



# SCHYS

*Surya Chandra Healing Yoga School*

Training students to become teachers and teachers to become students.

# 300-Hour Advanced Yoga Teacher Training Program



This program also serves as Step 1 of the SCHYS Yoga Therapy Certificate Program

# 300-Hour Program Overview

Experience your potential through Step 1 of the SCHYS Yoga Therapy Certificate Program. This program is a unique blend of the principles taught by the Krishnamacharya Yoga Mandiram and the teachings of Director JJ Gormley. Join JJ and SCHYS Faculty, as they embark on a journey of experiential self-discovery.

Enjoy a deeply personal relationship with your Faculty-Mentor and expand your knowledge of:

- Course planning & teaching methodologies
- Western anatomy & physiology
- Subtle anatomy
- Pranayama techniques
- Yoga philosophy
- Ayurveda
- And more!

The mentor-student relationship plays an integral part of your success in this training. Through required private sessions, your faculty mentor will motivate you to keep a home practice - a key component to learning and deepening your understanding of these teachings.

To join this program is to:

- become part of a community;
- cultivate new friendships;
- form study groups and enhance the learning experience;
- deepen your understanding of yoga; and
- receive guidance for a sustainable and transformational personal practice

Graduates of this program may be eligible to continue on to Step 2 of the SCHYS Yoga Therapy Training Program.

## Yoga Alliance

SCHYS is a Yoga Alliance Registered Yoga School. Graduates of this program may apply to the Yoga Alliance with this certificate and their RYT-200 to receive a RYT-500.



## Pre-Requisites

This program is designed for teachers who have a RYT-200 from the Yoga Alliance (or equivalent) and logged 100 teaching hours (or 1 year of teaching).

## Contact Hours

We offer contact hours through hands-on modules and online classes presented through a web-based educational platform.

## Program Modules: 180 Hours

Students are required to attend 11 modules. At least one faculty member will be present for all modules, with 2 faculty present for at least 4 of the modules. *Current program dates are available online.*

***Program Modules are included with tuition.***

## Online Classes: 28 Hours

Students are required to take online classes as a way of enhancing the learning experience to better prepare you for the final exam. You can take these classes at your own pace - starting at any point throughout the program. We recommend that you begin these classes right away and complete at least one hour per week to ensure that you complete them all by the end of the program. All online classes must be completed before requesting the final exam.

***Online Classes are included with tuition.***

# 300-Hour Program Requirements

## Faculty Mentorship: 4 Hours

Faculty mentorship is required for self-growth using yoga therapy, asana, pranayama, and meditation practice. Students are required to schedule at least 4 one-hour private sessions with their faculty mentor.

**Faculty Mentorship hours are not included in tuition.**

*Minimum cost is \$75/hour but may vary depending on your Faculty-Mentor.*

## Faculty Practicum: 20 Hours

Students are required to observe and/or assist their faculty mentor (or approved teacher) in their classes (group or individual) as a way of learning new ideas for teaching and helping others.

## Student Practicum: 48 Hours

Students are required to teach on their own to individuals or group classes using the new teaching methodologies learned throughout the program. If continuing on through the SCHYS Yoga Therapy Program you are encouraged to begin seeing clients privately.

## Retreat: 20 Hours

In ancient times, yoga students studied and lived with their teacher for many years before they were eligible to become a yoga teacher. This is not possible in today's times, but attending a retreat with a faculty member is the next best thing. You must attend one retreat sponsored by SCHYS or approved by the Director.

**Retreat fees are not included with tuition.** *Approximate retreat cost is \$1,200 but varies depending on the retreat selected and travel expenses required.*

## Books and Course Materials

**Books and other course materials are not included with tuition.** *Estimated costs \$200-\$300 depending on where the materials are purchased and quality (used, new) of the materials.*

## Additional Responsibilities

In addition to the classroom hours and commitment of study time, students are expected to complete

- Homework assignments;
- Study Guide;
- Research paper (5-7 pages); and
- Final exam (open book)

## Location

This training is available at several locations around the US. Check the SCHYS website for information on current program locations!

## Faculty

Find a complete Faculty list online!

# 300-Hour Application & Fees

## Application

Applications are available online or by request. To apply, fill out the application and include contact information for four references (two personal and two yoga). The non-refundable **Application Fee of \$50** should be included with your application. The Application Fee can be paid through PayPal on the SCHYS website:

<http://suryachandrahealingyoga.com/store/yttpayments.html>

Applications will not be processed until we have received:

1. Application
2. Application Fee
3. Contact information for personal and yoga references

Allow 30-days for processing of your application after receipt of all required components.

Once you have submitted your application, a SCHYS staff member will review and notify you if you have been accepted into the program. Once accepted you will receive an Enrollment Agreement, which you will need to sign and return with a **\$100 enrollment fee**.

**SCHYS accepts checks, major credit cards, and PayPal!**

## Payment Options

### Option A: \$3,500

Early bird discount, if paid no later than one month before program start date.

### Option B: \$3,990

Three (3) payments of \$1,330 paid within the first 3 months of the program start date.

### Option C: \$4,100

Six (6) payments of \$683 each paid within the first 6 months of the program start date.

### Option D: \$4,200

Eight (8) payments of \$525 each - paid within the first 8 months of the program's start date.

Other options and/or Scholarships may be available. Contact SCHYS for more information!

## Final Exam Fee: \$150

Due before the Final Exam. If you withdraw from the program before graduation you are not responsible for the final exam fee.



**JJ Gormley, C-IAYT, Director**  
(703) 389-3174 | [jj@suryachandrahealingyoga.com](mailto:jj@suryachandrahealingyoga.com)

**Hannah Zerphey, School Administrator**  
[hannah@suryachandrahealingyoga.com](mailto:hannah@suryachandrahealingyoga.com)