

Alignment Yoga 200-hour Advanced Studies

with Primary Instructor Scott Anderson

2018 Catalog



Alignment Yoga Advanced Studies Catalog updated March 16, 2016. No part of this catalog may be reproduced in any form without the written permission of Scott Anderson.



Welcome to Alignment Yoga

Dear Student,

Thank you for examining Alignment Yoga's (AY) Advanced Studies Program. Whether you desire a deepening understanding of your practice and/or aspire to teach, we have the experience and expertise to facilitate your growth. This program is based on Scott Anderson's 28 years of teaching and 23 years training teachers. Participants will receive extensive instruction in the art and science of Hatha Yoga and the skills needed to safely and competently teach this ancient practice.

Many yoga schools teach the outer form of yoga postures (a knee here, an elbow there...), but neglect teaching the art of modifying the techniques to the needs of individuals. We emphasize that form follows function in the practice of Hatha Yoga. Rather than memorizing endless names and details, you will be encouraged to think for yourself as you refine your observational skills. We firmly believe, to paraphrase the old adage, it's better to teach a man to fish than to simply give him a fish to eat.

Trying to be everything to everybody generally dooms an endeavor to mediocrity. Every program director is thus faced with choices – their priority list, so to speak. While our program complies faithfully with Yoga Alliance National Guidelines, we've placed particular emphasis in two areas.

Our exploration of the techniques of asana, pranayama, bandha and kriya are comprehensive and backed with a rigorous study of anatomy and physiology. You will understand not only the inner workings of these techniques, but develop an extensive array of techniques to transmit your understanding to your students.

We are honored you are considering our program. Our quality instructors, low student-teacher ratio (10:1) and many years of teaching experience ensure a rewarding experience. We trust you'll contact us with any questions that may arise.

Namaste,



Director and Alignment Yoga Instructor

Why choose this program?

Depth of experience

- The School Director and primary instructor has practiced yoga and meditation for more than 30 years, spent over 32,000 hours teaching yoga and has trained Yoga Teachers for over 20 years.
- Your primary instructor will be a minimum of E-RYT 200 plus RYT 500 and have at least 2,000 hours of experience teaching. Your assistant instructor will be a minimum of RYT 200.

Deep understanding of body mechanics

- We offer teachers a thorough foundation in anatomy so they can decide whether an instruction is biomechanically sound. We emphasize not only bones, muscles and joints, but also organs and fascia, which helps our teachers understand the intricate and subtle interrelationships in the body.
- You will learn how to avoid injury, as based on the work of Kapandji, an engineer who drew precise capacities of the joints.

Alignment between Mind, Body and Spirit

- You will learn to recognize when yoga techniques are used to perpetuate existing imbalances, and how to intervene on old habits to create balance.
- Alignment Yoga supports personal change without pushing for cathartic release.

Working with the nervous system

- Yoga is a powerful tool for working with the nervous system. You will learn how to access the nervous system through poses that help improve sleep, reduce inflammation, and calm the mind.

Meditation

- In addition to mindfulness-based perspectives on the physical practice of yoga, the Advanced Studies program provides meditation training. Students are encouraged to incorporate meditation into their daily practice, which strengthens the capacity to be present.

All 8 limbs of yoga

- While the physical practice is a key component of yoga, you will also learn about the energetic, meditative, ethical, moral and philosophical underpinnings of the practice.

Modern approach

- Alignment Yoga offers an innovative approach that combines the Eastern approach of yoga with Western, modern-day needs. For example, to build the core muscle strength that many Westerners lack, you will learn specially designed Pre-Yoga exercises.

Pedagogical training

- Unlike many programs which present formulas for teaching classes, we believe that yoga teachers need to know how to tailor a class to the students in front of them. Our program helps teachers understand different students' needs and how to adjust to meet them in a class setting.

Informed by medically researched modalities

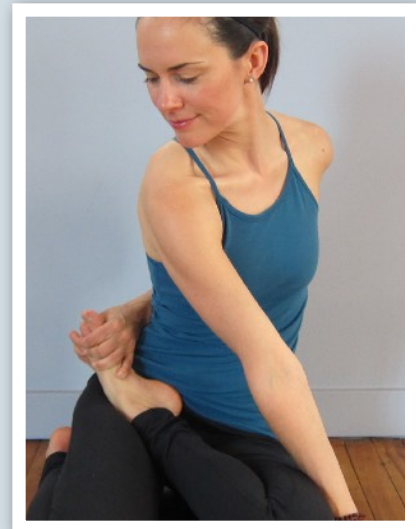
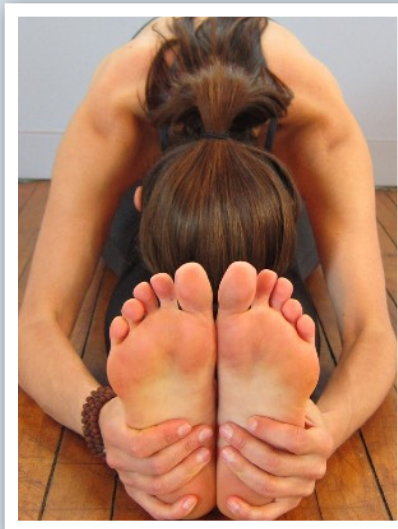
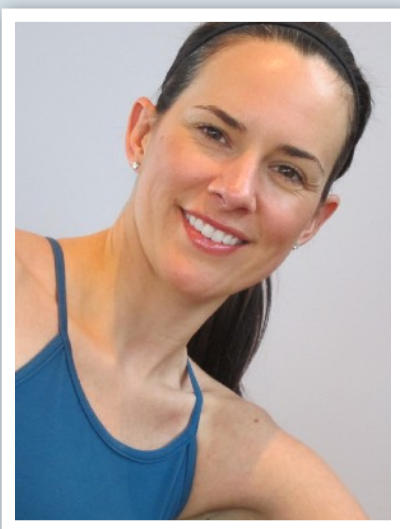
- Our approach has been refined by the understandings of Physical Therapy, Sensory Integration, Functional Strength Training, Pilates, Anatomy Trains, Rolfing, Craniosacral Therapy, Contemplative Neuroscience, Ayurveda, Meditation, Zero Balancing, Early Childhood Development and Educational Psychology.

