



Leadership in Yoga Training

200-HOUR VINYASA FLOW YOGA TEACHER TRAINING PROGRAM

Join our industry-wide recognized yoga teacher training from ANYWHERE in the world with our robust online program!

Achieve your Yoga Alliance RYT 200 certification with expert faculty through a powerful virtual experience.

Nectar Yoga Studios  
"Lucky 13" Teacher Training Program is here!

[www.nectaryogastudios.com](http://www.nectaryogastudios.com)



WELCOME!  
Nectar Yoga Studios  
Leadership in Yoga  
200-hour Vinyasa Flow Yoga Teacher Training

It is our Lucky 13!

On behalf of Nectar Yoga Studios, I am thrilled to personally welcome you to the 13<sup>th</sup> presentation of our esteemed 200-hour Yoga Teacher Training Program, proudly registered as a yoga school with the Yoga Alliance.

I am honored that you have chosen Nectar Yoga to support your life journey and am truly excited that you are taking this amazing step to participate in our unique program. I have witnessed 12 cohorts of students walk through our yoga teacher training. I can say, with confidence, that you are headed into life-changing moments.

I have personally thrown myself into the development of this program since day one nearly a decade ago. I hand select my faculty and supervise the experience closely. I have personally taken dozens of teacher training programs in my own career, I have guest taught in programs across the globe, and have, most notably written and evolved Nectar Yoga's education over 12 training classes. This depth of experience informs every aspect of the education we deliver to our trainees at Nectar Yoga Studios.

Moving with the industry is imperative and we proudly produce what I consider to be "yoga leaders" – graduates doing great things with their yoga out in the world.

The NYS faculty bring their love for the practice in partnership with mastery in leading and facilitating yoga and the teacher training experience. In response to the ever-changing terms brought about by a global pandemic, we responded consciously and with great intention. All of our education will take place virtually and will be unlike anything you've ever experienced. We are here to ignite your curiosity, challenge you on many levels, and ensure that you have an incredible experience along the way. More than that, we stand by our education and we know that you will emerge from the Nectar Yoga Studios' Yoga Teacher Training as a powerful yoga leader and the best version of "you".

- Jane Bahneman, MS, Founder Nectar Yoga Studios | ERYT 500 | RPYT



## MISSION

Our company mission at Nectar Yoga Studios: We create spaces that support human development, designed to empower the human spirit. We positively affect the lives and well-being of the people in our community, and want to be the premier provider of yoga and wellness services in the communities we serve. We realize that when any one person is inspired to embrace their own unique purpose, we collectively reap the benefits.

We are yoga without attitude.

Our 200-hour yoga teacher training program is the foundational training designed to produce leaders in the field. We hold space for the necessary physical, mental, and spiritual transformation required of yoga teachers. We educate, inspire and empower our yoga teacher trainees to find their unique calling, and to strive to apply their talents with intention after graduation.

The 2021 VIRTUAL ONLINE training program will engage learners every other weekend with lecture, workshops, experiential learning, and practical experience with both live sessions and on-demand video recordings. This program exceeds the Yoga Alliance requirements under the supervision of Jane Bahneman, Founder of Nectar Yoga Studios, and experienced lead faculty members. You will be required to minimize personal distractions, engage fully, and participate in all sessions with your video turned on. After all, the success of our program has always depended on the contributions of our beloved trainees!

## DELIVERY

Our 200-hour program is unique in that it attracts both neophyte and experienced yogis. All are welcome. Whether you are interested in becoming a skilled yoga teacher right out of graduation – or just feel ready to deepen your own knowledge and practice – you belong here. We will support you where you are, and wherever you want to go. We only ask that you show up fully, remain open, do the work, and expect transformation as a natural outcome as a result.



## TESTIMONIALS FROM GRADUATES OF INFLUENCE

**Vanessa Thomas**, Owner, [www.vanessamichele.com](http://www.vanessamichele.com) and Instagram @xovanessamichele says:  
"I first began practicing yoga in 2013 and I knew early on within my practice that I would one day hope to teach in order to share something that has changed my life so much. Deciding to enroll in NYS's 200-hr YTT program 6.0 (Spring of 2017) was one of the best decisions of my life. Not knowing exactly what it would entail, I ultimately walked away learning so much more about yoga - and even more about myself.

I loved the fact that we received proper breakdown and alignment of all of the yoga postures and had an opportunity to practice and build on our teaching skills in each module. We also had a sense of accountability in maintaining a consistent yoga practice that continued to benefit me physically, mentally, and spiritually.

