YOGA TRAINER FAST TRACK

Learn how Experienced Yoga Teachers can license the Ambassador Yoga program to teach a 200 Hour Yoga Teacher Training.

AmbassadorYoga.com/trainer/
info@AmbassadorYoga.com

BECOME A TRAINER

If you're an experienced yoga teacher who is considering offering a 200 Hour Yoga Teacher Training to your students, we can make becoming a Trainer a lot easier!

WHAT IS THE YOGA TRAINER FAST TRACK?

The Yoga Trainer Fast Track is a complete 200 Hour Yoga Teacher Training program called Ambassador Yoga that qualified yoga teachers or school owners can license.

The Yoga Trainer Fast Track includes:

700 page
YTT manual

200 hours of
Trainer Lesson Plans

40 Hours of
Prerecorded Training

Student Access to PDF
+ Training Material

Unlimited Support to
Prepare for Training

Guaranteed Yoga Alliance
Approval for those Qualified

Yoga Alliance Approved!

The Ambassador Yoga Teacher Training program has a dedicated account manager at Yoga Alliance, the program has already been approved and we guarantee school approval if you have a qualified Lead Trainer.

Meet Your Team

Aruna and Claire

ARUNA (LEFT) AND CLAIRE (RIGHT)
We are your support team as you launch your Teacher Training

We are experienced, full-time Yoga Teachers (E-RYT 500) who have taught thousands of hours of teacher training ourselves. Our own 200 hour Yoga Training has all 5 Star reviews on Yoga Alliance.

The Ambassador Yoga Trainer Fast Track has helped trainers around the world in Canada, the USA, Scotland, Sweden, Japan, Saudi Arabia, and Bali.

We've successfully supported over 20 RYS's to get Yoga Alliance approval, we even have an account manager at Yoga Alliance for the Ambassador Yoga program!

We are the support team behind the Trainer Fast Track. When you call, you'll be talking to us!

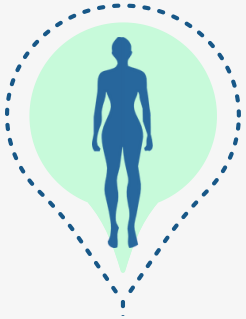
If you are the right fit, as an experienced yoga teacher, we know how to get your school launched fast!

200 HOUR YOGA TEACHER TRAINING

Divided into 4 x 50 Hour Modules with these Topics you'll Teach

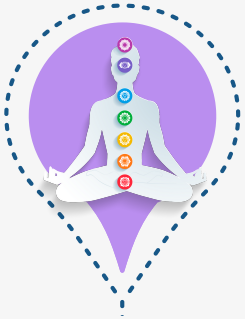
The Enlightened Life

- Yoga Sutras
- Limb 1 + 2
- Personal Practice
- Asana Training
- Lesson Planning



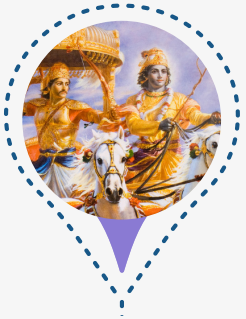
Anatomy of a Healthy Life

- Anatomy + Physiology
- Limb 3 + 4
- The Science of Yoga
- Asana Training
- Lesson Planning



Finding Calm in an Age of Speed

- The Chakras
- Limb 5 + 6
- Living Your Yoga
- Asana Training
- Lesson Planning



Past, Present, and Future of Yoga

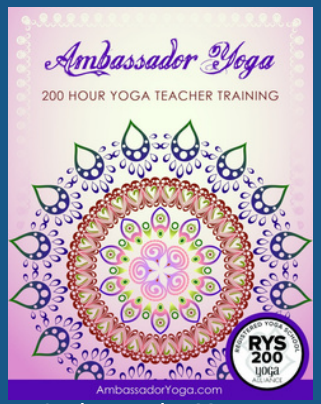
- Timeline of Yoga + The Bhagavad Gita
- Limb 7 + 8
- Professional Essentials
- Asana Training
- Lesson Planning

The Manual

A 700 page professional manual,
already approved by YA,
ready for your Training

Includes:

- All Core Competencies for the up-leveled YA RYS 200,
- Learning Objectives + Rubrics,
- Interactive Worksheets for your students to write insights from your live training,
- Student Assessments at the end of each Module.

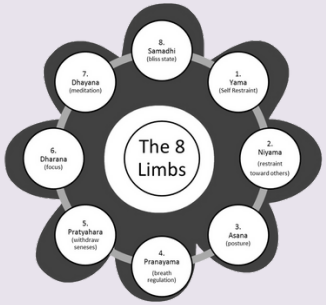


Ambassador Yoga
Manual Cover

Techniques, Training, Practice, 80 Hours

The comprehensive manual you use in your training contains:

- over 75 poses with Sanskrit and English names, alignment, and contraindications,
- 27 Complete Sequences,
- 22 Pranayama and Meditations.