Mission Statement

Mission Statement

The Mission of Alignment Yoga Advanced Studies is to cultivate the observational qualities of the mind. This is a practice rooted in mind, body, and spirit.

Keeping our minds in the present moment makes possible the release of habituated patterns of seeing, feeling and behaving. The physical practices of Hatha Yoga, such as asana and pranayama, facilitate the free flow of vitality that predicts vibrant health. Vitality of body and mind allows us to study more deeply matters of spirit, regardless the form we may choose for that inquiry. Encouraging the development of each individual's voice as a teacher, we teach fundamental classroom techniques and effective communication skills.



Class Schedule and Facilities



Location and Facilities

All classes will be held at Mound Street Yoga Center at 1342 Mound Street in Madison, except the 4-day weekend will be at Blue Mounds Dharma Center, 2979 Main Street in Blue Mounds.

Yoga mats, blocks, and blankets are provided. There will be water and tea provided. Restaurants and cafes are nearby.



Class Schedule

Advanced Studies classes are held one weekend per month. The hours are as follows:

Saturdays

12:00-4:00 Class I

5:00-7:00 Class II

Sundays

9:00-11:00 Asana Class

12:00-6:00 Class III

The 10th weekend will also include Friday and Monday. The schedule will be the same as above plus Monday and Friday will be:

9:00-12:00 Class I

1:00-6:00 Class II



Program Outline, Schedule and Hours

Weekend #1 – January 20-21 <ul style="list-style-type: none"> ▪ Technique - Alignment Yoga Fundamentals ▪ Technique - Asana/Standing Poses ▪ Anatomy - Anatomy of Pelvis ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Technique – Asana Exploration ▪ Developing a Meditation Practice 	14 hrs
Weekend #2 – February 17-18 <ul style="list-style-type: none"> ▪ Technique - Asana/More Standing Poses ▪ Anatomy - Review Anatomy of Pelvis ▪ Technique – Practice Sequencing ▪ Teaching methods – Hands-On Adjustments ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Teaching Methods – Practice Session 	28 hrs
Weekend #3 – March 17-18 <ul style="list-style-type: none"> ▪ Business Module: Vision and Mission, Diverse Audiences Project ▪ Business Module: Creating Your Yoga Business ▪ Teaching Methods – Practice Teach ▪ Asana Class – Subjects for the Advanced Practitioner 	42 hrs
Weekend #4 – April 21-22 <ul style="list-style-type: none"> ▪ Teaching Methods-Verbal Instructions and Feedback ▪ Anatomy – Anatomy of Midline Stability ▪ Technique – Backbends ▪ Teaching Methods – Practice Teaching ▪ Asana Class - Subjects for the Advanced Practitioner 	56 hrs
Weekend #5 – May 19-20 <ul style="list-style-type: none"> ▪ Technique – Shoulder Stabilization and Front Bends ▪ Anatomy – Anatomy of Shoulder Girdle ▪ Technique – Ayurveda (Constitution) and Asana ▪ Teaching Methods – Practice Teach ▪ Evaluation – Exam #1 ▪ Asana Class - Subjects for the Advanced Practitioner 	70 hrs
Weekend #6 – June 16-17 <ul style="list-style-type: none"> ▪ Traditional Philosophy and Ethics ▪ Anatomy – Shoulder Anatomy Review ▪ Technique – Working With Wrist and Shoulder Injuries ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Yoga Philosophy and Ethics 	84 hrs
Weekend #7 – July 28-29 <ul style="list-style-type: none"> ▪ Technique – Twists ▪ Anatomy – Anatomy of Breathing ▪ Teaching Methods – Practice Teach ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Teaching Methods – Demonstrations ▪ Physiology – Sensorimotor Control I 	98 hrs

Weekend #8 – August 18-19 <ul style="list-style-type: none"> ▪ Technique – Introduction to Pranayama ▪ Technique – The Inversions ▪ Evaluation – Exam #2 ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Anatomy – Chakras and the Subtle Body ▪ Teaching Methods – Practice Teach ▪ Technique-Pre Yoga Review 		112 hrs
Weekend #9 – September 15-16 <ul style="list-style-type: none"> ▪ Contemporary Ethical Perspectives ▪ Physiology – Sensorimotor Control II ▪ Physiology – Muscle Physiology ▪ Asana Class – Subjects for the Advanced Practitioner ▪ Teaching Methods – Practice Teach ▪ Technique – Working with Neck and Back Injuries ▪ Technique – Continuing Pranayama 		126 hrs
Weekend #10 – October 19-22 (4 days) <ul style="list-style-type: none"> ▪ Technique – Meditation ▪ Technique – Working with Autonomic Nervous System ▪ Technique – Constituent Parts of Yoga Asana ▪ Physiology – Sensory Integration ▪ Teaching Methods – Developing Themes ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Technique – Review Pranayama ▪ Teaching Methods – Practice Teach 		152 hrs
Weekend #11 – November 17-18 <ul style="list-style-type: none"> ▪ Technique – Using Props ▪ Assessment– Practice Teach ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Technique – Review Asana ▪ Teaching Methods – Teaching While Injured 		166 hrs
Weekend #12 – December 15-16 <ul style="list-style-type: none"> ▪ Technique – Review ▪ Asana Class - Subjects for the Advanced Practitioner ▪ Assessment – Practice Teach ▪ Graduation 		180 hrs
Additional Requirements	Practice Logs <ul style="list-style-type: none"> ▪ Maintain a regular practice ▪ Document 30 practices of 1 hr min. length ▪ Document practice of Yama and Niyama 	210 hrs
	Outside teaching practice or apprenticeship <ul style="list-style-type: none"> • Teach yoga classes or observe a yoga instructor 	230 hrs

Program Description

Technique

- We will explore asana, bandha, kriya, and pranayama with attention to safe technique and modification for individualized needs. While covering all the categories of asana, (standing postures, twists, back arches, inversions, and forward bends), we'll look at their benefits and possible contraindications. We will also explore the inner techniques of bandhas (inner energy practices), kriyas (abdominal organ exercises), and pranayama (breathing exercises).

