



Little **Mango** Tree  
Yoga and Holistic Health Centre

**Application For:  
200 hour  
Canadian Yoga Alliance (CYA) Registered**



**Classical Hatha Yoga Teacher Training  
Online OR In-Person  
*February 2-June 15, 2024***

Little **Mango** Tree – Yoga and Holistic Health Centre, 51150 Ron McNeil Line,  
Springfield, Ontario, [littlemangotree.ca](http://littlemangotree.ca), [yoga@littlemangotree.ca](mailto:yoga@littlemangotree.ca), 5196943769

At Little Mango Tree - Yoga and Holistic Health Centre, Yoga is taught as a way of life, honouring its traditional roots. In this training you will receive everything that you need to teach a dynamic yoga class integrating asana, pranayama, mudra, bandha, meditation, and mantra. In addition, you will have the opportunity to do deep self-development through reflection and creating the beginnings of a road map on the nature of the mind and what it means to be balanced. This training is for those who wish to embody the teachings of Yoga and teach from a place of connection and inner truth.

The Main Faculty member is Lalitadevi Tamburri. Lalitadevi has been teaching yoga since 2003. She has a deeply integrated understanding of yoga, the various techniques and tools and an ability to easily teach others how to connect to the more subtle aspects. She is passionate and fully appreciates the healing potential of Yoga.

Julie Boyse (Jaya) will be assisting in this training. Julie has been teaching yoga and studying intensively with regular visits to India to develop her connection and knowledge since 2016. She is passionate about Yoga and has seen first hand the healing potential of Yoga in her own life.

There will be two Guest Teachers:

Dr. Fadel Behman (Holistic Health Institute) Anatomy and Physiology

Melanie Phillips (Madhuri Ayurveda and Yoga) Ayurveda and Self Care

This Integrated 200 hour Yoga Teaching Training will focus on teaching Asanas (Postures), Pranayama (Breath Techniques), Mudra (Psychic Gestures), Bandha (Internal Locks). You will be introduced to various Meditation practices and learn to guide and teach them with confidence. The primary goals of this training are:

1. To confidently teach a yoga class incorporating Asana, pranayama, mudra bandha and meditation, with knowledge of anatomy (physical and energy) contraindications, common health concerns and alternate practices.
2. To have a good grounding in Yoga Philosophy and the meaning of Living Yoga.
3. To begin to connect to the subtle aspects of yoga and develop a curiosity within to continue to learn through practice and self-awareness.
4. Connect to more of what you love and live a happier more Joyful Life...A life that inspires yourself and others!

The training Includes:

-100 contact hours of Asana, Pranayama, Mudra, Bandha teaching, training, methodology and practice.

-20 contact hours of Physical and Energy Anatomy (with Guest Teacher Dr. Fadel Behman)

-20 contact hours in meditation and philosophy

-5 hours in Ethics and Lifestyle

-5 hours in Self Care and Ayurveda and Self Care (with Guest teacher Melanie Phillips)

This 200 hours of yoga training consists of a of 22 contact days in total. There will be two 1 week intensives consisting of 5 days each and 12 Saturdays. Each day is 7.5 hours totalling 165 hours of contact hours. The remaining 35 hours are non-contact hours and you are required to do this on your own time.

These non-contact hours include attending 10 public Yoga Classes and writing commentary on 5 out of 10 of them, Homework, projects, Home Practice, Journalling and Utilizing Tools.

The material will be delivered by Live teaching, handouts and books. The handouts will be given out as needed throughout the training at no additional cost, the books will be an additional cost to the students.

### **Required Books to be purchase by student in addition to course fees**

1. Asana, Pranayama, Mudra, Bandha *by Swami Satyananda Saraswati*
2. Kundalini Tantra *by Swami Satyananda Saraswati*
3. Meditations from the Tantras *by Swami Satyananda Saraswati*
4. The Healing Path of Yoga *by Nischala Joy Devi*
5. The Anatomy of Movement *by Blandine Calaise-Germain*
6. The Concise Human Body Book, An Illustrated Guide to its Structure, Function and Disorders
7. The Yoga Sutras of Patanjali (Any edition/translation that you feel drawn to, feel free to look at the library and get a few different ones before you decide)
8. Bhagavad Gita (Any edition/translation that you feel drawn to, feel free to go to the library and get a few different ones before you decide)

### **Books that student can optionally purchase or will be available on loan for Self Study**

1. Yoga Psychology, *by Swami Shankardev Saraswati*
2. Healing The Child Within, *by Charles L. Whitfield*
3. Anatomy of the Spirit, *by Caroline Myss*
4. Awareness Through Movement, *by Moshe Feldenkrais*
5. There is Nothing Wrong with you, *by Cheri Hubert*
6. Ayurveda The Science of Self Healing: A Practical Guide, *by Dr. Vasant Ladd*
7. Yoga for Emotional Balance, *by Bo Forbes*

### **Other highly Recommended books, though not required**

1. Anatomy Colouring book, *by Wynn Kapit and Lawrence M. Elson*
2. Your Body Speaks your Mind, *by Deb Shapiro*
3. Your Irrestistible Life, *by Glynnis Osher and Madhuri Phillips*

The schedule for the training days are the same for each of the 22 contact training days.

