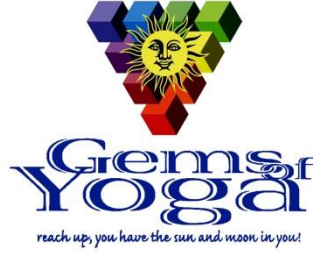


UNITED ARAB EMIRATES

First Yoga Studio since 2000

Office of the CEO



جيمس اوف يوجا

Index

1.	Welcome	1
2.	General Information	1
3.	Remaining Contact Hours and Elective Hours	3
4.	Profile Of Lead Trainer Dr. Sanjay Sharma.....	4
5.	Policies & Expectations before the start of Actual Yoga Teacher Training...4	
6.	Practices for a successful Yoga Teacher Training experience while In training....5	
7.	Credentials for Teachers.....	5
8.	Teacher Credentials include.....	6
9.	What to do after receiving your Certificate from Gems Of Yoga	7
10.	Continuing Education.....	8
11.	Requirements.....	8
12.	What is a Continuing Education Contact Hour?	8
13.	What is a Continuing Education Non-Contact Hour?	9
14.	Who May Offer Continuing Education?	9
15.	Submit Your Hours Online For Yoga Alliance Registry	10
16.	FAQs.....	10
17.	Definition of a Certified Gems Of Yoga Alliance RYT 200 hours Yoga Teacher.....	11

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Dear Student Yogi,
Welcome!



We warmly welcome you to Gems Of Yoga Teacher training Program and our RYT200 Hrs. Yoga Teacher Training program. This program is run in English.

The location is Gems Of Yoga, Sheikh Zayed Road, Trade Center 1, White Crown Tower, 1701 just before the Crown Plaza hotel and next to Bateel Café. There is Divino café downstairs.

The nearest metro station is Trade Center Metro station, then one could take a foot bridge, go to opposite side of the road, you would come to Fairmont Sheraton, then you could walk towards Abu Dhabi side and stop at the building that has a KFC on the ground floor. That is the White Crown Tower.

There is a bus station right outside White Crown tower.

The parking meter is 335A. It is possible to take a right turn just from Jashn restaurant before Zoom supermarket and pay Dhs 10 for parking your car inside the building parking.

The RYT200 hours level teacher training program is intended to provide a diverse educational experience that focuses on the foundations of teaching yoga while supporting the participant in finding their own voice and style as a yoga teacher.

You have made this decision to pursue Yoga Teacher Training hosted by Gems Of Yoga. We are excited to have you and know that you will learn and grow from this program, not only as a yoga teacher but as a student of yoga.

Below you will find the structure and polices of the program that you need to agree to before you proceed , just to make sure we are all on the same page. We also need from you some personal information and your goals for yourself.

GENERAL INFORMATION:

On the curriculum we comply with the curriculum set forth by Yoga Alliance for the 200 hour program for the year 2016. The program is updated as the YA requires. The YA requires 180 hours to be spent directly with the primary teacher in the program while 20 hours can be spent doing yoga studies - reading , assignments (this does not include taking yoga classes). More details can be found at www.yogaalliance.org and we recommend that you read their website and requirement. The current curriculum guidelines given by Yoga Alliance is as follows though Gems Of Yoga exceeds those as the maximum course is taught by our ERYT Lead Teacher Dr. Sanjay Sharma.

1. Techniques, Training and Practice: 100 hours

Minimum Contact Hours: 75 hours

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Minimum Contact Hours w/ Lead Trainer(s): 50 hours

2. Teaching Methodology: 25 hours

Minimum Contact Hours: 15 hours

Minimum Contact Hours w/ Lead Trainer(s): 10 hours



3. Anatomy and Physiology: 20 hours

Minimum Contact Hours: 10 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Minimum Contact Hours: 20 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of 2 of the above Contact Hours must be spent on ethics for yoga teachers

5. Practicum: 10 hours

Minimum Contact Hours: 5 hours

Minimum Contact Hours w/ Lead Trainer(s): 5 hours

Remaining Contact Hours and Elective Hours

The Requirements detailed above ensure that all trainees of a RYS receive training and instruction in five educational categories for a minimum number of designated hours. The remaining Contact Hours (55 hours) and elective hours (15 hours, either contact or non-contact) are to be distributed among the five educational categories, but the hours may be allocated at the discretion of each RYS based on their program's focus).