In addition to the offerings related to the physical asana of yoga, I thoroughly enjoyed building relationships with my peers who, from all different walks of life, offered great insight during discussions and activities. One of my favorite weekends was coming together for our Seva (selfless service) project, where we volunteered our morning in the food room at SHARE of McLean and had the opportunity to help those in need and had a nice time of fellowship with a potluck lunch afterward.

The training equipped me with all of the skills I needed to teach transformational classes and gave me the confidence I needed to start my own successful yoga business. I'm so grateful for the experience and definitely recommend the training to those who are interested in a program with intention and quality."

**Meredyth El-Amine**, Owner, South Arlington Fitness and Nutrition (formally known as [www.crossfitsoutharlington.com](http://www.crossfitsoutharlington.com)) says:

"I was looking for a reputable, thorough, carefully curated yoga teacher training and I found that in Nectar Yoga's program. I wanted something robust in content but also taught with excellence. Nectar had a pretty high bar to meet - and they nailed it. Unpretentious, comprehensive, and professional - it was an investment in my growth as a coach and student that I still call on in my work with athletes today."

**Sara K. Brown**, Owner, You Are Here [www.youareherellc.com](http://www.youareherellc.com) says:

"Through laughter and tears, my 200-hour YTT through Nectar Yoga Studios was engaging and challenging physically, intellectually, and emotionally in all the best ways. This program not only deepened my knowledge in anatomy, brain function, asana cueing, and the business aspects of yoga, it also deepened my inner experience in all the things we take off the mat like gratitude, acceptance, vulnerability, self-awareness. Because of the inner growth, knowledge and relationships gained through NYS YTT, I built the confidence and desire to conceive and launch my own company this year focused on learning to live in the present moment through the mindful practices of yoga and meditation."



## LOCATION

You can participate fully in this training from any place on the globe. Live sessions are taught in Eastern Standard Time, out of the Washington DC, United States region.

## REQUIRED TOOLS

- Computer
- Reliable internet
- Zoom application (downloadable for free)
- Google e-mail account
- Facebook account
- Headphones with a microphone (suggested)
- Yoga mat and basic yoga accessories (strap, blocks, etc.)
- Text books, see below
- All trainees will receive a robust digital teacher training manual

## REQUIRED TEXTS

Teaching Yoga by Mark Stephens

Wherever You Go, There You Are by Jon Kabat-Zinn

Wheels of Life by Anodea Judith

Meditations from the Mat by Rolf Gates

Yoga Anatomy by Leslie Kaminoff

The Yoga Sutras of Patanjali

*Optional:*

Yoga Sequencing by Mark Stephens

Anatomy of the Spirit by Caroline Myss

Nourishing the Teacher by Danny Arguette

Language of Yoga by Nicolai Bachman

The Bhagavad Gita



DATES AND TIMES  
2021

Live Virtual Training Sessions

WEEKEND ONE: March 13-14

WEEKEND TWO: March 27-28

WEEKEND THREE: April 10-11

WEEKEND FOUR: April 24-25

WEEKEND FIVE: May 8\* (Saturday only)

WEEKEND SIX: May 22-23

WEEKEND SEVEN: June 5-6

WEEKEND EIGHT: June 19-20

The program runs Eastern Standard Time:

Saturdays 9:00am-7:00pm and Sundays 9:00am-7:00pm.

There is a required weekly discussion meeting each Wednesday from 7:00-8:30pm during the training term.

A typical training day looks like:

9:00-10:00am Practice

10:00-2:00pm Educational Content

3:00-4:00pm Lunch Break

3:00-7:00pm Educational Content

Short breaks are given throughout the training day(s). Educational content is a mix of lecture, interactive discussions, workshops, and practice. Make-ups for missed live virtual training sessions are handled on a case by case basis.



## Pre-recorded Virtual Training Sessions

Our training program includes an on-demand video component. Trainees are required to watch the video content on an assigned timeline, and to submit quizzes and/or reports upon completion.

## Private Facebook Group

Our private Facebook group is an important part of our experience and connection.

## Social Opportunities

There will be pre-scheduled group meals and happy hours on select training weekends in the breezeway at Power Nectar Yoga. We understand many of you want live connection! These dates and events will be announced. If out-of-towners wish to join and visit the DC area and Power Nectar Yoga, lodging options will be shared.

