

SANKOFA YOGA

200-Hour Sankofa Yoga Teacher Training



Sankofa Yoga led by Dr. Tamisha J. Ponder is a Vinyasa-Hatha based school that teaches a method that balances instruction, engagement, alignment, breath, and fluid movement.

The Sankofa Yoga Teacher Training Program encourages yoga as a lifestyle, a theory, and a practice. Our approach to asana practice is rooted in the Vinyasa yoga tradition and inspired by Power, Yin, and Traditional Hatha Yoga. We provide trainees with the tools to develop a sense of one's personal power, overcome self-limitation, resource community and return to the

source—Sankofa. Our approach to instruction reflects philosophy, accessibility, community, and is designed to reach the masses to bring yoga, mindfulness, and meditation to all. We encourage balance; thus, after completion of this course students will be able to lead various types of yoga classes, such as *Vinyasa Flow*, *Deep Stretch*, *Vigorous Yoga*, and *Prenatal Yoga* enabling them to teach in any setting.

In addition to monthly training sessions, students are also required to commit to a daily practice, complete homework assignments, and attend yoga classes with the Lead Trainer or other senior teacher at Sankofa Yoga; there are no additional fees. Our program has been designed to exceed the 200-hour Teacher Training program standards for registration with Yoga Alliance. Upon completion of this course, students will be eligible to apply for registration with Yoga Alliance.

SCHEDULE

The training course is taught in nine in-studio intensive weekends over the course of eight months. This format supports students having time to integrate the material, complete homework assignments, and prepare for assigned practice teaching sessions *and their Sankofa Seva* Final project. A cap of 10-14 students is conducive to an interactive student/teacher relationship.

Thursdays: 6:00 pm – 9:00 pm
Fridays: 6:00 pm – 9:00 pm
Saturdays: 8:30 am – 5:45 pm
Sundays: 8:30 am – 5:30 pm

Additional Coursework Hours: 75 Independent Study Hours (reading, journaling, personal yoga and meditation practice)

All training sessions will be held in-person at our studio (*unless noted*), 302 Main Street, Laurel, MD if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom.

2025-26 COURSE DATES

Mandatory Training Orientation & Compliance Meeting (**virtual**); Sun., Nov.2, 2025: 12:00 pm EST

1. Nov. 6-9
2. Dec. 11-14
3. January 8- 11
4. February 5-8
5. March 19-22
6. April 9-12
7. May 14-17
8. June 11-14
9. July 9-12

IN-STUDIO PARTICIPATION

All training sessions (minus the virtual orientation/compliance meeting) will be held in-person at our studio, 302 Main Street, Laurel, MD, if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom.

TUITION & REGISTRATION

The cost of our 200-hour Teacher Training is \$3,150. Applicants will be required to submit an information form and pay the non-refundable \$315 deposit to gain entry into the 200hr Sankofa Yoga Teacher Training Program. An early bird discount of 10% is available for those paying in full at least one month prior to the start of training. Financial assistance and payment plans are available upon request.

TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, \$315 from the applicant's deposit amount will be retained by the program as the deposit is non-refundable and non-transferable.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort but completed their full tuition payment, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full. Questions regarding tuition balance, please contact marcus@sankofayogacenter.com

PAYMENT PLAN OPTION:

Tuition of \$3,150 payable as follows:

- \$315 non-refundable deposit
- Followed by 9 equal monthly payments of \$315 due on the 1st of each month starting Nov. 2025

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.

In the case of any **emergency absences**, please notify the program director immediately.

If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options.

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director do not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with the Program Director at info@sankofayogacenter.com or 240-786-7182 prior to enrolling.

Each student is expected to be at each session 5 minutes before the start time to set up and so that the training may start on time. If the student is late more than 5 times, this will result in a deduction of 1 hour from their total contact hours.

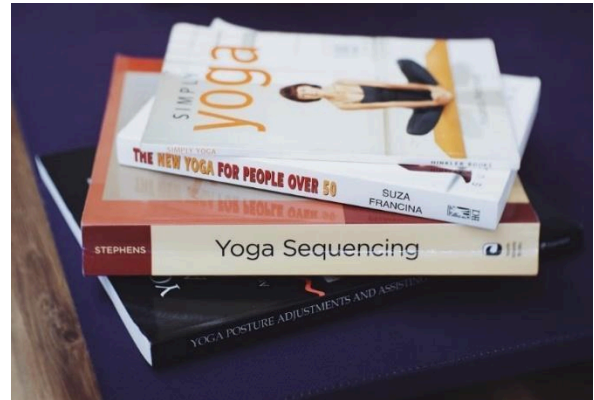
A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

REQUIRED READING & SUPPLIES

Required Textbooks:

- *The Yoga Sutras of Patanjali* (Translation and Commentary by Sri Swami Satchidananda)
- *The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele
- *Yoga Anatomy* by Leslie Kaminoff
- *Yoga Sequencing* by Marc Stephens
- *Journey into Power* by Baron Baptiste
- *The Heart of Yoga: Developing a Personal Practice* by T.K.V. Desikachar
- *Teaching Yoga Beyond the Poses* by Sage Rountree and Alexandra Desiato



Suggested Reading:

- *Bhagavad Gita: A New Translation* (Stephen Mitchell)
- *Meditations from the Mat*
- *Meditations on Intention and Being*
- *Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation* by Susan Piver
- *Skill in Action: Radicalizing your Yoga Practice to Create a Just World* by Michelle C. Johnson

NOTE: Textbooks are not included in tuition.

Yoga Supplies

- Yoga Mat
- Yoga Bolster
- Yoga Blanket
- 2 Blocks
- 1 Strap

SANKOFA YOGA

200-hour Yoga Teacher Training | Certification Requirements

In addition to attending all training sessions, there are few other certification requirements:

LOGS

- **Home Practice**

Over the months, students will create and practice short sequences ranging from 10-15 minutes to be able to complete in their final 60-minute community class.

- **Daily Asana & Meditation**

Students are required to create a daily asana and meditation practice log. Here they will chart their asana, the intention of their meditation, how long it lasted, and what they observed after meditation.

- **Practice Teaching**

Students will conduct sessions of practice teaching. Each session should be at least 30 minutes.

- **Yoga Classes: 20 Classes**

Students are required to attend 20 additional yoga classes throughout the course with the lead trainer or senior teacher, there is no additional fee. These classes can be in-studio or online at Sankofa.

- **Yoga Class Observation: 10 Classes**

Students are required to observe 10 yoga classes and journal their observations surrounding method and instruction.

- **Written hOMework**

Students are required to complete hOMework assignments based on their readings from the assigned texts. The areas of independent study include a deeper exploration of the: Paths to Yoga, 8 Limbed Path, and the Yoga Sutras.

FINAL EXAMS + PROJECT

- **Written Exam**

Complete and pass a written examination demonstrating a general understanding of course material.

- **60-Minute Practical Exam**

ON THE MAT: Students will lead a 60-minute community class and receive feedback from the Sankofa Yoga & Wellness Center community.

- **Sankofa Seva: Community Service Project**

OFF THE MAT: Students are required to create and complete a Seva “selfless service” project provoking action and/or awareness around social justice issues as interpreted in the Yamas and Niyamas.

QUESTIONS?

Contact us:

Email: info@sankofayogacenter.com

Phone: 240-786-7182

See video on website for additional tips! 😊