

# 300 HOUR YOGA TEACHER TRAINING TO DEEPEN YOUR PRACTICE & SKILLS



## THE CURRICULUM

The 300-hour YTT curriculum at One Soul Yoga meets the elevated standards set forth by Yoga Alliance. If you already hold a 200-hour yoga certification, you are eligible for our 300-hour program. The completed 200-hour and 300-hour is your pathway to 500-hour designation.

Don't want to teach but still want to pursue your 300-hour education? Not a problem! Many of our students take yoga teacher training to deepen their own personal practice.

The 300-hour YTT program is perfect for instructors looking to further their knowledge and skills with in-depth studies in a variety of yogic topics. Some of units include philosophy of yoga, such as the Yoga Sutras and Bhagavad Gita, Trauma-Informed practices and advanced anatomy. In addition, this program provides a deeper training in meditation, pranayama and subtle body energy practices as well as an advanced study in Chair Yoga, Prenatal and other teaching methodologies. Select units will have the option for additional certification.

### 1 FOUNDATIONS (ONLINE UNIT)\*

Topics covered: Ethics, Yoga Sutras, The Eight Limbs, Holding Space, Self-Care for the Yoga Instructor & Intention

### 2 INSTRUCT: YOGA FOR EVERYBODY

Trauma-Informed Yoga (optional certification)\*  
Anatomy & Physiology: Common Injuries\*  
Chair Yoga (optional certification)  
Prenatal Yoga  
Yin Yoga (optional certification)

### 3 INTEGRATE

The Subtle Body & Energies  
Sound Frequency

### 4 TRANSFORM & REFLECT

The Bhagavad Gita\*  
Meditation (optional certification)\*  
Pranayama\*

### 5 IMMERSE

Retreat Planning & Attendance (limited spots for women)

Units will cover in-depth topics that include advanced sequencing and creating classes that are purposeful and safe for a variety of diverse student needs. Sessions cover advanced teaching methodologies, asana transitions, theming classes with intention and modifications, anatomy considerations and ethics. Units covering the philosophical roots of yoga enables trainees to create more thematically rich classes, weaving ancient wisdom into modern practice, and fostering a deeper connection with students.

### + ADDITIONAL

You will choose 10 sessions to attend in full. Those that are marked with a \* are required.

Additional requirements include:

- Group Zoom Mentoring & Check Ins (to be scheduled)
- Personal Project & Presentation
- 30 Hours of Teaching (20 must be in-person)
- 20 Hours of Personal Practice Class Attendance

Trauma-Informed, Chair Yoga, Yin Yoga, and Meditation will offer additional optional certification. Requirements will include additional assignments and teaching hours. Dates of sessions TBD.

# GO BEYOND THE POSES

## THE REQUIREMENTS

You CAN do YTT! Our program is broken up into monthly weekend sessions to help fit your busy schedule. Attendance is mandatory in order to complete certification.

You choose 10 sessions to attend over a 14-month period. It is your responsibility to attend all scheduled classes, lectures, workshops and practices as well as turn in your completed assignments within the scheduled course training time. If you miss a training session, you will be required to wait until the session is offered again.

In addition, you will be required to complete and turn in outside assignments separate from the 300-hour in person training. These may include Personal Project, logging outside yoga practice, logging teaching hours, research and written assignments, asana study, meditation groups, group study and reading assignments. If you choose optional certification, those will also require additional hours for completion.

At the end of this course each student must present their Personal Project and pass a written exam in addition to turning in all of the additional assignments.

You will receive your yoga teacher training certification once all requirements have been met and assignments, logs and payments have been turned in as outlined below:

Attendance requirements met  
Tuition must be paid in full  
Personal Project & presentation  
Pass final assessment with 70 or above

Once these requirements are completed you will earn the title "Certified Advanced One Soul Yoga Teacher" and will have the option to register with Yoga Alliance to become a 300-HR RYT (Registered Yoga Teacher). You will also have the option of logging 100 teaching hours with Yoga Alliance to register as a 500-HR RYT.

## REQUIRED TEXTBOOKS & SUPPLIES

Students will be required to purchase the following:

**The Heart of Yoga** by TKV Desikachar

**The Bhagavad Gita** translated by Eknath Easwaran

**Paths to God: Living the Bhagavad Gita** by Ram Das

**Wheels of Life** by Anodea Judith

**Teaching Yoga Beyond the Poses** by Sage Rountree and Alexandra Desiato

**The Complete Guide to Yin Yoga: The Philosophy & Practice of Yin Yoga** by Bernie Clark

**A Practical Guide to Breathwork** by Jesse Coomer

Yoga mat, spiral notebook, pen

## OPTIONAL TEXTBOOKS & SUPPLIES

Other books will be suggested as we move into the individual units.