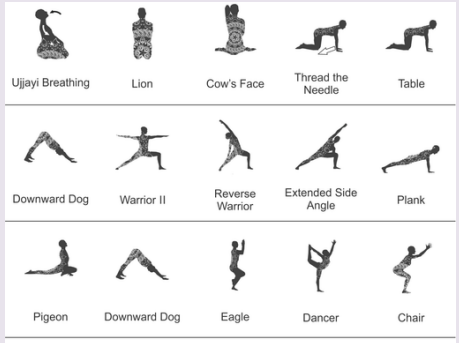
Yoga Humanities, 35 Hours

Your students will gain an appreciation for the rich history of yoga by exploring:

- Timeline of Yoga
- The 8 Limbs
- The Chakras
- The Bhagavad Gita

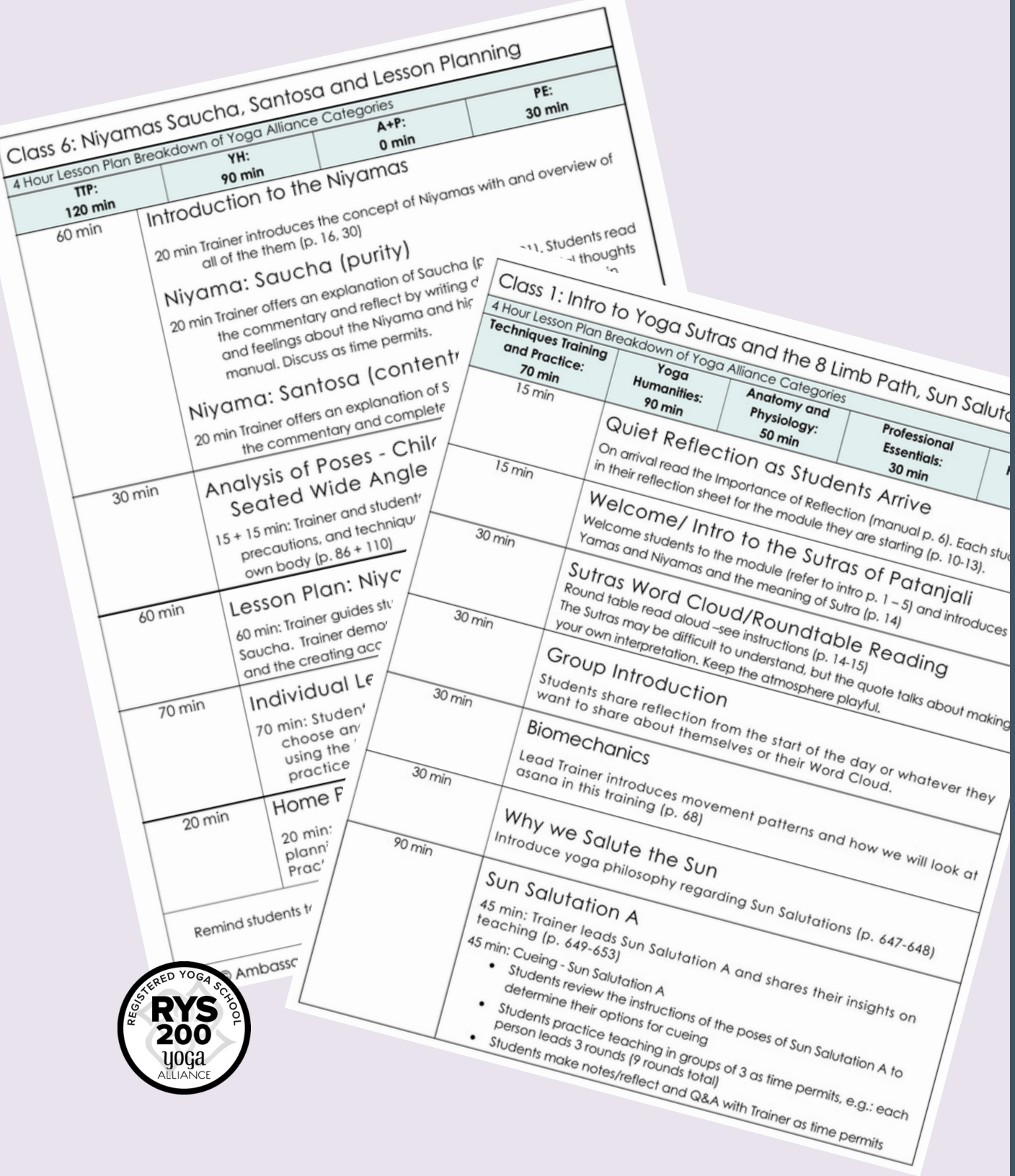
Anatomy & Physiology, 35 Hours

All the essential anatomy, physiology, and biomechanics for safe movement as it pertains to balancing, stretching, awareness, and physical limitations in a yoga class. Fulfills the Yoga Alliance core curriculum requirements.



