

Advanced Training Program

Vision

The Energy Medicine Yoga Advanced Training Program (ATP) is an apprenticeship-style program bringing the student toward mastery of their energetic structure - body, mind and spirit. The curriculum mentors and develops teachers to their highest personal and professional level which takes dedication and time. This is an immersion training, ideal for yoga teachers who are ready to commit to a high level of excellence in their teaching through self-study, experiential learning, and skillful and accomplished mastery of Energy Medicine Yoga methodology, practices and underlying theory.

Note: This is not a standard 300-hour training that you can achieve in one year's time to earn a certificate (it actually consists of more than 300 hours of learning). It will not be registered with Yoga Alliance, but you can use these hours for CEUs. It will take a minimum of four years to complete the program, with two modules being offered per year.

Prerequisites

1. You must be a Certified EMYoga Foundations Teacher.
2. You must hold a 200-hour Yoga Teacher Certification.

How to Apply

1. [Click here to submit your Enrollment Form.](#)
2. Once we receive the enrollment form, and your admission into the program has been approved, you will receive an email from the EMYoga School (EMYS) requesting a \$100 enrollment fee. Your participation is not confirmed, until this fee has been received.

**This one-time, nonrefundable fee is to enter you into our system, so that we can track your progress and completion of all required elements throughout the duration of the program.*

Course Details

- The program is made up of 8 modules. You are required to participate and complete all of the requirements for each module to receive your certification.
- There are two modules offered per year.
- Each module contains 10 to 12 weeks of content total.
- There are two parts per module:
 - Part 1 - Public Course (PC):

- The PC is also offered to the general public and runs for 5 or 7 weeks.
It includes 10 to 14 hours of theory and practice in total from Lauren Walker, along with some guest teachers. There will also be some written content and deepening practices.
- Part 2 - Advanced Teacher Program (ATP) is 30 hours of advanced teacher training curriculum on the PC module's same topic.
 - You must take the PC first.
 - This part will be an additional 5 to 7 weeks of study.
 - Each ATP component entails approximately 6 hours of pre-recorded content, launched each week, for 5 weeks. You will have other reading and homework assignments that are also required.
 - You will need to log a number of practice hours per module and provide a brief reflection on what you gained, on a form that will be provided for you. This form will be called your "ATP Tracker". Specific details of this requirement vary Module to Module and are outlined in the Certification Checklist for each Module.
 - You will be assigned a mentor in Module 1 only. This mentor is an EMYoga Master Teacher, who will help to guide your experience. You will get a 1 (one-hour) or 2 (30 min) private mentoring session.
- Together, the two parts equal about 40-44 hours of learning content and instruction per module.
 - After each module, there will be an exam. Upon successful completion of your exam, you will receive a "Certificate of Completion". This can be used to log your non-contact CEUs with Yoga Alliance.
 - You will also receive an EMYoga Series to teach which relates to that module's area of study.
 - The PC and the ATP do not need to be taken back-to-back, but we do recommend you take the ATP track within 6 months of completing the PC.

ATP Community Calls

- You are required to attend ATP Community Calls that are exclusive to students in the program. **This is your place for questions!** The calls will be led by Lauren and/or other senior EMYoga Master Teacher / ATP Mentors. They will feature a lecture, a short teaching component and a live Q&A.
- There are 10 ATP Community Calls per year. These calls are included in the cost of the program and are a requirement for final certification.

ATP Community Call Schedule:

Second Sunday of each month, from 9:30 am MT - 11:30 am MT.

This is your opportunity to be LIVE with the whole group, to ask questions, and interact with other students. Each call will also be recorded and shared if you cannot attend live. You will log your participation, live or from a recording, on your ATP tracker.

Eligibility for final ATP Certification

You are required to fulfill the requirements for both the PC and the ATP for each module to be eligible for final certification as an Advanced EMYoga Teacher.

You must successfully complete all requirements for each of the 8 modules within a period of 6 years.

You must teach **100 LIVE EMYoga classes**, either in-person or online in order to qualify to take your final exam. This can be done over the course of the training. You will log these classes on your ATP Tracker, which must be submitted prior to taking your exam.

A closing interview with an EMYoga Mentor.

Final Exam

The final exam will consist of:

- A written portion
- An ethics portion
- Teaching a live 45-minute EMYoga class

Summary of Requirements to Receive Advanced EMYoga Teacher Certification:

- Participate in all ATP Community Calls, either live or by watching the recording
- Successfully complete the PC and the ATP for each of the 8 modules and the corresponding exam
- Submit your ATP Tracker, completed in its entirety for each module
- Meet with your EMYoga Mentor for Module 1
- Teach 100 **LIVE** EMYoga Classes, either in-person or online, over the course of the program. These will be logged on your ATP Tracker.
- Complete your final exam
- A closing interview with your mentor

Module Topics

After the initial release of each module, these modules can be taken in any order. Our

intention is to release the ATP component in the spring and fall of each year. The corresponding PC may vary slightly.

