

Empower
Yoga
Teacher
Training
School
Catalogue
2019

2019

Deepen your knowledge of yoga and become a certified yoga teacher at Empower Yoga. Led by Suzy Weyenberg Fall/Winter 2018-2019 Program Fee: \$1997

Catalogue
Volume Six

School Information

Empower Yoga Teacher Training School
103 W College Ave Suite 102
Appleton, WI 54911

Website - www.empowerappleton.com

Telephone: 920-850-9396/920-378-2019

Email suzy@empowerappleton.com



Owner and Primary Instructor: Suzy Weyenberg ERYT-200

Program Goals

In the Empower Yoga Teacher Training School you will learn:

- To guide safe and inspirational yoga classes.
- To communicate effectively and speak with confidence in front of a group.
- How to skillfully teach Yoga poses with verbal instruction, hands on assists, and physical demonstration.
- To sequence yoga classes that are creative, effective and appropriate for the ability and skill level of your students
- How to guide meditation and deep breathing practice.
- The roots and history of yoga philosophy and practice.
- To safely assist and adjust yoga poses.
- The basics of anatomy for yoga teachers.
- Basics of the subtle energy body the Chakras, Nadis, and Prana.
- The Basics of Ayurveda the sister science of yoga.
- To guide chants and the meaning of basic chants.
- Fundamentals of the business of yoga and how to market yourself and create new opportunities to teach yoga.
- To deepen your personal understanding of the practice, develop a home practice, and begin to take your practice off your mat and into the world.

Mission Statement

Empower Yoga's Teacher Training School was created to provide quality of instruction of Empower Yoga in a way that will equip you with in-depth knowledge, confidence, and experience to teach this style of yoga to future students. Our affordable teacher training program was designed to make becoming a yoga teacher more accessible. Moreover, our goal is to assist others locally as well globally in sharing the transformative effects of yoga. Furthermore, it is our intention to share the foundations of the social business model while using yoga as a vehicle of service

to others.

Empower Yoga's Philosophy

Empower Yoga is a community-oriented yoga studio located in an eclectic neighborhood near Lawrence University in Appleton, Wisconsin. We opened in 2010 and it is our mission to offer the healing benefits of yoga to everyone. Our purpose is to provide classes, workshops, and trainings that are accessible to all regardless of economic barriers. We offer over 70 yoga classes per week from beginner basics to all level Empower Yoga classes in a heated room. We hope to foster a diverse, non-dogmatic, warm and encouraging environment free of competition.

A social business is one that aims to be financially self-sufficient, if not profitable, in its pursuit of a social, ethical or environmental goal. Unlike a normal for profit business, after covering our expenses and salaries the profits from the studio are funneled back into the community we serve. \$3 of every monthly membership goes into our Empower Karma Fund to purchase yoga mats for free classes in our community and to set up yoga classes with experienced yoga teachers making yoga available to those who would not have regular access to it in our community and beyond!

Program Description

Empower Yoga's Teacher Training School meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. Yoga Alliance requires 180 contact hours (classroom) and 20 non-contact hours. Empower Yoga's program is comprised of 180 hours of contact study and 20 hours of non-contact practice hours. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of group yoga practice hours and 4 hours of volunteer teaching hours. Students will keep a log of hours and dates to record non-contact hours.

School Facilities

Empower Yoga's Teacher Training School is in a heated yoga studio located in Appleton, WI. We have 3 studio spaces. Our studios offers 70 classes a week and our second studio space is our future Empower second floor yoga studio and will be home to this training in a 950 square foot room with natural lighting and ample parking with immediate access to downtown. Empower Yoga is certified by Yoga Alliance as a Yoga Alliance Registered at the 200 hour level. The studio is equipped with mats, blocks, straps, and bolsters.

Catalogue Changes

The Empower Yoga Teacher Training School reserves the right to make changes or revisions to this catalogue. Every effort will be made to ensure the accuracy of information contained in this document. However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

Admission Policies and Entrance Requirements

In order to participate in the Empower Yoga's teacher training program, the student must meet the following requirements:

- Be at least 18 years of age
- Submit a \$100 application fee (refundable based on a 3 day cancellation policy)
- Submit a \$300 deposit that will be applied towards tuition upon acceptance.
- Student should be an active yoga practitioner in that you practice Power Yoga, Ashtanga Yoga, Vinyasa Yoga, Vinyasa Flow, Power Flow, or Core Strength Vinyasa, Core Power Yoga etc. three times a week for three months at a time without a break in between.
- Successfully complete the admissions interview.

