
220-HOUR INTERDISCIPLINARY VINYASA YOGA TEACHER TRAINING PROGRAM DETAILS

An experiential and interactive program to deepen your practice of self awareness, or begin you a path of teaching the ancient wisdom of realization.

Yoga Teacher Training is one of the most fulfilling experiences of a lifetime. Whether your aim is to deepen your knowledge of the philosophy, root more firmly into your own practice, or begin a path of teaching, the ancient wisdom, knowledge and self-awareness gained are irreplaceable.

It is the beginning of a lifelong journey. It is a transformation of your inner and outer worlds. It awakens you to your life, and your ability to create it, in a profound way.

Our program is experiential and interactive. We will give you the skills you need to safely, confidently and compassionately guide yourself, and a variety of students should you choose to teach, through their own yoga practice.

We are honored to share this experience with you.



WHO IS THIS VINYASA YOGA TRAINING DESIGNED FOR ?

Hatha Vinyasa Yoga is in our culture probably the most visited of styles preparation for meditation, physical strength, flexibility and stability.



This interdisciplinary vinyasa training is designed for...

- Those who think they can not master or practice advanced asanas. You can.
- Those who wish to explore more challenging flow and postures, arm-balances, inversions, etc.
- Those who think they aren't strong enough or flexible enough. You are.
- Those who may have no desire to teach, but are interested in deepening their own practice.
- We invite all students of all ages with a diligent practice.
- Those seeking a more challenging asana practice and style of teaching while still engaging completely in the theory, methodology and philosophy.
- Students who identify as either chronologically young, or those of any age who are young at heart, and physically active (with or without injuries or challenges – we can help you learn modifications).
- Those seeking to transform their lifestyle.
- Those for whom our multi-level and more advanced classes are your favorite.
- Those with a desire to learn and share more of the wisdom and philosophy of yoga teaching.

COURSE DESCRIPTION

Scott's program schedule includes more than 220 hours of training, which meets and exceeds the Yoga Alliance standards for their 200-hour certification and puts you on your path toward a 500-hour certification.

Scott's program is an inter-disciplinary approach to Yoga with a broad focus on various asana techniques and an emphasis on a gentle, meditative style of practice and guiding, a deep emphasis on modifications and Iyengar style use of props, pranayama and yoga philosophy.

We appreciate yoga in all its forms and intend to give you an understanding of the primary traditions and theories while encouraging you to find your own comfort and voice. This is a sampling of what you will learn:



- Anatomy + Physiology
- Sanskrit Translations & Mythology
- Iyengar-style propping
- Ashtanga: Primary Series + 8-limbs
- Power Vinyasa
- Restorative Yoga
- Partner Yoga
- Yoga for Seniors
- Yoga for Kids
- Pre- and Post-Natal Yoga
- Mantra + Chanting
- Yoga Philosophy + Lifestyle + Nutrition
- Meditation
- Pranayama
- Development of Teaching Style
- Chakras, Koshas, Kleshas, Elements
- Yoga as a Business, Ethics

PRE-REQUISITES

- An ongoing yoga practice 2-3 times a week for a minimum of one year.
- A lifelong interest in learning about the mind, body and spirit connections.

REQUIREMENTS

- Full attendance and participation in all scheduled classes and make-up sessions.
- Completion of all mandatory homework assignments
- Completion of Student Teaching, Assisting & Observing assignments
- Karma Yoga Project Completion
- Completion of evaluation/feedback of program.

SCHEDULE

The program will meet two weekends per month beginning November 5th. Please see the website for the most up to date scheduling information.

CLASS TIMES

Friday 5:30pm - 8:30pm

Saturday 10am- 6pm

Sunday 10am - 6pm

* please note one or two weekends may include expanded hours.



REQUIRED READING

- ◆ Downward Dogs and Warriors - Zoe Newell
- ◆ Light on Yoga - B. K. S. Iyengar
- ◆ Tree of Life - B. K. S. Iyengar
- ◆ Yoga Anatomy-2nd Edition - Leslie Kaminoff
- ◆ Yoga Sutras of Patanjali -- With Great Respect and Love - Mukunda Stiles
- ◆ The Bhagavad Gita - Eknath Easwaran
- ◆ The Heart of Yoga: Developing a Personal Practice -T. K.V. Desikachar
- ◆ The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants - Nicolai Bachman
- ◆ Myths of the Asanas:The Ancient Origins of Yoga - Alanna Kaivalya
- ◆ I Heard God Laughing: Poems of Hope and Joy - Hafiz, Daniel Ladinsky