TOTAL HOURS: 200 hours

Total minimum Contact Hours: 180 hours

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Total minimum Contact Hours with Lead Trainer(s): 65 hours



Profile Of Lead Trainer Dr. Sanjay Sharma

Policies & Expectations before the start of Actual Yoga Teacher Training

1. Your GOY TTP comes with an unlimited one month yoga practice priced at Dhs 1100/-. Progress is fast in daily practice but you should at least practice yoga 3 times per week in a variety of styles at Gems Of Yoga and build up your practice. Practice Yoga at least 3 times per week in variety of style one month prior to start of your training. Then strive for daily practice. Next, try for one session in morning and one in evening. Next try doing back to back 2 sessions. Slowly built your stamina to 3 hours of continuous Yoga sessions. The training is available only prior to the start of the training. If you don't use it, you lose it.
2. We expect you to arrive on time and remain for the duration.
3. Please bring your clean showered body and refrain from any strong perfumes.
4. Please sign in your attendance in the studio.
5. Please note that any colored photocopies or prints are charged.
6. Please leave your mobiles outside the class .
7. Please read your books prior to Dr. Sanjay arrival. The manual is updated each year and given by Dr. Sanjay on the first day of training.
8. You may schedule a pre training appointment with Ms. Sunita on Thursdays to familiarize yourself with the yoga philosophy before you start reading the books.
9. **INTERNSHIP:**

Working at the desk & helping around the studio are available at the discretion of Gems Of Yoga. You can teach at Gems Of Yoga after you graduate for the slots after aligning yourself to the philosophy of Gems Of Yoga of Nine Gates and Five winds. The minimum and maximum commitment of Yoga teaching is from 4 sessions a month to 12 sessions a month based on mutual understanding between Gems Of Yoga and the Yoga Teacher. This opportunity is available till 3 months after your training.

The remunerations during intership are:

Dhs 50/hour for studio classes and experience certificate for teaching. For yoga@site the remunerations are set at Dhs 100/ hour. For yoga@site transportation is arranged by Gems Of Yoga. The times are given by Gems Of Yoga based on client demand one day prior to the session.

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10. Scholarship:

The student can pay 50% of the cost of the Yoga Teacher Training and 50% can be paid by working with Gems Of Yoga. For work exchange Teacher trainers a commitment of 3 months is mandatory with 8 hours spent at Gems Of Yoga on daily basis.

Gems Of Yoga may utilize your services of teaching and other skills based on the demand graph of Gems Of Yoga. The hours you spend can also be counted for continuing education.

Practices for a successful Yoga Teacher Training experience while In training

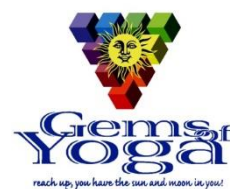
1. You will certify as a Yoga Alliance Teacher. Yoga Alliance itself does not Certify Teacher, although it does set the curriculum for Teacher training program who wish to affiliate with them.
2. You will be asked to fill out an online survey of the program after you graduate.
3. Take good care of yourself. Be prepared to sit on floor and also eat on floor. We have yoga mats, blocks and blankets which can be used for that purpose but please feel free to bring whatever you like.
4. And of course make sure you sleep well, and eat enough fuel and drink enough water to keep the body happy so the mind can focus.
5. Please do not practice after your training day. Only practice at Gems Of Yoga Studio.
6. On Fridays you can attend yoga sessions at other studios if you like.
7. You can put your stuff in our lockers but please do not take the key home. Inform the admin and deposit the key with them for safekeeping and collect it the next day.
8. A fruit and yogurt snack at 10.15 am and a light vegetarian meal is provided at 2.30 pm but please feel free to carry a small lunch box according to your food preferences and tolerances.
9. Please start a breathing and meditation practice and maintain a meditation journal.
10. Take photos before, during and after the training and video record your asanas and meditation to create your web media support. Please note Dr. Sanjay does not allow any photos or videos of his or student during the session so the same needs to be done after the daily YTT session is over. We can assist you I creating your web media support for a nominal fees. Please contact office for the IT support.

Credentials for Teachers

The Yoga Alliance general Credential for teachers is Registered Yoga Teacher (RYT). Yoga teachers who complete a teacher training program at Gems Of Yoga

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(RYS 200 hours, RYS 300 hours and RYS 500 hours) may apply for registration and use of the RYT Credential. That verifies their training and teaching experience meet Yoga Alliance Requirements.



Teacher Credentials include:

- Registered Yoga Teacher (RYT 200 and RYT 500)
- Experienced Registered Yoga Teacher (E-RYT 200; E-RYT 200, RYT 500; and E-RYT 500)
- Registered Children’s Yoga Teacher (RCYT®)
- Registered Prenatal Yoga Teacher (RPYT®)
- There are no teaching hours required to register as a RYT 200.
- To register as a RYT 500, you must have a minimum of 100 teaching hours.
- To register as an E-RYT 200, you must have a minimum of two years teaching experience and 1,000 teaching hours after the completion date of your RYS 200 training.
- To register as an E-RYT 500, you must have a minimum of four years teaching experience and 2,000 teaching hours (1,500 teaching hours after the completion date of your RYS 200 training and an additional 500 teaching hours after the completion date of your RYS 300 or RYS 500 training.)
- To register as a RPYT or RCYT, you must be a RYT and have a minimum of 30 teaching hours of prenatal or children’s yoga after the completion of your specialty training.