Note: Please understand that application to the program does not guarantee acceptance. The interview process is an ideal opportunity to have any of your questions discussed regarding the program.

Please submit your application early and at least two weeks prior to the program, as spaces are limited and filled in order as qualified applications are approved. Applicants will be notified of acceptance by telephone, in writing, or by email.

Advanced Standing

The school does not offer advanced standing for any previous training's or course work. Graduation from the program does not mean guarantee of employment.

Non Discrimination Policy

The Empower Yoga's Teacher Training does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Housing

Empower Yoga Studio does not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

Employment Assistance Services

The Empower Yoga's Teacher Training does not offer employment assistance services. We do offer suggestions for pursuing a career in yoga and devote class time to the business aspects of operating a yoga studio. Given that yoga teaching is often a part time endeavor the school will follow up with graduates to provide needed letters of recommendation. To assess the success of our program in preparing you to teach yoga we ask that our graduates respond to an annual employment survey via email.

Academic Requirements and Standards of Progress

During the 200 hour RYT course completion of 180 hours of contact and 20 hours of non-contact are requirements of certification and eligibility for registration with the Yoga Alliance, hence completion of required hours is mandatory. You will read 5 required books and complete ongoing journal entries, reflections and insights, create an inspired portfolio, show proof of 4 hours of volunteer teaching, pass two performance based assessment, one midterm and one final. Each assessment will be measured using the attached rubrics.*

Grading is on a Pass/Fail:

Meets Requirements: Pass

Needs Improvement: Fail

Inspired Portfolio

An ongoing collection of teaching inspiration which can include but is not limited to: quotes, articles, collages, art work, music playlists, yoga sequences, poetry, creative writings, journal entries and reflections of teachings. "Ah ha moments experienced in practice".

Journal Entries

Monthly entries are expected per required book; five total. For each required book we will provide a questionnaire to guide your journal entries.

Volunteer Teaching Hours

Students must set up and teach 4 free yoga classes in the community. Proof of class can be shown by providing a sign in sheet of attendees or written statement from a member of the facility you are teaching at.

Assessments

After completing the yoga teaching final and performance based assessment, students will be notified immediately. If results are not satisfactory and do not meet

the rubric requirements, students will be able to retake the final and performance based assessment as to provide another opportunity for success. Students will meet with the instructor privately to consult areas of needed improvement. The same will apply for the final performance based assessment. Both written and performance based assessments will be based on a pass/fail grade. All assessments will be completed within two weeks of the completion of the teacher training.

Student Attendance

To gain maximum benefit from the program, attendance at all sessions is required. If you anticipate missing class sessions, please discuss this during your interview. Formal attendance will be conducted for each class and kept by the school administrators to verify hours needed for graduation. Please arrive fifteen minutes early to adequately prepare for the class. Students are expected to practice two classes per week preferably at Empower Yoga Studio. Students enrolled in the program are welcome to half priced classes at Empower Yoga Studio.

If a student does miss a class, they must meet with the class instructor(s) to develop and agree on a plan to learn the missed content and fulfill the required hours. Observing and assisting a registered yoga teachers class is the preferred way to make up. It is to the student's benefit and is required that all missed material be made up prior to attending the next scheduled class. Lectures and other classes that are unique to the training may be made up during the next training session however graduation and certification is not granted until the completion of these hours. Formal attendance will be taken on a per hour schedule. All missed hours must be made up in the approved manner to receive certification.

Tardiness

Please be on time and arrive at least fifteen minutes early to be prepared for the start of class. Once a scheduled session commences and the student is not present, that is considered tardy. If a student is more than fifteen minutes late for 3 sessions one hour will be deducted from their total contact hours. This hour must be made up as a described in "Attendance".

Leaves of Absence

Leaves of absence from the Teacher Training Program are not offered. If a student should have to discontinue the training and wish to continue their training at a future date, they will need to begin the program again at that time. The refund policy will apply to unused tuition.

Probation, Dismissal and Re-Admittance

Students who are not fulfilling Student Conduct codes (see Student Code of Conduct)

will receive a written warning and be placed on probation for 30 days. Should a second incident of conduct policy violation occur during this probation period, termination from the program will result. The School Co-Directors will make this decision. Students may apply for re-admission to a future class, however admission is not guaranteed.