## OTHER REQUIREMENTS

- 200 Hour RYT YA certification or CYT from an approved accredited training program
- Personal practice: we recommend that you are familiar with One Soul and take several classes here if you are not practicing here already. In addition, we highly recommend that you have a strong personal practice outside of teaching.
- Previous yoga teaching is recommended
- Basic computer competency, internet connection & ability to connect to Zoom





# YOGA TEACHER TRAINING IS AN INVESTMENT IN YOURSELF!

## THE INVESTMENT

300-hour yoga teacher training is a significant investment in yourself because it goes beyond enhancing your teaching skills—it supports your personal and professional growth on multiple levels.

We want to work with you when it comes to payment so that it fits your needs and your budget. In accordance with submitting your application and deposit, you are securing your spot in the training. Tuition does not cover required textbooks.

There is a **non-refundable** \$175 deposit due at the time of your application. This secures your spot and covers administration fees, training materials, etc. This is applied towards the tuition. Application cannot be accepted without deposit. Applications are due no later than December 31, 2024. We do not admit students after training begins.

## REFUND POLICY

A full refund (minus deposit) is given only on the full-pay option up to 7 days **BEFORE** training begins.

Participants will receive a prorated refund based on the number of sessions not completed. A \$200 administrative fee will be deducted from the remaining prorated tuition. The \$175 deposit is non-refundable.

Refunds are issued via check within 30 days of request.

## 2025 TUITION

Tuition for full payment: \$2700 (includes \$175 non-refundable deposit) \$2525 due after deposit.

If paying in full, payment is due 7 days before the first weekend of training.

Tuition for payment plan: \$2995 (includes \$175 non-refundable deposit)

The 12-pay plan (\$235) payments are due before/at weekend of the 1st-12th training session whether you attend the session or not. Final payment is due at or before the 12th session.

\*\*Please note, there will be a \$25 late fee for payments received more than 7 days after the training weekend it is due.

One Soul accepts cash, checks, credit cards, PayPal and Venmo. We cannot take American Express.

## INCLUDED WITH TUITION

When taking our program students receive:

- Training with qualified instructors
- Training materials
- Certified 300 Hour Yoga Teacher certification
- 24 class pass for One Soul public classes
- Online support/additional materials
- Continued mentorship/support by One Soul training faculty

# 2025 ONE SOUL YOGA 300 HOUR TEACHER TRAINING DATES

## THE 2025 YTT DATES

Optional Information Meeting: 9/30 at 8:00 pm.  
SESSION 1: Online Foundations-starting Jan. 2025  
SESSION 2: Feb. 15 & 16  
SESSION 3: March 15 & 16  
SESSION 4: May 17 & 18  
SESSION 5: June 7 & 8  
SESSION 6: July 26 & 27  
SESSION 7: September 13 & 14  
SESSION 8: October 4 & 5  
SESSION 9: November 1 & 2  
SESSION 10: December 5 & 6  
SESSION 11: January 10 & 11, 2026  
SESSION 12: February 7 & 8: Project Presentation

Retreat Immersion April 26 & 27, 2025 & Fall 2024  
(TBD)-Two spots per retreat, may only take once  
We will schedule Group Zoom Mentoring & Check-Ins as we go.

## HOURS

Weekend sessions will run approximately 9:00 am-6:00 pm on Saturdays and Sundays with a one-hour break for lunch.

Schedule could slightly change according to the needs of the class and will only be done so with all in agreement.

You must attend a minimum of 10 sessions, however, you may attend all with the exception of Retreat Immersion due to limited space.



## INSTRUCTORS

One Soul YTT will be lead by a group of qualified yoga instructors including:

DeAnna McDearmont (E-RYT 500, YACEP)  
Scott McDearmont (MD, E-RYT 200, YACEP)  
Leah Conner (RYT 500, YACEP)  
Rachel Finney (CYT 500)  
Allison Martin (RYT 200)  
Libby Sharpe (CYT 500)  
Guest instructors may also assist from time to time.

## QUESTIONS?

You are invited to attend an optional information meetings on Monday, September 30 at 8:00 pm to learn more about the 300 YTT program at One Soul Yoga and to address any questions or concerns you may have. You do not have to attend to sign up for YTT.

You can also contact us via email at:  
[OneSoulYogaStudio@gmail.com](mailto:OneSoulYogaStudio@gmail.com).



# 2025 ONE SOUL 200 HR YTT APPLICATION

PLEASE FILL OUT AND RETURN WITH \$175 NON-REFUNDABLE DEPOSIT DUE BY 12/31/24.

NO ADMITTANCE AFTER DEADLINE.