Anatomy and Physiology

- We will study gross anatomy and physiology in order to develop a working vocabulary for clear and effective communication. In addition to studying the muscular and skeletal systems, we will study the Eastern view of energy anatomy that includes Nadis, Chakras, and Pranic Flow. Our introduction to kinesiology shows how stabilization predicts freedom of movement. Our recurrent theme is how the innate intelligence of the body keeps its interconnected systems working remarkably well.

Philosophy

- Yoga is more than the cultivation of the physical body. Honoring the body as the gateway to the inner realm, we'll explore ancient texts that describe the pitfalls and benefits of this contemplative practice. Among the texts we'll consult are the Bhagavad Gita, Yoga Sutras of Patanjali and the Hatha Yoga Pradipika.

Teaching Methods

- Being a good yoga teacher is first and foremost about being able to meet the student where he/she is. Borrowing from the advances of Western pedagogy, we'll look at effective teaching methods that take into account individual differences and varying learning styles. Learning how to teach is a life skill that will serve us whether or not we choose to stand in front of a class.

Electives

- Alignment Yoga believes a yoga teacher's success depends on their ability to communicate. Part of communication is recognizing our diversity and individual differences. This elective often becomes a successful career path for students teaching after graduation; and is required for graduation in an Alignment Yoga Advanced Studies program.
- *Diverse Audiences Project*. Research teaching methods applicable to target populations. This should include interviewing experts working with this population, as well as outreach into the chosen community. The project will be posted to the Google Group for review by teachers and classmates.

Program Goals

Asana

Competently practice the following asanas, or work on an asana or movement that directly leads to that ability. Describe the benefits and cautions to each of these asanas. Competently teach the following asanas.

Beginning Syllabus

Quiet Sitting/Lying

Supine Three-Fundamentals Check-in

Pre-Yoga

Dead Bug

Psoas Wake-up

Uddiyana Bandha Wake-up

Sumo

Standing Poses

Mountain (Tadasana)

Warrior II (Virabhadrasana II)

Extended Side Angle (Utthita

Parsvakonasana)

Front Lunge (Virabhadrasana I Heel Up)

Projected Lunge (Parivrtta

Parsvakonasana Prep)

Standing Wide Legs (Prasarita

Padottonasana)

Standing Front Bend (Uttanasana)

Headstand

Prep: Downward Facing Dog (Adho Mukha Svanasana)

Back Bends

Prone Mountain (Tadasana Prep)

Baby Cobra (Bhujangasana Prep)

Locust (Salabhasana)

Bridge (Setubandhasana)

Front Bends

Supine Leg Stretch (Supta Padangusthasana)

Twists

Seated Twist (Twist in Sukhasana)

Quiet Sitting/Breathing Exercises

Quiet Sitting (Sukhasana)

Relaxation

Corpse (Savasana)

Continuing Syllabus

Pre-Yoga

Gravity Juice

Uddiyana Kriya

Agni Sara Kriya

Towel Work

Thymus Opener

Yoga Sit-ups

Leg Lifts

Sun Salutation

Athletic (Surya Namaskara)

Standing Poses

Eagle (Garudasana)

Tree (Vrksasana)

Powerful (Utkatasana)

Lunge Twist (Parivrtta Parsvakonasana)

Triangle (Utthita Trikonasana)

Warrior III (Virabhadrasana III)

Intense Side Stretch (Parsvottanasana)

Back Bends

Classic Cobra (Bhujangasana)

Bow (Dhanurasana)

Seated Wide-Legs (Upavistha Konasana)

Auspicious (Swastikasana)

Twists

Half Fish Twist (Ardha Matsyendrasana)

Shoulderstand

Shoulderstand or prep (Sarvangasana)

Quiet Sitting/Breathing Exercises

Balanced Breathing (Sama Vrtti Pranayama)

Uddiyana Bandha

Mula Bandha

Jalandhara Bandha

Intermediate I Syllabus

Quiet Sitting/Breathing Exercises

Seated Three-Fundamentals Check-in

Pre-Yoga

Three-Part Breathing

Prone Mountain (with Spine Bag)

Belted Standing Poses

Elbow Dog

Sun Salutation

Classic (Surya Namaskara)

Standing Poses

Warrior I (Virabhadrasana I)

Revolved Triangle (Parivrtta

Trikonasana)

Ardha Chandrasana

Headstand

Headstand (Sirsasana)

Back Bends

Upward Bow (Urdhva Dhanurasana)

Front Bends

Cow Face (Gomukhasana)

Lightning Bolt (Vajrasana)

Front Bends

Hero (Virasana)

Twists

Sage Marichi I (Marichyasana I)

Sage Marichi III (Marichyasana III)

Stretch of West (Paschimottanasana)

