

**2022-2024**  
**Grove Yoga School**  
**RYT® 200/Registered Yoga Teacher® Program**

Each core curriculum course or workshop is enrolled into separately.  
 To earn the 200hr RYT® Certificate of Completion, RYT students must successfully complete a minimum of 200 hours of RYT training (combination of core and selected electives)  
 RYT® Training may be completed in about 6 months or as long as 24.  
 Review the program schedule for availability.  
 Each core course and each workshop is offered a minimum of 3x over 24 months.

***CORE CURRICULUM (100% live, virtual training)***

*Each core course must be successfully completed (some have prerequisites).  
 Upon successful completion a certificate of acknowledgement will be issued (retained by RYT Student).*

	<u>Hours</u>	<u>Fee</u>	<u>GST</u>	<u>TTL</u>
YFL (Yoga Fitness Module)/RYT 200 Foundations	35.00	640.00	32.00	672.00
RYT® Essentials, A Richer Perspective	6.00	90.00	4.50	94.50
Anatomy, Pranayama (The Yoga Body)	6.00	90.00	4.50	94.50
Asana: Level 1	24.00	360.00	18.00	378.00
Asana: Level 2	24.00	360.00	18.00	378.00
Asana: Level 3	12.00	90.00	4.50	94.50
Asana: Level 4	6.00	90.00	4.50	94.50
Adjustments: Verbal and Physical Recues	6.00	90.00	4.50	94.50
Energy, Ethics & Yoga History	6.00	90.00	4.50	94.50
Mindfulness, Meditation & Subtle Body	12.00	180.00	9.00	189.00
Practicum/Experiential Training A	6.00	90.00	4.50	94.50
Practicum/Experiential Training B	6.00	90.00	4.50	94.50
Practicum/Experiential Training C	6.00	90.00	4.50	94.50
Practicum/Experiential Training D	6.00	90.00	4.50	94.50
Practicum/Experiential Training E	6.00	90.00	4.50	94.50
<b>BASE TRAINING HOURS</b>	<b>167.00</b>	<b>2,530.00</b>	<b>126.50</b>	<b>2,656.50</b>
<u>Optional</u> Core Curriculum Project: Self-Directed	15.00	180.00	9.00	189.00
<i>RYT Students may select workshops of interest in lieu of this elective            The total trainngs hours must equal 167 + 33 regardless of selection</i>				
<b>CORE CURRICULUM HOURS &amp; TUITION</b>	<b>182.00</b>	<b>2,710.00</b>	<b>135.50</b>	<b>2,845.50</b>

*Additional training hours to meet the 200 hours threshold are required*

***CEC (OPEN) WORKSHOPS (100% live, virtual training)***

*is may select open CEC workshops of interest to augment their core curriculum training.*

*A max 33 credits may be applied towards RYT completion.*

*be taken as they become available. RYT Students must retain their CEC Certificates for future  
 rds the GYS RYT® Certificate of Completion when all 200 training hours successfully finished.*

	<u>Hours</u>	<u>Fee</u>	<u>GST</u>	<u>TTL</u>
Props Ensure a Comfortable, Accessible Practice	3.00	60.00	3.00	63.00
Sanskrit, Simplified for the Yoga Classroom	6.00	120.00	6.00	126.00
Successful Sequencing Skills	6.00	120.00	6.00	126.00
Sun/Moon Salutations for the Modern Practice	6.00	60.00	3.00	63.00
Teaching Inclusive Yoga for All Bodies	6.00	120.00	6.00	126.00
Teaching Reflective, Calming Restorative Yoga	18.00	350.00	17.50	367.50 *
Teaching Safe & Accessible Chair Yoga	18.00	350.00	17.50	367.50 *

*\*see the website for pre-registered RYT 200 student discount*

## 2022-2024

### Grove Yoga School

#### RYT® 200/Registered Yoga Teacher® Course Schedule\*

listed in **DATE ORDER**; for details visit [www.groveyogaschool.ca](http://www.groveyogaschool.ca)