MAKE CHECKS PAYABLE TO "ONE SOUL YOGA"

DATE \_\_\_\_\_

NAME \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NO \_\_\_\_\_

EMAIL \_\_\_\_\_

**BY TURNING IN THIS APPLICATION YOU UNDERSTAND (PLEASE INITIAL):**

\_\_\_\_\_ YOU ARE REGISTERING FOR IN-PERSON 300-HOUR YOGA TEACHER TRAINING AT ONE SOUL YOGA

\_\_\_\_\_ YOU HAVE READ AND AGREE TO THE PROGRAM COMPLETION REQUIREMENTS, ATTENDANCE POLICY & CODE OF ETHICS

\_\_\_\_\_ YOU HAVE READ AND AGREE TO THE PROGRAM PAYMENT AND REFUND POLICIES

## YTT INVESTMENT & PAYMENT & REFUND POLICY

In accordance with submitting your application and deposit, you are securing your spot in the training. Tuition does not cover required textbooks.

There is a non-refundable \$175 deposit due at the time of your application (due 12/31/24). This secures your spot and covers administration fees, training materials, etc. This is applied towards the tuition.

Tuition for full payment: \$2700 (includes \$175 non-refundable deposit)

Tuition for payment plan: \$2995 (includes \$175 non-refundable deposit)

If paying in full, payment is due 7 days before the first day of training

If opting for the 12-pay plan (\$235) payments are due at/before the 1st-12th training session. Final payment is due at/before the 12th session.

There will be a \$25 late fee for payments received more than 7 days after the training weekend it is due. Full payment must be paid to complete graduation requirements. Full refund (minus deposit) is given only on the full-pay option up to 7 days BEFORE training begins. Participants will receive a prorated refund based on the number of sessions not completed. A \$200 administrative fee will be deducted from the remaining prorated tuition. The \$175 deposit is non-refundable.

## PLEASE ANSWER THE FOLLOWING QUESTIONS:

Where did you receive your 200-HR certification and when did you completed your training?

Why do you practice yoga?

Please tell us about your yoga background (how long you have practiced, styles you enjoy, retreats/workshops/certifications, etc).

What are your goals for taking 300 YTT Training?

What are your teaching expectations after completing 300 YTT?

Do you currently teach? If so, where/how long/what styles?

Select a payment open-only deposit is due at application (circle one). FULL PAY 12 PAY

Please return with deposit and following signed waiver, and Code of Ethics to: ONE SOUL YOGA, 1008 Main St, Sulphur Springs TX 75482 Questions? Email us at [Onesoulyogastudio@gmail.com](mailto:Onesoulyogastudio@gmail.com)



## One Soul Yoga Waiver

Name \_\_\_\_\_ Date \_\_\_\_\_

Email \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_ DOB \_\_\_\_\_

How did you hear about One Soul Yoga?

Prior injuries/medical conditions? \_\_\_\_\_ YES \_\_\_\_\_ NO

Please explain

### Release and Waiver of Liability

I understand yoga classes and services offered at One Soul (including but not limited to sound baths, sound healing, Thai yoga, trauma release yoga and reiki) are not a substitute for medical attention, treatment, diagnosis or exam and that instructors/practitioners are not licensed medical professionals. Classes and services provided are complimentary to traditional medicine and are not to be used in place of those practices. I understand that yoga is a physical exercise activity that may include intense physical movement, stretching and balancing postures and may require a high level of physical exertion. As a result, as is the case with any physical activity, I understand the risks of injury, even serious or disabling, from practicing yoga, are inherent and are always present and cannot be entirely eliminated. I understand and voluntarily accept the risks inherent in the classes, events and workshops offered by One Soul Yoga LLC. I hereby represent that I have consulted with a medical doctor and I am healthy and physically fit to practice the types of yoga and services offered by One Soul Yoga LLC. If I experience any pain or discomfort, I agree that I will listen to my body and promptly modify or discontinue such posture. If I am or in the future become pregnant, I affirm that I will notify the instructor and will consult with and obtain approval from my physician before practicing in yoga. I hereby irrevocably and forever release and discharge, and waive any claims that I, or the participant, have now or hereafter may have against One Soul Yoga LLC, its instructors, officers, owners, contractors, partners (including owners or representatives of facilities in which the yoga classes are held) or employees, including for ordinary negligence on the part of any One Soul Yoga LLC Parties for and on behalf of myself, my heirs, survivors, successors and assigns, in connection with any injury, liability or theft or damage of personal property I may experience in connection with the participation at One Soul Yoga LLC. I further acknowledge and agree that instruction and services may include hands-on assists by the instructor and I hereby consent to being physically assisted from time to time by the instructor in connection with the practice of yoga, and should I ever withdraw my consent I will affirmatively state the same. One Soul Yoga LLC Parties will never touch students in an inappropriate or offensive manner. By registering for any class or workshop, I agree to allow my cell phone number to be entered into Remind 101 to receive text notifications on scheduling changes and allow my image to be photographed/videotaped without compensation unless I opt out by given written notice to the office. Images may be used by One Soul Yoga LLC for promotional materials and social media. Those under the age of 18 must have this form signed by a parent or guardian.