Wait for RYS Confirmation. If your upgrade requires you to submit an advanced certificate, your RYS must confirm that you completed their training. When you submit your Program Confirmation Request, your school will be notified. Once the school has confirmed that you completed their training, you will be notified via email and invited to login and continue your registration.

Pay your Fees. Log in to your account to pay your one time upgrade fee of \$50. Use the “Pay Now” button and follow the prompts to submit payment.

Review your School. If you submitted an advanced certificate, a RYS review is required to complete your upgrade. After you submit payment, click the “Review Now” button on your invoice page. If you do not submit your review upon payment, the green “Review Now” button will be accessible on your dashboard by scrolling down to the upgrade requirement checklist. You will not be able to access your new Registry Mark or registry card until you submit a review. Please remember that your school review is NOT ANONYMOUS.

Update your RYT Profile. Once you have submitted a review of your school, your RYT profile will automatically reflect your new designation and





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Registry Mark. Remember to update your RYT profile to include your current teaching experience and a current bio in the online Directory listing.



What to do after receiving your Certificate from Gems Of Yoga?

Gems of Yoga Certificate Model For RYT 200 Hrs. as approved by Yoga Alliance USA

Dummy Certificate

This is certified that **MS.SUNITA BHALLA** from **INDIA** has undergone a systematic Yoga Teacher Training (RYT200) from 01/14/2014 to 02/14/2014 at Gems Of Yoga



During the Training She covered:

- 1) Ashtanga Yoga of Paanjali Yoga Darshan
- 2) Hatha Yoga Pradipika
- 3) Anatomy and Physiology
- 4) Asanas
- 5) Pranayama Basics


She studied very sincerely and honestly to fulfil all the qualities to be a Registered Yoga Teacher (RYT 200)


Dr.SANJAY SHARMA
ERYT 500, # 37161

Sunita Bhalla
Founder & CEO


 

www.twitter.com/gemsofyogadubai

 **facebook** facebook.com/gemsofyoga

yogauae.blogspot.com 

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You receive a certificate announcing your completion for RYT200 Hrs. You will create an email for yourself and apply for RYT200 Hrs. Id no. from Yoga Alliance. The fee is USD 145/- and annual renewal cost is USD 55/- You would write a review of the school Gems Of Yoga. In school name you would write Gems Of Yoga. Your unique ID no. would be sent to you which you can print on

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Suite 1701, White Crown Building, Between Radisson Royal Hotel & Crown Plaza Hotel,
P.O Box 37301, Dubai, UAE. Tel : 04 3315161, 3311328, 0506532750, Email: info@gemsofyogadubai.com
www.gemsofyogadubai.com

your visit card. Also the certificate from Gems Of Yoga, Yoga Alliance should then be emailed to REPSUAE and you would then be in line with local UAE laws. The fees for REPS UAE is Dhs 400/year and you can also apply for insurance which is mandatory if you want to teach in any hotels. Please visit the website repsuae.com



Continuing Education

We are all students of yoga. Regardless of how accomplished you are as a teacher, success should never discourage you from continued learning and professional growth. Even teachers of great renown sometimes change their minds or clarify certain approaches when they learn something new. Our Continuing Education (CE) Requirements encourage all Registered Yoga Teachers (RYT®s) to never stop learning, to embrace a philosophy of being open and to continue improving.

Requirements

Every three years starting from the initial date of registration with YA, all RYT's must submit a minimum of:

- 45 hours of yoga teaching and
- 30 hours of yoga training:
- At least 10 training hours must be Continuing Education (CE) Contact Hours.
- No more than 20 training hours may be Continuing Education Non-Contact Hours.
- All hours must be directly related to one of the YA Educational Categories.

You may not count any teaching or training hours prior to registration with YA. If you earn more than the required hours for CE in a three-year period, the extra hours may not rollover into the next three-year period.

Hours that may be counted towards CE should reflect that something new was learned, through research, study or experiential learning, rather than time

spent synthesizing or processing prior knowledge. Hours spent disseminating this information to students may be eligible toward the teaching hour Requirements, but cannot be counted as training hours.

What is a Continuing Education Contact Hour?

Continuing Education Contact Hours are in-person classroom hours in the physical presence of a qualified CE Provider. All hours must be directly related

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to one of the five YA Educational Categories. One CE Contact Hour is earned by completing one hour of any of the following activities:

- Yoga teacher training
- Workshops (single session or ongoing series)
- Courses at a college or university
- Discussion or study groups



What is a Continuing Education Non-Contact Hour?