February 5, 2022	YFL Module/RYT® Module	December 3, 2022	Adjustments: Verbal and Physical Recues	October 14, 2023	RYT® Essentials, A Richer Perspective
March 5, 2022	RYT® Essentials, A Richer Perspective	December 4, 2022	Practicum/Experiential Training B	October 15, 2023	Anatomy, Pranayama and the Yoga Body
March 5, 2022	Teaching Reflective, Calming Restorative Yoga	December 4, 2022	Sun/Moon Salutations for the Modern Practice	October 21, 2023	Asana: Level 1
March 6, 2022	Anatomy, Pranayama and the Yoga Body	December 10, 2022	Asana: Level 3	October 21, 2023	Teaching Reflective, Calming Restorative Yoga
March 12, 2022	Energy, Ethics & Yoga History	December 17, 2022	Practicum/Experiential Training C	November 4, 2023	Practicum/Experiential Training A
March 13, 2022	Practicum/Experiential Training A			November 5, 2023	Energy, Ethics & Yoga History
March 20, 2022	Successful Sequencing Skills	January 28, 2023	Practicum/Experiential Training D	November 18, 2023	Asana: Level 2
March 27, 2022	Sun/Moon Salutations for the Modern Practice	January 28, 2023	YFL Module/RYT® Module	November 18, 2023	Teaching Safe & Accessible Chair Yoga
April 2, 2022	Asana: Level 1	January 29, 2023	Asana: Level 4	December 2, 2023	Practicum/Experiential Training B
April 2, 2022	Teaching Safe & Accessible Chair Yoga	February 4, 2023	Practicum/Experiential Training E	December 3, 2023	Practicum/Experiential Training E
April 23, 2022	Practicum/Experiential Training B	February 5, 2023	Teaching Inclusive Yoga for All Bodies	December 9, 2023	Adjustments: Verbal and Physical Recues
April 24, 2022	Adjustments: Verbal and Physical Recues	February 11, 2023	Mindfulness, Meditation & Subtle Body	December 10, 2023	Asana: Level 3
April 30, 2022	Asana: Level 2	February 25, 2023	RYT® Essentials, A Richer Perspective	December 10, 2023	Practicum/Experiential Training C
May 14, 2022	Asana: Level 3	February 26, 2023	Anatomy, Pranayama and the Yoga Body	December 10, 2023	Props Ensure a Comfortable, Accessible Practice
May 15, 2022	Sanskrit, Simplified for the Yoga Classroom	March 4, 2023	Asana: Level 1	December 10, 2023	Sun/Moon Salutations for the Modern Practice
May 28, 2022	Practicum/Experiential Training C	April 1, 2023	Practicum/Experiential Training A		
May 28, 2022	YFL Module/RYT® Module	April 2, 2023	Props Ensure a Comfortable, Accessible Practice	January 20, 2024	Mindfulness, Meditation & Subtle Body
May 29, 2022	Asana: Level 4	April 15, 2023	Energy, Ethics & Yoga History	January 27, 2024	Asana: Level 4
June 4, 2022	Practicum/Experiential Training D	April 16, 2023	Successful Sequencing Skills	January 28, 2024	Sanskrit, Simplified for the Yoga Classroom
June 5, 2022	Teaching Inclusive Yoga for All Bodies	April 22, 2023	Asana: Level 2	February 3, 2024	Practicum/Experiential Training D
June 11, 2022	Props Ensure a Comfortable, Accessible Practice	April 22, 2023	Teaching Reflective, Calming Restorative Yoga	February 17, 2024	YFL Module/RYT® Module
June 12, 2022	Practicum/Experiential Training E	May 6, 2023	Practicum/Experiential Training B	February 18, 2024	Practicum/Experiential Training E
June 18, 2022	Mindfulness, Meditation & Subtle Body	May 6, 2023	Teaching Safe & Accessible Chair Yoga	May 12, 2024	Sanskrit, Simplified for the Yoga Classroom
September 10, 2022	Teaching Reflective, Calming Restorative Yoga	May 7, 2023	Adjustments: Verbal and Physical Recues		
September 10, 2022	YFL Module/RYT® Module	May 13, 2023	Asana: Level 3		
October 1, 2022	Anatomy, Pranayama and the Yoga Body	May 27, 2023	Sun/Moon Salutations for the Modern Practice		
October 2, 2022	RYT® Essentials, A Richer Perspective	May 28, 2023	Practicum/Experiential Training C		
October 15, 2022	Successful Sequencing Skills	June 3, 2023	Asana: Level 4		
October 16, 2022	Energy, Ethics & Yoga History	June 4, 2023	Props Ensure a Comfortable, Accessible Practice		
October 22, 2022	Asana: Level 1	June 10, 2023	Practicum/Experiential Training D		
November 5, 2022	Practicum/Experiential Training A	June 11, 2023	Sanskrit, Simplified for the Yoga Classroom		
November 5, 2022	Sanskrit, Simplified for the Yoga Classroom	June 17, 2023	Practicum/Experiential Training D		
November 6, 2022	Teaching Inclusive Yoga for All Bodies	July 15, 2023	Mindfulness, Meditation & Subtle Body		
November 19, 2022	Teaching Safe & Accessible Chair Yoga	August 12, 2023	Successful Sequencing Skills		
November 19, 2022	Asana: Level 2	September 9, 2023	YFL Module/RYT® Module		

*\*Schedule subject to change  
more 2024 dates announced in late 2023  
Minimum student enrollment applies  
See GYS website for policies*

## 2022-2024

### Grove Yoga School

#### RYT® 200/Registered Yoga Teacher® Course Schedule\*

listed in **ALPHABETICAL ORDER**; for details visit [www.groveyogaschool.ca](http://www.groveyogaschool.ca)