You are required to be at the studio or Online over ZOOM on time at the following times on those days.

The times are as follows:

7-9am, 10-12:30pm, 2-5pm (22 full days, 7.5hours/day)

The dates for the the contact portion of the training are as follows:

WEEKEND Intensive February 2-4 2024 (3 full days 7-9am, 10-12:30pm, 2-5pm)

WEEKEND Intensive April 26-28, 2023 (3 full days 7-9am, 10-12:30pm, 2-5pm)

16 SATURDAYS:

1. February 10, 2024 7-9am, 10-12:30pm, 2-5pm
2. February 17, 2024 7-9am, 10-12:30pm, 2-5pm
3. February 24, 2024 7-9am, 10-12:30pm, 2-5pm
4. March 2, 2024 7-9am, 10-12:30pm, 2-5pm
5. March 9, 2024 7-9am, 10-12:30pm, 2-5pm
6. March 16, 2024 7-9am, 10-12:30pm, 2-5pm
7. March 23, 2024 7-9am, 10-12:30pm, 2-5pm
8. March 30, 2024 7-9am, 10-12:30pm, 2-5pm
9. April 6, 2024 7-9am, 10-12:30pm, 2-5pm
10. April 13, 2024 7-9am, 10-12:30pm, 2-5pm
11. April 20, 2024 7-9am, 10-12:30pm, 2-5pm
12. April 27, 2024 7-9am, 10-12:30pm, 2-5pm
13. May 4, 2024 7-9am, 10-12:30pm, 2-5pm
14. May 11, 2024 7-9am, 10-12:30pm, 2-5pm
15. May 18, 2024 7-9am, 10-12:30pm, 2-5pm
16. May 25, 2024 7-9am, 10-12:30pm, 2-5pm

Reserve June 1 and June 8 for possible make-up days.

**Graduation Ceremony June 15, 2023**

**Location of the in person training is:**

**Little *Mango* Tree – Yoga and Holistic Health Centre, 51150 Ron McNeil Line, Springfield**

***Requirements for Certification:***

- 1. Attendance to all Live Scheduled classes on time.***
- 2. Participation in Class Discussions.***
- 3. Completion of Reading / Projects / Homework / Certification Requirements on time.***
- 4. Attain 75% or higher on Homework / Tests / Quizzes (up to 3 retakes and redoes).***
- 4. Practice Teaching.***
- 5. Open mind.***
- 6. Willingness to do Group work and confidence, self awareness building exercises.***
- 7. Willingness to refrain from use of recreational mind altering substances during the course of the training.***
- 8. Be aware of negative habits and be committed to increasing awareness of the things that are hindering the expression of your human potential in life.***
- 9. 1 Year of Yoga Experience/Practice.***

***\*If accommodations are needed Please Inform the School Director so needs can be met\****

**The Total Cost of the Training is \$2,376 +hst**

***Upon Completing all the requirements the student will receive a Certificate of Completion as well as a 30% discount in membership with Canadian Yoga Alliance (CYA). Insurance through HUB International is Available for purchase at a discounted rate for CYA Members.***

***Non-Refundable Deposit of \$500 is due upon acceptance into the program, balance is due 2 weeks before the start of the program on January 20th. Payment Schedules on an individual bases will be considered.***

***To apply to the 200 YTT please complete the attached form and Return to School Director, Lalitadevi Tamburri at Little Mango Tree – Yoga and Holistic Health Centre.***

***yoga@littlemangotree.ca***

***Thank you***

***Om Shanti,***

***Lalitadevi***

## 200 hour Yoga Teacher Training Application Form

Name:	Phone #:
Address:	Email: I agree to be contacted by email/phone regarding this training YES / NO
City & Postal Code:	Date of Birth

**ALL INFORMATION IS CONFIDENTIAL.**

**Why are you interested in becoming a Yoga Teacher?**

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**What appeals to you about the Yoga Teacher Training at Little Mango Tree?**

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**Please Describe your experience in Yoga.**

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**What are you hoping to gain from this training?**

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**How did you find out about this training?**

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**Do you have any Health Concerns, Past, Current and/or on-going?**

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You will be contacted for a 30 minute in-person Meeting to discuss the training further and to discuss questions or concerns that you might have. If you wish to proceed with the registration and enrol in the 200 hour Yoga Teacher Training, a non-refundable deposit of \$500 is due to secure your place in this training at this meeting.

Participant's Signature\_\_\_\_\_

Date \_\_\_\_\_Name: \_\_\_\_\_

Thank you for applying to Little **Mango** Tree – Yoga and Holistic Health  
Canadian Yoga Alliance Registered  
200 hour Yoga Teacher Training Certificate Course!

