students at heart with a unique voice, talents and experiences to share. Our program of guided practices and interactive projects allows you to experience the power of yoga to ignite your talents, to uncover your true nature, to create your best self and become empowered to share it with others.

Yoga offers a time tested system for uplifting humanity and making sense of our evolving personal and social landscape. It gives us courage to navigate the waters of change allowing our natural grace and beauty to emerge. Our Teacher Training Program will set you on this path whether you teach yoga in a formal setting or apply the lessons to your everyday life.



Ann DaPrato, E-RYT, 500
Charles Rios, RYT 200

Program Requirements

Have a sincere interest and desire to learn the deeper practices and philosophical aspects of yoga

Dedication and time necessary to complete reading assignments, written assignments and independent projects

Willingness to participate in group discussions and activities with honesty and confidentiality

Ability to develop and sustain a regular yoga practice

Commit to at least one studio yoga practice per week
(unlimited yoga classes are part of the tuition)

Commitment to complete the training

Graduates will be qualified to register with the Yoga Alliance at the 200 hour level



Weekend Retreat

Our program culminates in a retreat at the Sivananda Ashram in Grass Valley. You will live yoga through daily meditation, vegetarian meals, selfless service, asana practice and spiritual teachings.

Areas of Study

- Methods of teaching asana, pranayama, mantra and meditation
- Classroom environment, structure, sequencing, and qualities of a teacher
- History & Philosophies of Yoga
- Anatomy, kinesiology, and energetic anatomy
- Yoga as a lifestyle includes creating equanimity, nutrition, and ayurveda basics
- Business of yoga, ethics, and practices

Session Details

- Guided practices in hatha yoga
- Lecture & discussion
- Reading and video assignments, and projects
- Self- inquiry, reflection, and journaling
- Action assignments
- Practice teaching in small groups

Tuition Information

\$3150

\$2000 due by TBA, balance due TBA

\$2900 Early Bird Tuition

paid in full by TBA

Tuition Includes

- 200 hours of training
- Unlimited yoga classes at Rise Wellness for the duration of the training
- Dormitory retreat accommodations and meals for 3 days and 2 nights
- Teacher Training Manual

Not Included

- Required texts
- Materials
- Transportation to and from the retreat.

Payment plans available. Please make a note on application.