## **Independent Study and Project Requirements (Due June 20, 2021)**

Watch required on-demand videos and submit quizzes and/or reports

Complete community service work

Complete professional networking project

Complete homework readings and journal assignments

Complete final teaching requirements



## TUITION

The number of students accepted into this training will be capped in order to deliver a training that maintains a personal feel. Our faculty interact deeply with each trainee, and we pride ourselves on the relationships we build at NYS. We are devoted to your growth. Each seat is valuable, so please plan accordingly.

Deposit: A \$499 non-refundable deposit is due at registration to secure your seat. This amount will be deducted from your tuition payment(s).

Early Bird tuition rate is \$2,499 (place your deposit before Feb. 28) and must be paid in full by March 12, 2021.

Regular tuition rate is \$2,699. Deposits placed after Feb. 28 at 11:59pm pay the regular rate and must be paid in full by March 12, 2021.

Payment plans are available at the Regular tuition rate. A student requesting a payment plan must place the \$499 deposit to secure a seat in the training. Payment plans are then made in four equal installments on 3/15, 4/15, 5/15 and 6/15 to a credit card on file, plus a 5% surcharge. Please inquire.

Refund Policy: The \$499 deposit is non-refundable. The balance of any tuition paid will be refunded if a student cancels out of the training by March 6, 2021. After March 6, 2021 no refunds will be provided.

All yoga teacher training students have a 2-class per week practice requirement with Nectar Yoga Studios. This can be done in-studio at Power Nectar Yoga or in the Virtual nectar Yoga Studio. It is recommended that trainees retain an UNLIMITED Nectar Yoga Studios Membership during the teacher training, which includes membership into the Virtual Nectar Yoga Studio.

Do you have any special questions? In the spirit of being who we are, we do not offer group info sessions. Rather, we prefer to speak on the phone or Zoom one-on-one with you personally. Please e-mail [info@nectaryogastudios.com](mailto:info@nectaryogastudios.com) to request a meeting time.





## TOPICS

Topics of study include, but are not limited to:

Roots and History of Yoga

Sanskrit

Creating Sacred Space

Learning Styles

Meditation and Mindfulness

Science of Breathing

Breathing Practices

Pose Breakdown

Concepts in Class Design

Sequencing Workshops

Chakras

Energetics

Movement Science and Biomechanics

Anatomy and Physiology

Yin Yoga

Restorative Yoga

Prenatal Yoga

Virtual Yoga

Business of Yoga

Private Yoga Sessions

## INTERNING WITH NECTAR YOGA

Nectar Yoga Studio has successfully hosted a robust internship program for many years. We understand that a certificate of completion from a yoga teacher training program is a starting point. Unfortunately, this is where many yoga teacher training programs stop – expecting graduates to simply “know” how to move forward in the field.

A certificate of completion from Yoga Alliance recognized yoga school ensures that a trainee has met minimum competencies to start teaching yoga in the field. It is not a be-all-and-end-all, and no teacher training should try to be that! This is why Nectar Yoga Studios developed a robust internship program; we understand the needs of the industry, and we keep our finger on the pulse of the needs of yoga teachers who want to succeed out in the field.

We only accept interns who graduate from our own teacher training program. Trainees must apply for the internship program, and we accept a limited number of interns during each quarter of the year. Trainees are provided an application near the end of the teacher training program; internships are a 90 day commitment at Nectar Yoga Studios. These three invaluable months are an excellent extension of the foundation teacher training program, positioning interns to find a high level of success.

Each intern receives personal coaching from the studio owner, Jane Bahneman alongside teacher mentors. The program has been systematically designed, and we have watched our interns spread their wings and fly as a result. An application and interview is required; interns must have CPR/AED certification and professional liability insurance.

Internship includes: one class assist, with coaching, per week with teacher mentor, unlimited e-mail access to the mentor, one virtual meeting with mentor each month, one group intern meeting per month. Interns are treated as “staff” on the team at NYS – which presents many invaluable opportunities for continued growth and learning.

The NYS internship investment is \$499.00 and a 3-month commitment.



## FACULTY



Jane Bahneman, Founder of Nectar Yoga Studios

Jane's formal education includes an MS from Illinois State University and a BS from Canisius College in her hometown of Buffalo, NY.