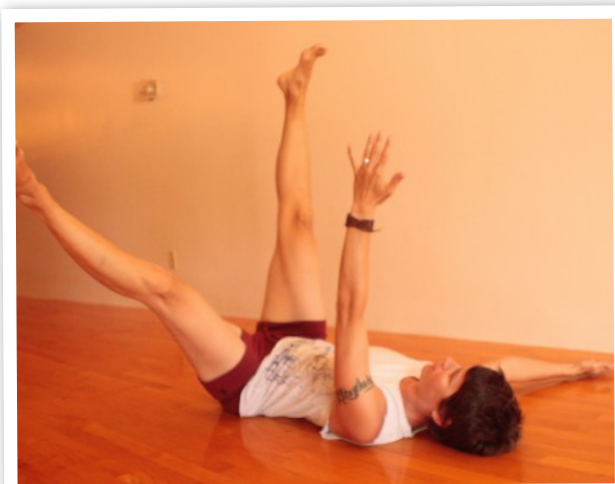
Quiet Sitting/Breathing Exercises

Ujjayi Pranayama

Pranayama, Bandha and Kriya

Competently practice the following techniques. Describe the benefits and cautions to each of

Pranayamas	Bandhas	Kriyas
Mula Bandha Breathing Sama Vrtti Ujjayi Nadi Sodhana Viloma Kumbhakas	Mula Uddiyana Jalandhara	Agnisara Nauli



Quiet Practice

- Work toward sitting with ease for longer periods of time.
- Consistently engage in a seated meditation practice.
- Describe the benefits and cautions of these practices.
- Teach quiet sitting.

Philosophy

- Know the eight limbs of yoga, as outlined by Patanjali's Yoga Sutras.
- Familiarity with The Yoga Sutras of Patanjali.
- Familiarity with The Bhagavad Gita.
- Awareness of the various paths of yoga.
- Knowledgeable in the ethical responsibilities undertaken in teaching yoga.

Anatomy and Physiology

- Correctly identify the major bones and muscles of the axial skeleton, shoulder girdle, and pelvic basin.
- Know the subtle-body anatomy, such as the movement of prana, the nadis, and chakra system.
- Awareness of the complexity of joint stabilization and kinesiology.

Teaching Methodology

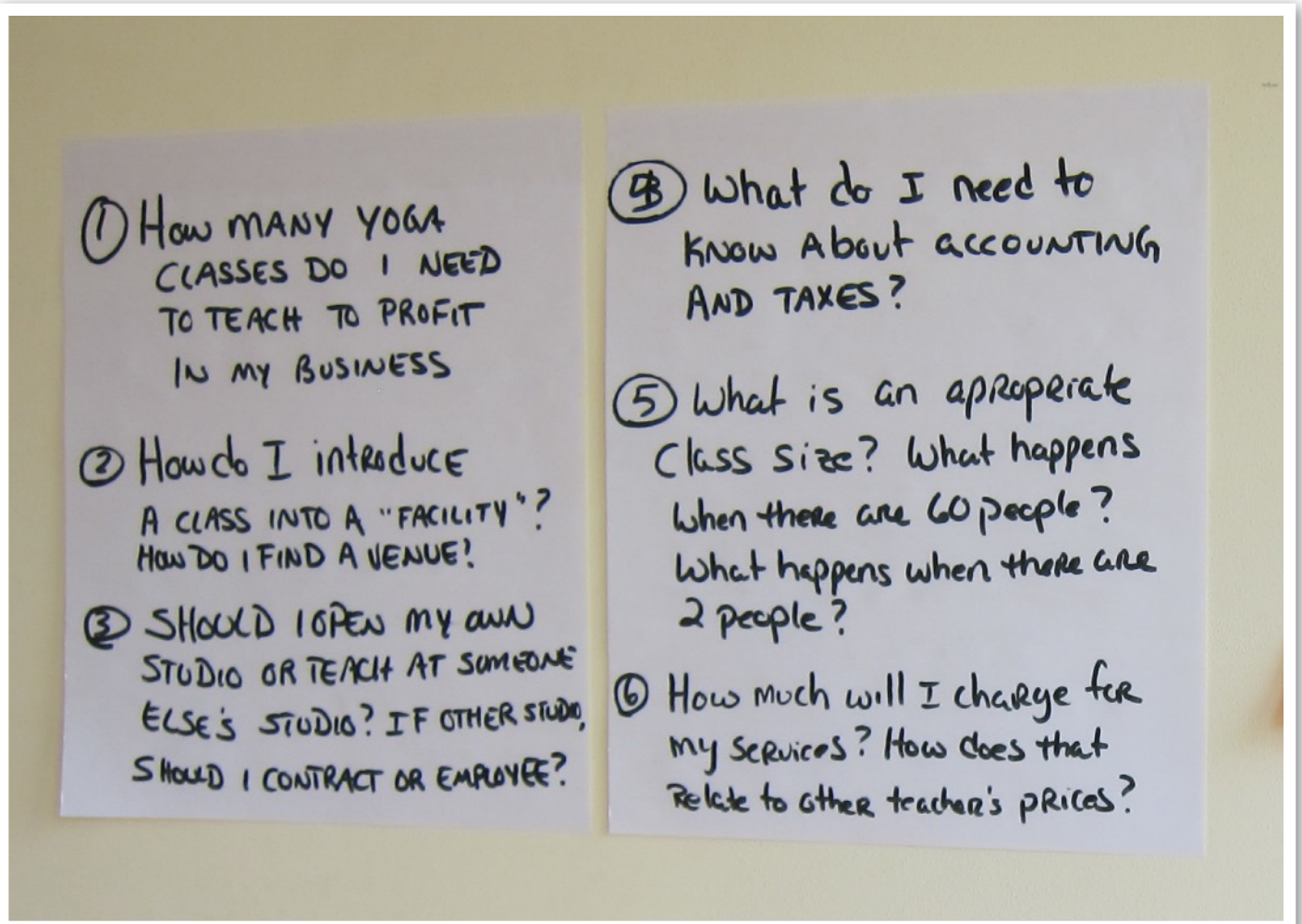
- Working knowledge of human constitutions, either through Ayurveda, somatypes, 5-element theory, etc.
- Knowledge of the pathologies and cautions to be respected in teaching yoga.
- Ability to touch (adjust) with respect and purpose.
- Ability to clearly demonstrate a concept (i.e. to make the visual presentation match simple verbal cues)
- Continue developing skills in pacing a class.

