

## **Yoga Teacher Training in Lower Brule (FAQ)**

July 22 – August 9, 2019

**Question:** Who is invited to apply to be a student of this Yoga Teacher Training?

Any individual at or over the age of 18 years old.

YTT is open to all ranges of flexibility and mobility, from beginner to advanced.

However, the scholarship available through Native Hope will only be available to an individual at or between the ages of 18 and 30. This individual must be an enrolled member of a tribe, and plan on serving an indigenous community of South Dakota.

**Question:** Why is the yoga teacher training so expensive?

Yoga Teacher Training is guided by trained professionals, held in a cabin that charges rent, includes snacks, and includes travel expenses for a hike in the Black Hills. The overall cost of the YTT is arranged so that the expenses of the cabin rental, snacks, travel, and time and services of the professionals will be met.

The partnering businesses operating the YTT (Healing Lotus Center and Higher Consciousness) will also be offering overall cost discounts for students applying to YTT. The amount of the discount will be released after students apply as fundraising is currently ongoing. This discount will mean the YTT will be offered at a special price, a good deal in comparison of the average cost of YTT.

**Question:** Where will the students stay?

The students will stay in a Lower Brule Wildlife cabin. There is room for ten students to stay in the cabin. If students chose to stay elsewhere, such as if they happen to live close-by, then there will be room for more students to join the program.

Visit the Lower Brule Wildlife website for photos of the cabin:

<http://www.lowerbrulewildlife.com/?id=60>

**Question:** What all does the program include?

The program is a 3 week intensive 200 hour Yoga Teacher Training. Students will participate and engage in 9 hours of yoga training daily. Half of this time will be spent practicing the physical movements and poses of yoga, and the other half of this time will be spent learning about anatomy, practicing writing affirmations, and learning about the business aspects of being a certified yoga teacher. 8 hours of the day will be learning with the group, and 1 hour of the day the students will have individual yoga practice homework. At the end of the program students will guide a yoga class available to the public as their final exam. Upon the completion of 200 hours of the YTT coursework, guiding a public yoga class, and paying the program fees, YTT students will be presented with a 200 hours YTT certificate. This certificate is honored by the

National Yoga Alliance, offering students the credentials to teach nationally, and internationally.

Additional activities of YTT include a hike in the Black Hills of South Dakota and a Lakota inipi (sweat lodge). The visit to the Black Hills will be on Saturday, August 3. The trip will be by carpool in the cars of Alexis Estes, Joseph Skunk, and Sarah and Ben Ramirez. The Lakota sweat lodge will be guided by Lakota Language and Cultural Teacher, Jeshua Estes. The Lakota sweat lodge will be held in the evening, and the date is to be determined by the weather and Jeshua's availability.