Here is a list of the individual modules:

1. Energy Anatomy: Meridians, Source Points, the Aura and Energetic Protection
2. Advanced Five Elements and EMYoga Elemental Sequencing
3. Advanced Energy to Heal: Healing Trauma, Triple Warmer and Radiant Circuits
4. Advanced Chakras
5. Longevity and Detox
6. Sound, Breath and Pranayama
7. Yoga Philosophy and a Deeper Look at Energy Medicine
8. Magic, Manifestation and Yoga Nidra

Cost of the ATP

Each module will cost \$297 for the PC and \$825 for the ATP component (subject to change). Therefore, the total cost for each of the 8 modules is \$1,122. In total, to earn the Advanced Teacher Certification, the cost will be \$8,976 USD.

Frequently Asked Questions

Q: Why is there an enrollment fee?

A: There is a nonrefundable, one-time \$100 enrollment fee so that the EMYS can track your progress throughout the ATP.

Q: How long will it take to complete the ATP?

A: The quickest you will be able to complete the ATP is 4 years. This is because there are only 2 modules offered per year and it is necessary to complete all 8 modules.

Q: How long do I have to complete each ATP module?

A: Remember each complete module has 2 components. The PC and the ATP. You must complete the 5-7 week PC first. Then, the ATP will consist of 5 weeks of course material. The exam is then due 3 months following.

Q: What if I don't complete the module in the required timeframe?

A: There is an extension fee of \$50 for 3 months. This equates to 6 months of time following the conclusion of the 5-week ATP portion. After this time period of 6 months, you must take the ATP module again.

Q: Do I have to take the ATP Module right after the public class ends? What if I want more time to absorb the information?

A: You just need to take the ATP part within 6 months of completing the PC.

Q: How long do I have access to the content/videos of each ATP component?

A: The PC course videos are yours for 1 year. The ATP content is yours until you graduate from the ATP training.

Q: Can I just take the PC courses and enroll in the ATP Track down the road?

A: No, you must enroll in the ATP module within 6 months of taking the PC course, or you will need to retake the PC course to enroll in the ATP training.

Q: I'm not ready to start the ATP right now. Is there a set time when a new group starts the ATP?

A: No, you can start the ATP whenever you want. It is self-directed. But you have to begin with the PC course for each module.

Q: What is your refund policy?

A: The enrollment fee is nonrefundable. For the PC, a full refund is available within the first 7 days of the start of the program, but there is no refund after that point. The ATP for each module is non-refundable.

Q: Can I choose my EMYoga mentor? Who are they?

A: Your EMYoga mentor is an EMYoga Master Teacher that has been selected by Lauren Walker to help guide and monitor each student's progress. In order to maximize your experience, you will work with different mentors over the duration of the ATP.

Q: Do I have to start the modules at a specific enrollment date?

A: No, you can begin any module with the PC followed by the ATP whenever you want after it is initially launched.

Q: Do I have to teach EMYoga for a year before I can start this ATP?

A: No, you only have to have successfully completed your Foundations exam.

Q: Does this count as a YA 300-hour YTT?

A: No, but it does give you 45 non-contact CEUs for each module. Upon completion, you will be awarded the Advanced EMYoga Teacher Certification.

Q: Can I schedule more time with my EMYoga mentor?

A: Yes, the hourly rate to meet with your EMYoga Mentor for an additional one-on-one session is \$60/hour.

Q: How will Facebook be used? I hate Facebook!

A: We will have a private Facebook page dedicated to all current ATP students. Your EMYoga mentors and Lauren will monitor the page to help answer questions. You have

the option to create an anonymous account, using an alias name, and still use the page as a way to engage and build community, but it is not required.

Q: What do I get after each module?

A: A certificate of completion after your exam and an EMYoga Series Template that pertains to that particular module.

Q: Do I have to complete all of the modules?

A: Yes, if you wish to receive your ATP certification.

Q: Can I take the ATP modules a la carte, without working towards the full certification?

A: Yes you can take only the modules that interest you, but you must still pay the \$100 enrollment fee.

Q: When does the program begin?

A: You can start the program anytime. If you are planning to go through the entire program, then we suggest starting with Module 1 and going in order. You will get the most out of the program and material that way.

Q: When is my enrollment form due?

A: IOnce you are accepted into the program and before you start your first Module.

Q: Can I take the ATP component before I take the public course?

A: No; you must take the PC first.

Q: Can I take more than 2 modules per year?

A: No, each module takes 6 months to complete.

Q: What if I took the MTP previously? Is this new content?

A: You can certainly enroll in this course. Some of the content will be similar, but EMYoga is a living practice, so there will always be new and upleveled information.

Q: If I'm an MTP graduate, do I still have to apply and pay the \$100 fee?

A: Yes; we will still track your hours.