Methods Lab

- Satisfactorily complete the in-service teachings contained within the training program.
- Spend at least 20 hours assisting or teaching classes outside the training.



Employment



Employment Opportunities

Professional opportunities in yoga are much like professional opportunities in the arts. A fortunate few can comfortably support themselves, while the majority will practice their art as a passion.

Alignment Yoga offers strategies and suggestions for pursuing yoga as a career, but does not offer career counseling or job placement. We suggest you plan to gain experience teaching in the community before you seek a full time career as a yoga teacher.

The program includes a business instruction module plus we offer mentorship in making contacts in the community, locating a space to teach, and choosing whether to teach as an employee or contractor.

Tuition and Fees

Tuition Fees and Terms

Tuition for the entire course is \$3300. (Check, Cash, Visa and MasterCard accepted for payment.) Consultation with faculty to make up deficient program hours will be charged at \$80 per hour. We do not offer financial assistance.

Required Reading Materials

- *Taking Root to Fly* by Irene Dowd *
- *Dancing the Flame of Life* by Dona Holleman *
- *Alignment Yoga: An Intelligent Approach to Ancient Wisdom* by Scott Anderson *

* The above three books are available through the Alignment Yoga store: alignmentyoga.com/store/books. *

- *The Inner Tradition of Yoga* by Michael Stone
- *Teaching Yoga* by Donna Farhi
- *Anatomy Coloring Book (4th edition)* by Kapit and Elson
- *Pelvic Power* by Eric Franklin

Included with the course

- YTT-200 Class Materials and binder

Estimated Cost of Reading Materials

Expect to pay \$125-\$175 for required textbooks. Textbooks may be purchased at any retailer. Alignment Yoga does not require that textbooks be purchased through them.

Additional Costs

Budget another \$100 for project materials for the *Diverse Audiences* elective project.

"When I first started yoga with Scott Anderson a year ago, I was in chronic body and joint pain. I had been unable to break thru the cycle of activity, pain, and injury. This had been going on for many years, and was taking a toll.

Now, I am living in a body that has the strength and flexibility that I had decades ago, and with vastly reduced body and joint pain. I am impressed with the knowledge Scott has of the body, as well as the mind-body connection, and how he was able to introduce exquisitely appropriate and consistently small steps into my practice that built steadily upon each other to create where I am now. I am not only having the pleasure of a renewed body, but the classes and teachings Scott has provided have helped to create a very necessary and steady platform for my inner development as well.

Scott's classes are a delight to partake in... they demand us to be all we can be, and yet remain lightened-up as we do it. Scott is also a role model for me of someone who sincerely practices what they preach."
-Tibi L, Madison, WI

"Thank you so much for your expertise and guidance in both preparing for my surgery and now recovering from that surgery. I so much appreciate your clear explanations and wise advice."

-Gary, Waunakee, WI

"Scott Anderson brings Master energy through when he teaches yoga. He combines that energy with his extensive knowledge of anatomy and a sense of humor. As a result, his sessions are energizing rather than exhausting or depleting."

-Trice C, St. Paul, MN

School Policies

Non-discrimination

The Alignment Yoga Advanced Studies Program does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race, or religion.

Attendance and Tardiness

- Attendance in all sessions is required. If you foresee absences, please reconsider your participation in this course.
- Punctuality is expected. More than 10 minutes late for a session deducts one hour from your total contact-hours.
- Attendance is noted at each class.
- In the event of an absence, those working toward teaching certificate and professional registration must confer with the instructor to develop a strategy to learn the course content and fulfill the required hours.
- For those without intent to receive a certificate, it is expected that missed course material will be reviewed prior to the next class. Arriving to classes ill-prepared is not fair to you, the instructor and, particularly, your classmates.
- Conferences, make-up (including make-up exams), and review resulting from absences will be charged \$80 per hour.

Leave of Absence

- We offer no leave of absence from the 200-Hour Advanced Studies Program. In the event a participant must discontinue the training and wishes to complete their Alignment Yoga Teacher Training, they will need to start anew in a future class.
- The refund policy will apply to unused tuition.

Advanced Standing

- We do not offer advanced standing for previous training or course-work.

Graduation Requirements and Make-up Hours

- Meeting the program goals as outlined in this catalog.
- 200 hours of training, including a minimum of 160 contact hours.
- Alignment Yoga staff is available to fulfill deficit contact hours at \$80 per hour.

Student Records

All student records will be stored for a period of ten years from date of graduation. Records are private and can be accessed only with a written, dated, and signed request from the teacher trainee. Records may be sent to the student, employer, or educational institution as specified in the written request.

Evaluation of Student Progress

- For the following subjects, there will be one written exam: anatomy/physiology and teaching methods. The written exam requires a 70% or higher score to pass.
- One month prior to each exam, students will receive a written copy of the material they will be tested on. Exams are about encouraging mastery of the material, not inflicting stress. All attempts will be made to encourage passable mastery of the material.
- The following classes will have a skills exam that will be graded pass/fail: methods lab, asana technique, and pranayama technique.
- The elective courses will receive a pass/fail grade on the basis of their presentations.
- In the event of insufficient exam scores, students will be allowed to retake exams up to two more times, for a total of three attempts per exam.
- In the event progress has been deemed unsatisfactory, students will be notified immediately to schedule a meeting with the School Director to discuss strategies for future success and to remedy past insufficiencies.
- Students may continue to attend classes, regardless their performance on exams. Probation and termination only applies to situations described below in student conduct.

Complaint Procedure

- Students with concerns or complaints are encouraged to bring them to the attention of the Director of Alignment Yoga. The Director's decision on all complaints is final.
- If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

Student Conduct and Drug Policies

- Participants are expected to behave maturely. Students displaying disruptive behavior will be terminated from the program.
- Disruptive behaviors include, but are not limited to: harassing other students, possession or being under the influence of drugs or alcohol, or abusive language.
- The ethics statement outlines our behavioral expectations. It is expected that teacher trainees are familiar with these issues and strive to uphold their essence.