Optional:

Autobiography of a Yogi
-Paramahansa Yogananda

The Power of Myth
- Joseph Campbell

Light on Life:The Yoga Journey
to Wholeness, Inner Peace, and
Ultimate Freedom
- B.K.S. Iyengar

*Additional books may be added
during the course of the training



TUITION

- All payments are to be made out to Scott Lawlor
 - Class Fee \$2485*
 - Early Bird Special - \$2285 - Pay in full by July 1
 - \$200 non-refundable deposit required, credited toward your full tuition
- *Payment plans available, we will work with you to determine what is best in your situation. A 5% processing fee will be added to your total.

TUITION INCLUDES

- 220 hours of training - exceeding Yoga Alliance standards of 180 contact hours
- 1 hour One on One Meetings with Scott (included in Contact Hours above) 40 non-contact hours
- All class Handouts for your Manual

Not Included:

- Required reading book purchases
- Lodging & Meals during training weekends

OTHER BENEFITS & DISCOUNTS

- Free classes with Scott for the duration of the scheduled training.
- 20% off any pass purchases for the duration of the scheduled training.
- 10% off any future trainings we offer

PAYMENT POLICIES

Prior to 4 weeks before the start of the training your tuition is fully refundable, less a \$150 administrative fee. Prior to two weeks before the start date your tuition is 50% refundable, less a \$200 administrative fee. Any time after that, your tuition is non-refundable but can be applied to future teacher trainings. Your graduation/certification is contingent upon completion of all course requirements, classroom work and payment of all fees.

DIRECTOR OF YOGA TRAINING/ LEAD INSTRUCTOR

Scott Lawlor E-RYT 500 YACEP teaches traditional vinyasa yoga blended with healthy doses of humor and yogic philosophy. His nontraditional, improvisational teaching style has earned him a dedicated following not only on his home turf on the Outer Banks of North Carolina, but also all along the East Coast and online. Attention to the yogic lineage, Sanskrit and alignment are paramount, but so are levity and playfulness. His classes are energetic, interactive and fun, the kind in which you laugh all the way through and cry at the end. Scott calls it Honest Yoga.



Known to everyone as Pickles, Scott received his 220-hour yoga teacher certification through the Amalam School of Yoga on the Outer Banks and his 300-hour certification through Alanna Kaivalya in New York City. He has countless additional certifications and continuing education credits through Integral Yoga and other fellow teachers.

A native of the Jersey Shore, he has lived on the Outer Banks for 25 years, raising four wonderfully kind children, selling produce and contributing to the community in many ways. He came to yoga later in life and is now all in, living the yoga lifestyle to the fullest and enthusiastically sharing what he has learned with others.

TAKE A CLASS WITH SCOTT LAWLOR ON THE OUTER BANKS, ONLINE OR ELSEWHERE



Scott Lawlor Yoga classes appeal to all levels of students, from beginners to lifelong practitioners, and he offers modifications for any student. He is the founder and co-owner of Kind Yoga on the Outer Banks, a wellness cooperative focused on hot and cool yoga classes, fitness, nutrition,

meditation and healthy lifestyle.

Scott is the creator of Grateful Yoga, a combination of vinyasa flow and the music of the Grateful Dead. It's a popular offering for yoga on the Outer Banks, and Scott also takes Grateful Yoga on the road from D.C. to Asheville, N.C., and everywhere in between. He can be found teaching at Outer Banks Yoga in Kitty Hawk, at outdoor Yoga Jams and in many other studios locations all along the Outer Banks and online. His online offerings include Zoom, YouTube and Instagram classes and workshops.

Scott also offers private classes and workshops, including corporate events, continuing education for yoga teachers, bachelor and bachelorette parties and more. Coming soon from Scott Lawlor Yoga will be online teacher trainings.

OUR STUDIO

Here at Kind Yoga we have served the Outer Banks community and visitors for 4.5 years, (formerly The Well) We are open year round and happy to provide a very eclectic and diversified pallet of yogic and wellness offerings, both hot and cool.



The space has recently been renovated, remodeled and fitted with infrared heating system. As well as hepa-filters for your protection. It is centrally located in Kill Devil Hills, NC and provides ample parking in Seagate North Shopping Plaza.

“I promise you that plumbing the depths of your being is an unparalleled adventure. I wish you well on this journey.

Love, Pickles