



BARRY'S
YOGA | BOUTIQUE | EATERY

200 HOUR

Teacher Training

FALL & WINTER 2023-2024

YOGA ALLIANCE APPROVED 200 HOUR YOGA TEACHER TRAINING

LIGHT. PURPOSEFUL. ON A *Mission.*

ARE YOU READY YOGIS?

The Barry's Power Yoga 200 Hour Teacher Training is a highly personalized, in-depth training that empowers participants to step into a leadership role in their lives and their communities. Whether or not you go on to teach yoga, this program will empower you as a yoga student and a human being.

You will gain the tools, confidence and knowledge you need to teach an impactful, inspiring power vinyasa yoga class. You will learn the fundamental principles of teaching and leading that go beyond yoga postures and transform lives.

The aim of this program is to produce exceptional leaders. The genius of an exceptional leader is in their way of being, not just their body of knowledge. At Barry's Power Yoga we develop fearless leaders who are committed to growing through hard work, open communication and self-inquiry. **We invite you to take this next step towards becoming an exceptional leader.**

THE METHODOLOGY:

We are on a mission to empower human beings to discover their true selves and to inspire others to do the same. We are here to disrupt the drift and to alter what is possible. Through asana, meditation and inquiry, **WE WILL CHANGE THE WORLD**. The 200 Hour Teacher Training Program will take place over 9 weekends and 3 weekdays from September 2023 to January 2024. All classes will be held at our 930 East Avenue Location. You will complete the training with the following knowledge:

- Asana
- Sequencing
- Hands-On Assisting
- Pranayama & Subtle Body
- Meditation
- Anatomy, Physiology & Biomechanics
- History & Philosophy
- Ethics
- Teaching Methodology
- Professional Development, Mentorship & Business Of Yoga

Tuition:

\$3,395

***\$3,055 - PAY IN FULL AND ENROLL BY JULY 15TH AND GET A 10% DISCOUNT - \$340 IN SAVINGS.**

PAYMENT OPTIONS: THERE IS A \$500 DEPOSIT TO SECURE YOUR SPOT DUE UPON REGISTRATION. YOU MAY PAY IN FULL OR CHOOSE A PLAN OF 5 MONTHLY INSTALLMENTS OF \$579 DUE ON SEPTEMBER 15TH, OCTOBER 15TH, NOVEMBER 15TH, DECEMBER 15TH AND JANUARY 15TH. A NON-REFUNDABLE \$200 REGISTRATION FEE IS INCLUDED IN YOUR DEPOSIT. IF YOU WITHDRAW PRIOR TO THE START OF THE SESSION, YOU WILL BE REFUNDED YOUR DEPOSIT MINUS THE REGISTRATION FEE. REQUIRED READING MATERIALS ARE NOT INCLUDED IN THE TUITION (ESTIMATE \$120).

Graduation:

OUR YOGA TEACHER TRAINING (TT) PROGRAM IS DESIGNED TO FULFILL THE REQUIREMENTS NECESSARY TO BECOME A YOGA ALLIANCE REGISTERED YOGA TEACHER (RYT). FOLLOWING SUCCESSFUL COMPLETION OF THE TT PROGRAM, STUDENTS WILL RECEIVE A CERTIFICATE TO BE USED FOR YOGA ALLIANCE REGISTRATION.

*BARRY'S 200-HOUR TEACHER TRAINING (TT) PROGRAM IS A **SERIOUS COMMITMENT** FOR PARTICIPANTS AND TEACHERS. SPACE IS LIMITED – A DEPOSIT IS REQUIRED TO HOLD YOUR SPACE FOR A SESSION. TO RESERVE YOUR PLACE IN THE TRAINING GO TO [HTTPS://WWW.BARRYSPOWERYOGA.COM/YTT-CERTIFICATION-PROGRAM](https://www.barryspoweryoga.com/ytt-certification-program) TO SUBMIT YOUR SIGNED APPLICATION AGREEMENT ALONG WITH YOUR DEPOSIT. IF YOU HAVE QUESTIONS, PLEASE CALL (585) 537-5431 EXT 1 OR EMAIL INFO@BARRYSPOWERYOGA.COM.

[WWW.BARRYSPOWERYOGA.COM/YTT-CERTIFICATION-PROGRAM](https://www.barryspoweryoga.com/ytt-certification-program)



BARRY'S POWER YOGA 200HR TEACHER TRAINING DATES

9 WEEKEND FORMAT:

WEEKEND DATES:

WEEKEND 1

FRIDAY, SEPTEMBER 8TH - SUNDAY, SEPTEMBER 10TH, 2023

WEEKEND 2

FRIDAY, SEPTEMBER 22ND - SUNDAY, SEPTEMBER 24TH, 2023

WEEKEND 3

FRIDAY, OCTOBER 6TH - SUNDAY, OCTOBER 8TH, 2023

WEEKEND 4

FRIDAY, OCTOBER 20TH - SUNDAY, OCTOBER 22ND, 2023

WEEKDAY DATES:

WEEKDAY 1

WEDNESDAY, OCTOBER 18TH, 2023

WEEKDAY 2

WEDNESDAY, NOVEMBER 15TH, 2023

WEEKDAY 3

WEDNESDAY, JANUARY 10TH, 2024

WEEKEND 5

FRIDAY, NOVEMBER 10TH - SUNDAY, NOVEMBER 12TH, 2023

WEEKEND 6

FRIDAY, DECEMBER 1ST - SUNDAY, DECEMBER 3RD, 2023

WEEKEND 7

FRIDAY, DECEMBER 15TH - SUNDAY, DECEMBER 17TH, 2023

WEEKEND 8

FRIDAY, JANUARY 5TH - SUNDAY, JANUARY 7TH, 2024

WEEKEND 9

FRIDAY, JANUARY 19TH - SUNDAY, JANUARY 21ST, 2024

TRAINING HOURS:

FRIDAYS

5:00PM - 9:00PM

SATURDAYS

9:00AM - 7:00PM

SUNDAYS

9:00AM - 6:00PM



Lead Trainer

Ryan Barry, E-RYT 500

Ryan has been practicing and leading Baptiste Power Yoga since 2010 and owns two successful studios in Rochester, New York. Ryan's intention as a teacher is to inspire and empower others through their own experiences on the mat. She's devoted to creating energy and enthusiasm inside a community that generates a new kind of strength, power, and freedom.

As a former leader, teacher, and faculty member at the Baptiste Institute, working directly with Baron Baptiste, Ryan facilitated Baptiste programs throughout the world.

Her background before discovering yoga was in sports and education. Ryan played Division 1 softball for Seton Hall University graduating in Education and later earning a master's degree from St. John Fisher College. Prior to becoming a yoga studio owner, Ryan served in the Greece school district for 12 years, as a special education teacher and high school assistant principal.

"I fell in love with Baptiste Power Yoga immediately and was so impacted by the power of the practice I changed my entire career trajectory to make Baptiste Yoga the source of everything I do—leading and teaching and sharing the Baptiste Methodology."