Professional Essentials, 50 Hours

Teaching methodology, sequencing, pacing, setting up, and cueing classes. This training includes many opportunities for students to practice teach. You'll use the manual to support you to prepare students to go out and start teaching.



Class 6: Niyamas Saucha, Santosa and Lesson Planning

4 Hour Lesson Plan Breakdown of Yoga Alliance Categories

TTP: 120 min	YH: 90 min	A+P: 0 min	PE: 30 min
60 min	Introduction to the Niyamas 20 min Trainer introduces the concept of Niyamas with and overview of all of the them (p. 16, 30) Niyama: Saucha (purity) 20 min Trainer offers an explanation of Saucha (p the commentary and reflect by writing d and feelings about the Niyama and hig manual. Discuss as time permits.		
30 min	Analysis of Poses - Chil Seated Wide Angle 15 + 15 min: Trainer and student precautions, and techniqu own body (p. 86 + 110)		
60 min	Lesson Plan: Niyc 60 min: Trainer guides stu Saucha. Trainer demo and the creating acc		
70 min	Individual Le 70 min: Studen choose an using the practice		
20 min	Home F 20 min: plann Prac		
	Remind students t		
	Ambassc		

Class 1: Intro to Yoga Sutras and the 8 Limb Path, Sun Saluta

4 Hour Lesson Plan Breakdown of Yoga Alliance Categories

Techniques Training and Practice: 70 min	Yoga Humanities: 90 min	Anatomy and Physiology: 50 min	Professional Essentials: 30 min	
15 min	Quiet Reflection as Students Arrive On arrival read the Importance of Reflection (manual p. 6). Each stu in their reflection sheet for the module they are starting (p. 10-13).			
15 min	Welcome/ Intro to the Sutras of Patanjali Welcome students to the module (refer to intro p. 1 – 5) and introduces Yamas and Niyamas and the meaning of Sutra (p. 14)			
30 min	Sutras Word Cloud/Roundtable Reading Round table read aloud –see instructions (p. 14-15) The Sutras may be difficult to understand, but the quote talks about making your own interpretation. Keep the atmosphere playful.			
30 min	Group Introduction Students share reflection from the start of the day or whatever they want to share about themselves or their Word Cloud.			
30 min	Biomechanics Lead Trainer introduces movement patterns and how we will look at asana in this training (p. 68)			
90 min	Why we Salute the Sun Introduce yoga philosophy regarding Sun Salutations (p. 647-648) Sun Salutation A 45 min: Trainer leads Sun Salutation A and shares their insights on teaching (p. 649-653) 45 min: Cueing - Sun Salutation A • Students review the instructions of the poses of Sun Salutation A to determine their options for cueing • Students practice teaching in groups of 3 as time permits, e.g.: each person leads 3 rounds (9 rounds total) • Students make notes/reflect and Q&A with Trainer as time permits			

REGISTERED YOGA SCHOOL RYS 200 yoga ALLIANCE

Trainer Lesson Plans

160 Hours of Trainer Lesson Plans + 40 Hours of Pre Recorded Training

The Trainer Lesson Plans reference the manual and will help you deliver a 5 start training. They are designed to both honor and optimize your experience as a Yoga Teacher.

You'll be organized and ready to teach each hour of the Yoga Teacher Training. You can move the activities to fit your schedule or teach them as shown. The flexibility of delivery is there for you.

TRAINER FAST TRACK

YOUR INVESTMENT

One Time Fee for Intake into the Program

$1500 USD X 4 INSTALLMENTS

OR $6000 USD FULL

+ 10% ONGOING LICENSE FEE
PER STUDENT REGISTRATION

+ taxes where required by law

EARN WITH YOUR FIRST 5 STUDENTS!