Termination Policies

- Students who behave inappropriately will receive a written warning.
- A second infraction of conduct policy will result in termination from the program.
- One year after termination, student may reapply for admission to an upcoming class. Admission is not guaranteed.

Cancellation and Refund Policy

- The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period.
- A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

After completion of at least:	Prior to completion of:	The refund will be:
N/A	First day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	N/A	no refund

- As part of this policy, the school may retain a one-time application fee of no more than \$100. The School will make every effort to refund prepaid amounts for books, supplies, and other charges. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.
- A written notice of withdrawal is not required, however a student is not officially withdrawn until he or she has returned the portion of course materials which have not yet been covered in the course.
- Students who utilize the cancellation privilege will receive a full refund within 10 business days.



Alignment Yoga Ethics Statement

As a teacher of yoga, it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Thus, I agree to abide by the following guidelines:

Relationships with Students

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of gender, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the higher interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, nor suggest or approve going against a physician's advice.
- Take continuing education in yoga teaching on a regular basis.
- Be honest, straightforward, fair, and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practice.

Advertising

In brochures, advertising and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, nor endorsement by any organization.

Ownership and Governance

Scott Anderson Yoga, LLC is the owner of the Alignment Yoga Advanced Studies Program. Scott Anderson is the School Director and the Head Instructor. The school board consists of Scott Anderson (School Director), Andrea Russell (Assistant School Director) and Collette Stewart (Project Manager).

School Faculty



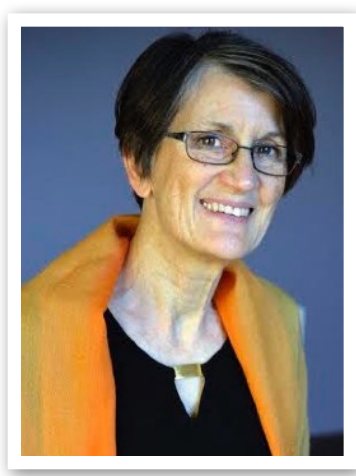
Scott Anderson, School Director and Primary Instructor, is a nationally recognized yoga teacher. Scott began practicing yoga in 1982 at the age of 16, and his yoga teaching career began at 22. He studied with Hatha Yoga masters Dona Holleman and Ramanand Patel, and spent six years studying intensively with Roger Eischens. He founded the Blue Mounds Dharma Center in 2005 and became director and owner of Mound Street Yoga, Madison's oldest yoga center, in 2008. Scott is also a dedicated student of the meditation master Yongey Mingyur Rinpoche. He is a facilitator within the Tergar community, where he facilitates group discussions and leads guided meditations.



Andrea Russell, Assistant School Director, has been studying yoga and meditation since 1996 and began teaching in 2000. Registered with Yoga Alliance as an E-RYT 500 instructor, she has completed teacher trainings in Ashtanga, Alignment, and Therapeutic Yoga. She began studying with Scott Anderson in 2001 and, in addition to her continued studies in Alignment Yoga, she studies annually with Michael Stone. Andrea is also a nationally and state certified bodyworker specializing in Neurovascular Craniosacral Therapy.



Alicia Wright serves as the head instructor for Alignment Yoga's 200-hour teacher training. Alicia has practiced yoga since 1998, has been involved with the Advanced Studies program since 2007, and has taught group classes and private lessons since 2008. Alicia is a registered yoga teacher with Yoga Alliance at the E-200- and 500-hour levels. She currently teaches group classes and private sessions, and assists with the 500-hour teacher-training program. She is also the manager of the Mound Street Yoga Center in Madison, WI. Her teachers include Scott Anderson, Andrea Russell, and Michael Stone.



Sandra Helpsmeet, Primary Instructor, is registered with Yoga Alliance as an E-RYT 500 instructor. She completed both her 200- and 500-hour trainings with Scott Anderson of Alignment Yoga, and she continues to study with him. She also holds a master's degree in marriage and family therapy and maintains a part-time psychotherapy practice, wherein she enjoys allowing yoga and mindfulness practice to inform her work. She teaches private classes and therapeutic yoga at the Yoga Center of Eau Claire.



Megan Bjella, Assistant Instructor, has been practicing and teaching yoga and meditation in Madison since 2009, and completed her 200-hour Alignment Yoga certification in 2012. She continues to study with Scott Anderson, Andrea Russell, Alicia Wright, and Michael Stone. She also holds a masters degree in Occupational Therapy from UW-Madison. Through her personal and professional practice, Megan seeks to bring a functional, accessible, and mindful perspective to movement as a way to facilitate body awareness and empowerment.



Jasen Hum, is the operations director and an assistant teacher of Alignment Yoga. He completed the 200 hour Yoga Teacher Training Program in 2015, and the 500 hour program in 2017. He has also been a licensed massage therapist since 2010, and a practitioner of meditation, energy healing, and spirituality. Jasen enjoys working with the mind-body relationship to transform consciousness and promote wellness—and transforming consciousness is the ultimate factor to realizing a happy heart and peaceful mind.

Admission Information

Admission requirements

- Applicants should have attained 25 years of age. (Exceptions will be considered upon submission of additional application materials)
- Submit a \$100 nonrefundable application fee and \$300 program deposit (\$400 total).
- Complete and submit the application form.
- Complete a satisfactory admissions interview.
- Applicants are expected to have a regular yoga practice.
- Candidates must have a mature understanding of themselves and others. This could be acquired through activities including college coursework, workshops, individual or group psychotherapy, or a regular contemplative practice.
- Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites. Most course materials and correspondence will occur electronically.