Student Code of Conduct

Ethics are at the very core of yoga and living a yogic lifestyle. Therefore, this topic is taken very seriously at the Empower Yoga's Teacher Training School. The ethics statement outlines our behavioral expectations. Please review the statement and be familiar with its contents. During the program the importance of ethics will be discussed. Students are expected to follow all school rules and policies as outlined in the catalog.

Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination from the program.

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision by the School Co-Director's on all complaints is final.

If the complaint cannot be resolved the student can contact the Wisconsin Education Approval Board for further assistance at 608-266-1996 or via email at eabmail@eab.state.wi.us

Formal complaints should involve issues relating to school policies and not personal grievances. Personal grievances should be submitted to the co-directors of the teacher training in writing.

Tuition and Fees

Tuition for the course is \$1997.00 plus application fee (\$100 non-refundable). Please make all checks payable to Empower Yoga's Teacher Training or pay by credit/debit card in studio. Pay full amount by Day one of training. The \$100.00 application fee due when submitting application. Upon acceptance into the school a \$300.00 deposit must be submitted within seven days to hold a place in the class for

the student. The remaining \$1700.00 is due prior to or on the first session. Please budget approximately \$100 for the required textbooks and Empower Yoga manual and supplies fee is \$97. Textbooks can be purchased through any book retailer; discount or used books can be found online at www.amazon.com

Required Readings:

Journey into Power-Baron Baptist

Teaching Yoga-Mark Stephans

Key Muscles of Yoga-Scientific Keys Volume1 -Ray Long

True Yoga-Jennie Lee

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. Refunds within this 3 day period will be issued within 10 business days.

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:	But prior to completion of:	The refund will be:
	The first day of class	100%
1 unit/class	10% of the program	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%		No refund

As part of this policy, the school may retain a one-time non-refundable application

fee of no more than \$100. 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. If student is absent without notifying instructor or a no show for 2 consecutive weekends he/she will be automatically withdrawn from the program and the refund policy will be instated. (See above pro-rata schedule)

A written notice of withdrawal is not required.

Certification

To receive a certificate of completion from the Empower Yoga's Teacher Training School students must pass all performance assessments, complete inspiration portfolio and journal entries in a satisfactory manner, and meet attendance requirements. At that point students are eligible to apply for Yoga Alliance 200 Hour Recognition. See "Graduation Requirements" for definition of successful program completion.

Students' Records

Student records are maintained at Empower Yoga Studio in computer and paper files. The records maintained include the application, and performance assessments, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of seven years from the date of graduation. Records are private and students must contact Empower Yoga Studio in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25.00 fee for replacement certificates.

Graduation Requirements

Graduates will meet the program requirements as outlined in this catalog. In order to receive a Certificate of Completion the Student is required to have a minimum of 180 contact hours and a minimum of 20 non-contact hours.

Empower Yoga's Teacher Training School staff is available to fulfill deficit contact hours at \$50 per hour.

Program Curriculum

The Empower Yoga's Teacher Training Program includes five program disciplines. The full program consists of 200 hours, 180 hours are considered "contact" hours and 20 hours are considered "non-contact" hours. As defined by Yoga Alliance, a contact hour is a classroom hour in the physical presence of a faculty member. Non-contact hours are open to the public group yoga practice time, volunteer teaching

hours or home study time.

200-Hour Yoga Alliance Registered Yoga School Standards

Curriculum must incorporate training hours in the following educational categories:

Techniques Training/Practice (100 hours)

75 contact hours, 50 with primary E-RYT's

This includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Note: Contact Hours in this category must be in a dedicated yoga teacher training environment (into which others might occasionally be invited) rather than in classes intended for the general public.

Teaching Methodology (25 hours)

15 contact hours, 10 with primary E-RYT's

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga. Although your curriculum may include more than five hours on business aspects of teaching yoga, a maximum of five such hours can be counted.

Anatomy and Physiology (20 hours)

10 contact hours

This includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). This includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.). A minimum of five hours must be spent applying anatomy and physiology principles to yoga.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (30 hours)

20 contact hours

This includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. *A minimum of two contact hours must be spent on ethics for yoga teachers.*

Practicum (10 hours)

5 contact hours with primary E-RYT's

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

Note: A minimum of 5 contact hours must be spent actively teaching (not assisting or observing)

Electives (15 hours)

Elective hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours).