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Signature of Student (or parent if under 18)

Emergency Contact/Phone \_\_\_\_\_ Date \_\_\_\_\_

**ONE SOUL YOGA & WELLNESS CENTER**  
**1008 Main Street, Sulphur Springs, TX 75482**

**CODE OF CONDUCT & ETHICS AGREEMENT**

The word “associate” refers to all One Soul co-owners, instructors, YTT trainees, substitutes, practitioners and providers. The word “student” refers to any One Soul yoga student, or client in any practitioner setting. One Soul recognizes the sensitive nature of the student/teacher relationship and believes it is the responsibility of the instructor to provide a safe and secure environment where the student can grow physically, mentally and spiritually. As such, the following is a set of ethical and accountability guidelines and code of conduct that One Soul and associates has adopted to follow:

Associates agree to (please initial each one and sign below):

\_\_\_\_\_ Accept and appreciate that teaching Yoga is an honorable venture which aligns them with a long line of history and instructors before them and are committed to practicing Yoga as a way of life, following ethical standards both on and off the mat.

\_\_\_\_\_ Uphold and maintain impeccable standards and integrity through professional competence and are committed as life-long learners of yoga and continue their education through self-study, personal practice and continuing education.

\_\_\_\_\_ Agree to avoid substance abuse and should they succumb to dependency agree to halt teaching until they are free of substance abuse.

\_\_\_\_\_ Accurately represent their training, education and yoga-related experience and will embrace truthfulness, privacy, confidentiality and respect when working with and communicating with students.

\_\_\_\_\_ Commit to the mental, physical and spiritual well-being of their students.

\_\_\_\_\_ Refrain from giving medical advice unless they have necessary medical qualifications.

\_\_\_\_\_ Keep their class a safe space for all students irrespective of race, nationality, religion, gender, sexual orientation and social or financial status and are willing to accept students with physical disabilities providing they have adequate training to do so.

\_\_\_\_\_ Understand every individual comes to class with their own set of opinions and ideas and they will never force their own on students. Associates will, however, communicate to students that yoga is meant to aid in mind, body and spiritual transformation.

\_\_\_\_\_ Avoid all forms of sexual harassment of students and will ask permission before physical assisting any student in any asana/treatment.

\_\_\_\_\_ Seek peer counseling before entering in a consensual sexual relationship with any student (present or former). As such, associates will make all attempts to avoid exploiting the trust and potential dependency of any student.

\_\_\_\_\_Acknowledge the importance of provide proper context for teaching and will avoid “casual” teaching without context and will demonstrate proper decorum in and out of class.

\_\_\_\_\_ Practice understanding and tolerance for other instructors, studios/schools and traditions. Criticism should be approached carefully with fairness and factual information and agree that soliciting students from another instructor or studio/school is unethical and prohibited. As such, associates agree to keep all One Soul business and training materials confidential. One Soul forms and training materials are personal and private property and should not be duplicated without permission.

\_\_\_\_\_Keep student information including personal information, medical disclosures and all communications with strict professional confidence and confidentiality. Photos, names and videos of students are only used with permission via waiver.

\_\_\_\_\_Refrain from exchanging personal information (phone number, personal email, social media accounts, etc.) with students and will refrain from contacting any students in any manner or soliciting business outside of One Soul classes, workshops, retreats and events.

\_\_\_\_\_Accept a professional courtesy relationship with One Soul Yoga in which they will not: open a yoga studio, gain ownership, or purchase a yoga studio/facility or open inside another space within a 30-mile radius of One Soul Yoga without counsel/permission. This professional courtesy agreement does not prevent associates from taking classes or teaching at another studio/facility. However, associates agree to not promote another studio/facility while training or teaching at One Soul without permission.

\_\_\_\_\_Agree to the One Soul waiver of liability, code of conduct and ethics, applications and/or employment contract and the outlined Anti-Harassment and Grievance policies adopted by One Soul Yoga & Wellness Center.

These guidelines are not exhaustive and the fact that a given conduct is not specifically stated does not say anything about the ethical or non-ethical nature of said conduct. In short, associates should always work to endeavor respect and to the best of their abilities, adhere to the traditional yogic code of conduct and current laws.

**PRINTED NAME:**\_\_\_\_\_

**SIGNATURE:**\_\_\_\_\_

**DATE:**\_\_\_\_\_