How to apply

- After receiving the completed application along with the \$100 application fee and \$300 deposit (total \$400), an admissions interview will be scheduled. Application to the program does not guarantee acceptance.
- All applicants are required to have an interview with a faculty member of the Alignment Yoga Advanced Studies Program. Applicants are encouraged to bring any questions you have about the program to the interview.
- Students are encouraged to submit applications early, as spaces in the course are filled as qualified applications are received.

Registration vs Certification

There is no generally accepted professional certifying body for Yoga. Yoga Alliance offers registration of yoga teachers. Registration is a verification of a minimum amount of training and does not involve a competency test. Upon successful completion of the course, you will receive a teaching certificate from Alignment Yoga. You will also qualify to apply for Yoga Alliance 200-hour registration. AY plans to begin offering a certification in the Alignment Yoga methodology in the near future.



Application for Admission

To enroll in the Alignment Yoga Advanced Studies Program, please visit the following webpage:

www.alignmentyoga.com/ytt200-yoga-teacher-training-madison.html

If you are unable to enroll online, please submit the following items to the below mailing address.

Letter of Application

This is the heart of the application and gives you the opportunity to communicate who you are, who you are becoming, and what major events and influences have helped shape you.

What has shaped your approach to yoga, your practice, and your way of carrying yourself in this world?

What do you hope to gain from attending this training? Why are you choosing to apply to this training?

Include a history of your yoga training, practice, and teachers.

Resume

Using an outline form, summarize your educational and employment history. List your participation in other trainings and workshops. Describe your leisure time pursuits. Be sure to include your mailing address, telephone number(s), and e-mail address.

Letters of Recommendation

You may obtain a letter of recommendation from your yoga teacher(s). In the event you have difficulty procuring a letter from your primary yoga teacher, please include a letter from a colleague, other teacher, or friend describing your suitability for advanced studies in yoga.

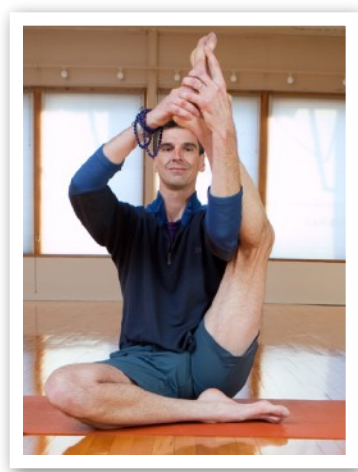
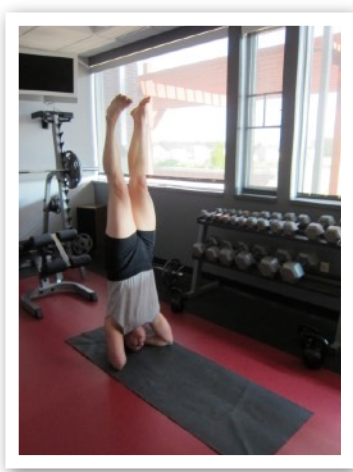
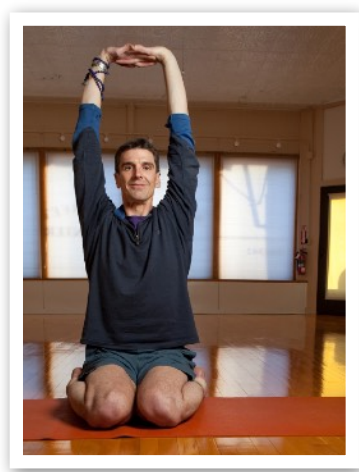
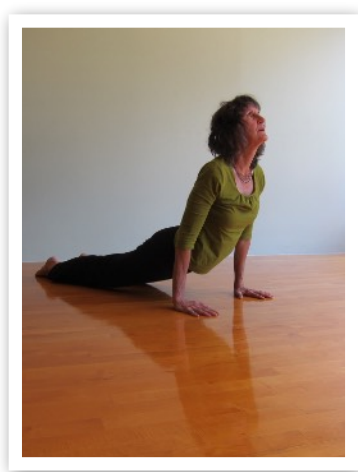
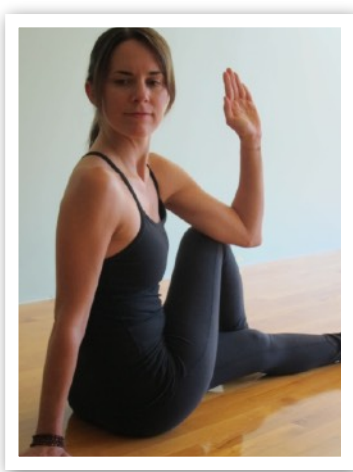
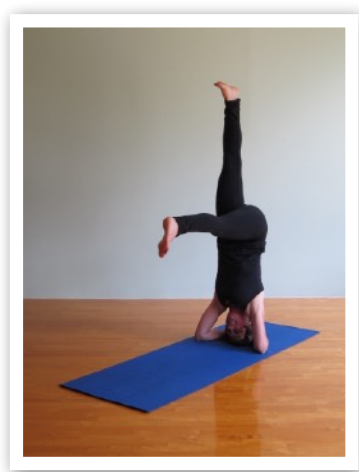
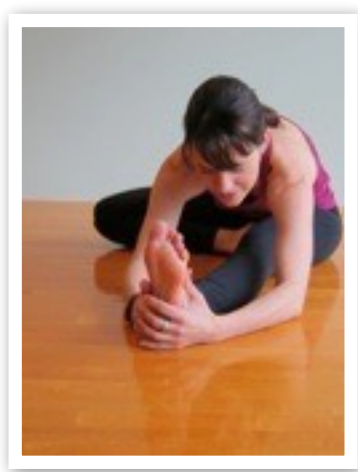
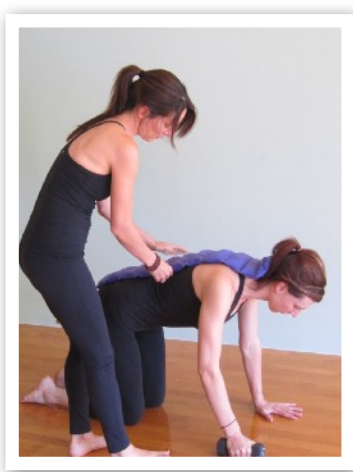
Acceptance and Notification

You will be contacted upon receipt of application and an admissions interview via telephone will be scheduled.