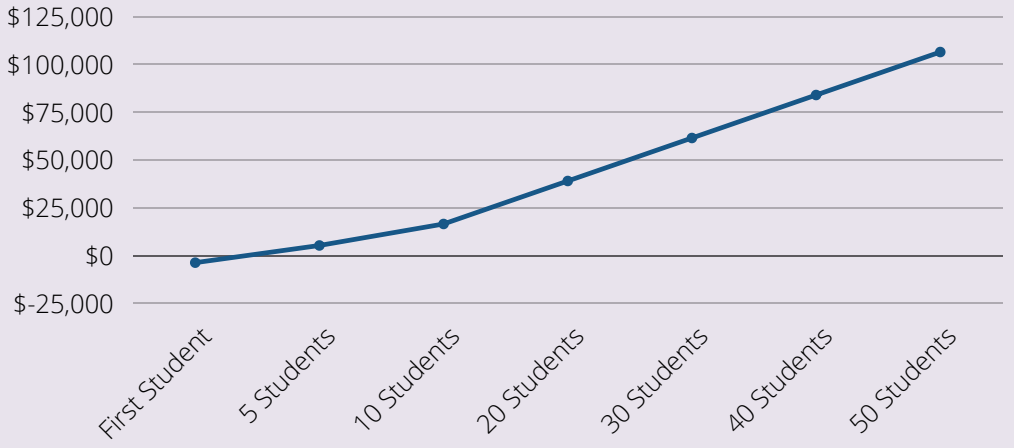
EARN $5,250
After Training
5 Students

EARN $39,000
After Training
20 Students

EARN $106,500
After Training
50 Students

- Accounts for $6000 intake + 10% Student License fees..
- Based on YTT Income of $2,500 per student

YOUR RETURN ON INVESTMENT



- Typical return on investment based on # of students and average registration rate per student. Results will vary per school.

YOGA ALLIANCE (YA) SCHOOL INFO

For a Yoga Alliance RYS, you are the school owner and you pay all registration fees directly to Yoga Alliance.
You name your school, choose your trainers and set the schedule and fees. We will show you how to assign us as syllabus manager and we handle the RYS application with our YA account manager to guarantee your school's approval!

$400 RYS APPLICATION FEE TO YA

$240 YEARLY SCHOOL FEE TO YA

TRAINERS AROUND THE WORLD

Experienced Yoga Teachers around the world have started their teacher training with the Fast Track program in:

- Bali
- Canada
- Finland
- Japan
- Saudi Arabia
- Scotland
- USA

Let us put you on the map!

Running our Third Training

We're running our third teacher training. It's a beautifully comprehensive in depth program with everything you need. When we started we had lots of questions. and Aruna and Claire got right back to us every time, always had the answers.

Everything was taken care of for the Yoga Alliance requirements. I highly recommend this program, its so easy and turn-key.

Alison Cruise

Trainer using Fast Track since 2019
Sadhana Yoga, Ontario, Canada

It's All Covered!

Thank you so much, you've just given me everything I need. I said to my students, nobody gets a 700 page manual with their training!

If you have a question about business, the foundation of Ustrasana pose, the yamas and niyamas, it's all covered. This is why I wanted to partner with the professionals at Ambassador Yoga.

Tina Chabot

Trainer using Fast Track since 2020
Tina Chabot School of Yoga, Ohio, USA

A Joy to Teach...

The Teacher Training course has been a joy to teach. It is extremely well laid out. My fellow instructors have definitely appreciated the Trainer Lesson Plans with time frames, etc. It is easy to delegate classes amongst ourselves.

The feedback has been tremendous. We have created something very special and participants are loving delving deeper, asking questions, and feeling supported as they learn and grow. They especially come alive during small group discussions planned in the classes. They LOVE all the practice teaching they get.

Donna Freeman

Trainer using Fast Track since 2016, Lahari Yoga, Alberta, Canada

HOW IT WORKS

IMAGINE . . . IN 6 WEEKS YOU COULD

- Wake up to an email from Yoga Alliance stating that your RYS is approved.
- Watch your income grow with each registration.
- Be the one to lead your students through the life-changing experience of Yoga Teacher Training.

1

Application Meeting

Meet with Claire and Aruna online to get an in depth understanding of how the program works and decide if it is a good fit for you.

2

Fast Track Registration

Complete the simple online application and pay the first installment or full registration to get access to all the Yoga Trainer Fast Track resouces.

3

Open Registration for Your Training

- choose your dates,
- set your prices,
- add the training to your website (details and images provided).

4

Yoga Alliance (YA) Option

- Name your RYS, use your existing studio name or brand if desired
- Assign us as syllabus manager to guarantee approval
  (for qualified trainers)

5

Get Ready to Teach

Review the Training manual and trainer lesson plans. Get support whenever you want it and start accepting student registrations.

6

You're a Trainer

Teach the program and graduate happy new teachers!
Let the word spread about your next amazing training.

WORK SMARTER, NOT HARDER

You might be able to do it yourself, but what would you have to give up to get the manual and full training program researched, organized, formated and approved?

You don't have to do it alone! Think how easy it would be to use a program that is already written, approved by Yoga Alliance and loved by both trainers and students.

Choose an exceptional training solution that supports you to work less and earn more.

Your Teacher Training is Waiting For You

Book a Discovery Call

or visit AmbassadorYoga.com/trainer/

and get on the
Yoga Trainer Fast Track Today!