Continuing Education Non-Contact Hours consist of learning outside of the classroom, without qualified CE Provider present. All CE Non-Contact Hours must be directly related to one of the five YA Educational Categories. A CE Non-Contact Hour is earned by completing one hour of any of the following activities:

- Reading a book or article, or watching a video that deepens your yoga practice and/or understanding,
- Being a student participant in a webinar or taking an online or correspondence course,
- Receiving remote mentoring,
- Authoring yoga books, articles, videos or other media for public dissemination (e.g., in newsletters, CDs, DVDs, newspapers, magazines, online, etc.)*, and
- Creating class materials for distribution to students*.

Registered Yoga Teachers are required to submit a written reflection or evaluation of each activity, to demonstrate what was learned and how it relates to the educational categories and CE Requirements.

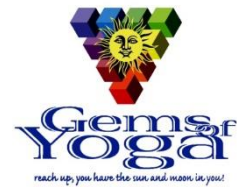
Who May Offer Continuing Education?

Yoga Alliance does not pre-verify individual providers of CE. Registered Yoga Teachers must ensure they obtain CE from a qualified CE Provider, who meets either of the criteria below:

1. An Experienced Registered Yoga Teacher (E-RYT®) of any level who is currently registered with YA, or
2. Someone with a relevant degree or certification, or substantial education in an area of expertise that is related to one of the YA Educational Categories. The CE Provider must also have substantial teaching experience (500+ hours) and/or the equivalent of two years of professional experience in that area. The CE Provider must be able to document or demonstrate his/her relevant education and experience, and may provide Continuing Education only in their area(s) of expertise.*

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*During the CE review process, YA reserves the right to request supporting documentation from RYTs to evidence the qualifications of the CE Provider whose course, seminar or workshop is being submitted for credit towards their CE training hour Requirements.



Submit Your Hours Online For Yoga Alliance Registry

Registered Yoga Teachers must report their CE in their online accounts. Currently, we do not require RYTs to provide a CE Certificate of Completion or attendance record.

- Visit the “[My Teaching Hours](#)” section of your teacher account and select the green button to "Add Teaching Hours."
- Visit the “[My Training Hours](#)” section of your teacher account and select the green button to "Add Training Hours."

FAQs

1. Can I count teaching or training hours toward both CE and upgrading my teacher credential?
Yes. You may count any teaching or training hours you complete for CE towards upgrading to a higher designation and/or teacher training program. The same teaching hours or training hours you use for one can be used for all. For example, if you complete 45 hours of training as part of a RYS 300 program, you can count those hours for your training and for CE training hours. If you complete 30 hours of teaching, you can count those hours toward an upgrade to an E-RYT designation and for CE teaching hours.
2. Can I count an additional 200-hour training toward CE?
Yes. A RYS 200 training program may count toward CE, even if you are already an E-RYT 500.
3. Why does YA allow so many CE training hours to be Non-Contact Hours?
Continuing Education Non-Contact Hours consist of informal or self-directed studying which occur outside of the classroom, without a teacher or trainer present. The credentialing industry is increasingly recognizing that Non-Contact Hours can bring equivalent, or even better, professional maintenance learning than Contact Hours. That’s especially true if those in-person hours are obtained exclusively for the purpose of satisfying organizational CE Requirements.
While the value of ongoing in-person study with a mentor is without question, Yoga Alliance Registry endorses and formally recognizes the time and effort you put into learning that is motivated by your passion, interests and personal learning objectives, rather than only emphasizing learning that may be driven by deadlines and mandatory Requirements.

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Definition of a Certified Gems Of Yoga Alliance RYT 200 hours Yoga Teacher

Gems Of Yoga certified teacher is a yogi who:

- Teaches in the method of created as a result of their immersion without mixing of other yoga disciplines like Ashtanga Vinyasa and Yin.
- Receives continuous instructions from the master or from intermediate or advanced Teacher or Teachers.
- Acknowledges the governing influences of the teaching of Dr.Sanjay on his practice & teaching of Yoga.
- Maintain a regular Yoga Practice.
- Is mindful of instructors ethical guidelines
- Remains current in his or her membership and payment fees as required to keep the Certification of Yoga Alliance current.
- Is a member of whatsapp group of Dr.Sanjay
- Attends workshops on Fridays and Saturdays at Gems Of Yoga which are announced on facebook for continuing education.

All you have to do after reading this is to set up the appointment and gather any more questions about the Ryt 200, so we can have a valuable discussion on the queries you may have followed by a meeting with Ms. Sunita.

Lets talk soon.

Best Wishes

Sunita Bhalla
Founder & CEO
Gems Of Yoga

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