Deposit

The deposit is \$300 in addition to the \$100 application fee and the deposit will be refunded in full in the event you are not admitted to the program. Once your acceptance letter has been mailed, the deposit is non-refundable.

Application materials may be sent to
Alignment Yoga Advanced Studies Program
yoga@AlignmentYoga.com www.AlignmentYoga.com
Box 144, Blue Mounds, WI 53517
(608) 437-5931



Code of Etiquette

Promptness

The Alignment Yoga Advanced studies program encourages promptness. A friend coaches college swimming, and the rule for his team is less than 15 minutes early is considered late. While that may be a bit extreme, the sentiment rings true to the practice of yoga. In consideration of those around you, one of the fundamental tenets of yoga practice, it's imperative that you arrive at least 5-10 minutes early to place your mat and get settled. If you arrive exactly at the appointed time, by the time you've set your mat out and gotten any needed props, you'll either have delayed the start of class or disrupted its flow. For those of you intending to teach, it's wise to develop the habit of arriving to teach 15 minutes before class begins. Why not start the habit now?

Questions

The freedom to ask questions is a vital part of a healthy learning environment. Very often if one person is ready to ask a question, there are a half-dozen people with the same question, though for whatever reason, are not asking it. We've all been in groups, however, where a few people hijack the discussion with their unthinking questions. This can be very distracting to the group, and can derail the trajectory of a discussion. When asking a question, please pause for a moment and consider whether this question has the potential to facilitate the growth of the group. If you're confident your question is for the benefit of all, please ask. If you're unsure, please hold your question until a break, when you can ask one of the assistant teachers. When you do ask questions, please be sure to sit or stand up tall and project your voice for all to hear.

Focus

In stepping onto the path of yoga, you're stepping into a practice that instills mindfulness, compassion and the potential for personal transformation. All this asks you to move beyond habituated patterns into a place of greater health, vitality and peace. What's the catch? The catch is you have to pay attention. For that reason, we ask you to practice focused attention during all class hours. This includes, but is not limited to: sitting or standing upright (no slouching), no gum chewing, minimize fidgeting, no cell phones, and silent attention during lectures.

There will be a few times in the program when several hours or an entire day is spent on instruction. People interested in yoga tend to be more kinesthetic and can become antsy when sitting for longer periods of time, but the ability to be still and present is an important part of being a yoga teacher and continuing yoga student. We will do our best to minimize long periods of sitting, but we also encourage students to take these opportunities to become more capable.

During the few times when a training day will be primarily sitting, we will send a message ahead of time, so students can have a more vigorous physical practice that morning if needed.

Leaving Class

Despite our best intentions, sometimes it's necessary to leave class. Perhaps you're feeling fragile from the depth of work, a family emergency has arisen or you're not feeling well. Regardless the cause, be sure to inform a faculty member that you're leaving. This is to ensure adequate care for you, and to prevent worrying your classmates.

Audio Recording

Recognizing that different students learn in different ways, we will record some of the lectures, question and answer periods, and yoga classes. When classes have been recorded, audio files will be made available shortly afterwards on the blog, as an additional resource for current and future training sessions. If you have questions you would rather not have recorded, please direct them to staff in between sessions, by email or phone.

Drinking Water

Proper hydration is vital for good health, though I've found the interest in hydration often masks mind states contrary to the path of yoga. For this reason, please refrain from drinking water during the Sunday morning asana class. In the past few years, I've observed many students gulp a sip of water to avoid the discomfort (and potential for positive change and growth) as they encounter previously unconscious patterns. Yoga allows us to identify and move beyond previously unconscious reaction patterns, and thwarting that experience inhibits our growth in yoga. Ironically, we often use positive activities such as drinking water as a means to avoid the discomfort of growth.

If you're concerned about dehydration, please drink an extra 8 ounces of water immediately prior to the session. During the lecture and demo portions of the weekend, you're welcome to drink water at any time.

Photographs and personal recordings

Alignment Yoga strives to provide an environment that is conducive to study. Alignment Yoga staff may take photographs and videos for use in future Alignment Yoga Advanced Training programs and associated marketing. Videos of current or previous sessions will be available for your reference. Students will be notified if AY is taking video or photographs. If you do not wish to be filmed, please discuss this with the Director before the program begins.

Students are permitted to take photographs of the session for personal purposes only when it is not distracting to the class and at the discretion of the lead instructor. There will be no flash photography without the permission of the lead instructor. Personal photos may not be distributed outside of the class participants without express written permission of Alignment Yoga and the participants who appear in the images. You may share photos via the Alignment Yoga 200-Hour Advanced Studies Google Group.

I have read, understood and agree to the policies set forth in:

The Alignment Yoga 2018 200-Hour Advanced Studies Course Catalog
The Alignment Yoga Code of Etiquette for 200-Hour Advanced Studies

Name:

Address:

Phone Number:

Email:

Birth Date (Must be at least 25 years of age):

Signature

Date

Witness

Date

Alignment Yoga YTT200 Self Care Agreement

I agree I am responsible for myself at all times. I agree to take care of myself while I participate in this program. If I am feeling overwhelmed, I will slow down. I will not push myself to do things that I am not comfortable doing or sharing.

If I need to take a break, I will:

If I need to process through my feelings, I will:

If I need to reach out for support, I will call:

_____ I do not have a therapist or counselor right now, but I will ask for a referral from my instructor if I think that will be helpful.

_____ I have a therapist/counselor whom I can call and meet with when I need to.

Signature

Date