Jane serves on the Industry Advisory Panel for the [American Council On Exercise](#) and sits on the Advisory Council for the [Association of Fitness Studios](#); she has served in leadership positions in the fitness and wellness industry for two decades to include positions at Georgetown University, the University of Virginia, and CENTERS. Jane continues to speak nationally, she authors articles and blogs, and consults across the industry. Jane was a proud [Athleta](#) Brand Ambassador and remains active in the pursuit of working to empower women and girls in the community.

### **Her industry certifications include:**

- Yoga Alliance E-RYT 500
- Yoga Alliance R-PYT (Registered Prenatal Yoga Teacher)
- Trained Doula (labor and birth assistant)
- Certified Relax and Renew Restorative Yoga Instructor
- American College of Sports Medicine, Certified Exercise Physiologist
- American Council On Exercise, Certified Group Fitness Instructor
- National Academy of Sports Medicine, Certified Personal Trainer and Corrective Exercise Specialist
- Spinning certified
- Jane has 20 years of extensive yoga education behind her including teacher trainings and intensives in vinyasa yoga, hatha yoga, Ashtanga yoga, yin yoga, restorative yoga, prenatal / postnatal yoga, trauma-informed yoga, and more. She has authored numerous training programs and has taught as teacher training faculty across the globe.

Today, Jane teaches group classes in the studios, and accepts a limited number of private clients. She leads entrepreneur and yoga/wellness retreats a few times



per year. Jane remains active in directing studio operations, and is steering Nectar Yoga Studios' course now and into the future.

To learn more about Jane Bahneman, please visit [www.janebahneman.com](http://www.janebahneman.com). You can also keep up with her on Instagram [@janebahneman](https://www.instagram.com/janebahneman).



Hillary Spruell, Lead Faculty Member

Hillary currently holds her E-RYT 200 hour certification; her background in formal education includes a dual degree of Bachelor of Science in Education and Master of Arts in Education. Hillary loves that she has been able to successfully marry both her passion for yoga, and enthusiasm for guiding learners. Her down-to-Earth approach and incredible sense of humor keep trainees fully engaged!

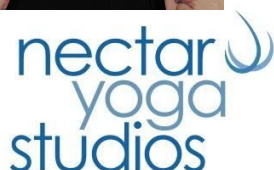
Hillary began her journey as a Blue Nectar Yoga instructor in 2014. She looks forward to participating in the 13th class of teacher training! Hillary has been an essential faculty member, and lead facilitator, for the previous 12 cohorts of teacher training at Blue Nectar and Virtual Nectar Yoga Studios.

Hillary also has Thai Massage Level 1 Certification and is currently participating in a virtual course with Janet Stone Yoga School. She continues to relish being a learner and a teacher; Hillary can't wait to reach out and welcome you into her hOMe yoga studio via Virtual Nectar Teacher Training.

Christa Brolley, Lead Faculty Member



Christa completed her RYT 200-hour training at Blue Nectar Yoga in Falls Church, Virginia, and began teaching part-time at Nectar Yoga Studios immediately thereafter. As a faculty member of the NYS Yoga Teacher Training, Christa played a



pivotal role in successfully transitioning the program virtually during the pandemic.

Christa loves helping students on their journey, especially those first discovering yoga or returning to yoga after an absence. She believes, first and foremost, yoga is for every body and needs to be adapted to the student, wherever they are right now. She also enjoys exploring the chakra's and helping students on their energy journey.

Christa believes in the power of education; during the 2020 COVID lockdown she completed her perinatal yoga teacher training with NYS and the RYT Uplifted 300/500 yoga teacher training and will soon be starting Yoga. Psyche. Soul's RYT 300-hour training and Uplifted's RYT 200-hour Kundalini yoga teacher training. She also completed the YOGABODY® 200-hour teacher training during the pandemic lockdown, teaching their Ashtanga-based yoga flows. She is also certified to teach YOGABODY® Gravity Yoga (targeted mobility training) and to be a YOGABODY® Breath Coach. To continue to expand her education and be able to provide overall wellness support to students, she's begun a yearlong Health Coach certification from the Institute for Integrative Nutrition.

## SUPPORT STAFF



Rema Shebaro, Coordinator

As the Coordinator for Nectar Yoga Studios, Rema is usually working behind the scenes to keep things running smoothly. She completed her 200 hour training with NYS in the spring of 2019, and has been with the studio ever since. She currently teaches online in the Virtual Nectar Studio, but you can often find her over at Power Nectar as well, catching up on studio tasks or re-merchandising the retail area. Rema is here to support you through your YTT journey and in your practice with Nectar Yoga Studios, so feel free to reach out with questions or simply to chat!