April 24, 2022	Adjustments: Verbal and Physical Recues	November 4, 2023	Practicum/Experiential Training A	March 27, 2022	Sun/Moon Salutations for the Modern Practice
December 3, 2022	Adjustments: Verbal and Physical Recues	April 23, 2022	Practicum/Experiential Training B	December 4, 2022	Sun/Moon Salutations for the Modern Practice
May 7, 2023	Adjustments: Verbal and Physical Recues	December 4, 2022	Practicum/Experiential Training B	May 27, 2023	Sun/Moon Salutations for the Modern Practice
December 9, 2023	Adjustments: Verbal and Physical Recues	May 6, 2023	Practicum/Experiential Training B	December 10, 2023	Sun/Moon Salutations for the Modern Practice
March 6, 2022	Anatomy, Pranayama and the Yoga Body	December 2, 2023	Practicum/Experiential Training B	June 5, 2022	Teaching Inclusive Yoga for All Bodies
October 1, 2022	Anatomy, Pranayama and the Yoga Body	May 28, 2022	Practicum/Experiential Training C	November 6, 2022	Teaching Inclusive Yoga for All Bodies
February 26, 2023	Anatomy, Pranayama and the Yoga Body	December 17, 2022	Practicum/Experiential Training C	February 5, 2023	Teaching Inclusive Yoga for All Bodies
October 15, 2023	Anatomy, Pranayama and the Yoga Body	May 28, 2023	Practicum/Experiential Training C	March 5, 2022	Teaching Reflective, Calming Restorative Yoga
April 2, 2022	Asana: Level 1	December 10, 2023	Practicum/Experiential Training C	September 10, 2022	Teaching Reflective, Calming Restorative Yoga
October 22, 2022	Asana: Level 1	June 4, 2022	Practicum/Experiential Training D	April 22, 2023	Teaching Reflective, Calming Restorative Yoga
March 4, 2023	Asana: Level 1	January 28, 2023	Practicum/Experiential Training D	October 21, 2023	Teaching Reflective, Calming Restorative Yoga
October 21, 2023	Asana: Level 1	June 10, 2023	Practicum/Experiential Training D	April 2, 2022	Teaching Safe & Accessible Chair Yoga
April 30, 2022	Asana: Level 2	June 17, 2023	Practicum/Experiential Training D	November 19, 2022	Teaching Safe & Accessible Chair Yoga
November 19, 2022	Asana: Level 2	February 3, 2024	Practicum/Experiential Training D	May 6, 2023	Teaching Safe & Accessible Chair Yoga
April 22, 2023	Asana: Level 2	June 12, 2022	Practicum/Experiential Training E	November 18, 2023	Teaching Safe & Accessible Chair Yoga
November 18, 2023	Asana: Level 2	February 4, 2023	Practicum/Experiential Training E	February 5, 2022	YFL Module/RYT® Module
May 13, 2023	Asana: Level 3	December 3, 2023	Practicum/Experiential Training E	May 28, 2022	YFL Module/RYT® Module
May 14, 2022	Asana: Level 3	February 18, 2024	Practicum/Experiential Training E	September 10, 2022	YFL Module/RYT® Module
December 10, 2022	Asana: Level 3	June 11, 2022	Props Ensure a Comfortable, Accessible Practice	January 28, 2023	YFL Module/RYT® Module
December 10, 2023	Asana: Level 3	April 2, 2023	Props Ensure a Comfortable, Accessible Practice	September 9, 2023	YFL Module/RYT® Module
May 29, 2022	Asana: Level 4	June 4, 2023	Props Ensure a Comfortable, Accessible Practice	February 17, 2024	YFL Module/RYT® Module
January 29, 2023	Asana: Level 4	December 10, 2023	Props Ensure a Comfortable, Accessible Practice		
June 3, 2023	Asana: Level 4	March 5, 2022	RYT® Essentials, A Richer Perspective		
January 27, 2024	Asana: Level 4	October 2, 2022	RYT® Essentials, A Richer Perspective		
March 12, 2022	Energy, Ethics & Yoga History	February 25, 2023	RYT® Essentials, A Richer Perspective		
October 16, 2022	Energy, Ethics & Yoga History	October 14, 2023	RYT® Essentials, A Richer Perspective		
April 15, 2023	Energy, Ethics & Yoga History	May 15, 2022	Sanskrit, Simplified for the Yoga Classroom		
November 5, 2023	Energy, Ethics & Yoga History	November 5, 2022	Sanskrit, Simplified for the Yoga Classroom		
June 18, 2022	Mindfulness, Meditation & Subtle Body	June 11, 2023	Sanskrit, Simplified for the Yoga Classroom		
February 11, 2023	Mindfulness, Meditation & Subtle Body	January 28, 2024	Sanskrit, Simplified for the Yoga Classroom		
July 15, 2023	Mindfulness, Meditation & Subtle Body	May 12, 2024	Sanskrit, Simplified for the Yoga Classroom		
January 20, 2024	Mindfulness, Meditation & Subtle Body	March 20, 2022	Successful Sequencing Skills		
March 13, 2022	Practicum/Experiential Training A	October 15, 2022	Successful Sequencing Skills		
November 5, 2022	Practicum/Experiential Training A	April 16, 2023	Successful Sequencing Skills		
April 1, 2023	Practicum/Experiential Training A	August 12, 2023	Successful Sequencing Skills		

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more 2024 dates announced in late 2023  
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