55 Remaining Contact Hours

Contact hours to be distributed among educational categories according to the school's chosen emphasis.

Total: **200** **hours**
Total Contact Hours: 180 Non-Contact 20 hours



Ownership and Governance

Suzy Midbrod-Weyenberg Owner and Founders of Empower Yoga LLC. Suzy Midbrod-Weyenberg is school director and the primary instructor. The school board consists of Suzy Midbrod-Weyenberg (School Director)

Faculty

Suzy Weyenberg E-RYT 200 **Co-Director of Teacher Training**

I first stepped on a yoga mat because I'd heard the Hollywood buzz about it being the best way to get fit. Well they weren't wrong but I also found that the fitness and strength benefits were only the beginning of the amazing and healing journey where yoga would take me.

I grew up Minneapolis and my father and mother met during the Vietnam War. My mother being Vietnamese, I learned early on that there were differences in the approaches to healing from an eastern perspective. I remember my mother using herbs, oils and plants for healing and using food like ginger, spices, and fruits for good health and prosperity. I began studying eastern philosophy and how it can be integrated in a western lifestyle. I explored Chinese philosophy, Chinese medicine and Tibetan Buddhist meditation. Adding the physical yoga practices helped to bring forth the truth that our minds, bodies and souls are connected and we must take care of the whole self to feel our best and to be our best.

After only a short time of daily yoga practices I had some major shifts in my physical, emotional and spiritual health. I was more energetic, more confident, and more

focused. I was letting go of fears that were holding me back from living my best life. My struggle with childhood obesity propelled me into years of disordered eating and poor body image. I am still amazed at how yoga helps me to see myself in a true light and to let go of my issues with food that had been such a heavy burden for many years. "When we feel disconnected from our bodies we can't love them or to see how amazing and beautiful they are. Yoga helped me reconnect with my body and heal." I realized when I practiced Yoga daily I didn't have to struggle with my weight or food anymore it became effortless.

After I had been practicing yoga regularly it was changing my life, improving my relationships, and helping reduce my tension headaches from stress. I was compelled to take a yoga teacher training just to deepen my knowledge and my practice. I found that I loved sharing this healing gift with others and began teaching Yoga in Minneapolis in 2004 at Core Power Yoga. I soon left my full time job and moved to San Diego to teach Yoga full time, at the newly opened Core Power Yoga studio. After getting married my husband and I decided to move to his hometown of Appleton, Wisconsin to pursue my dream of opening a Yoga studio.

My brother was getting help for his severe depression when a man volunteered to teach them yoga daily in the treatment center. He called me and said, "I knew you taught yoga but never thought it was for me." He also commented on how amazing he felt, how at peace and relaxed he felt when they practiced yoga. He said he loved at the end when you just lie there and relax; he had never done that before. He also commented that he would not have tried yoga if it were not for that volunteer yoga teacher.

I knew in that conversation that we as a studio needed to evolve to help others like my brother gain access to the healing benefits of yoga. I brainstormed and searched for ideas on how to make it happen and came across People's Yoga of Portland, a low cost studio utilizing a social business model. I knew this was exactly how I wanted to offer yoga to the community, not just for profit but giving us the ability to put mats and the tools necessary into the hands of yoga teachers willing to volunteer and teach those who don't have access to yoga.

So this new journey of Empower Yoga began and I couldn't be more proud!

EMPOWER YOGA TEACHER TRAINING SCHOOL
CATALOG RELEASE

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the Empower Yoga Teacher Training Program.

Name (printed)

Date

Empower Yoga 200 Hour RYT
Yoga Teacher Training
With Suzy Weyenberg and Jill Gault

Winter Spring 2016 COST \$1997

TEACHER TRAINING APPLICATION

DATE:

NAME:

ADDRESS:

PHONE(S):

FAX:

EMAIL:

DATE OF BIRTH:

CURRENT OCCUPATION:

To enroll in the Empower Yoga's Teacher Training Program, please submit the Application for Admission and the \$100 application fee.

Application for Admission - This is the heart of the application in which you have the opportunity to communicate and express who you are and where you are

going.

Acceptance and Notification - You will be contacted upon receipt of your application and an admissions interview will be scheduled

Application Fee - The deposit will be refunded in full in the event you are not admitted to the program. The deposit is refundable if enrollment is cancelled within 3 days of application.

Completed applications should be sent to or dropped off:

Suzy Weyenberg Co-Director
Jill Gault Co-Director
Empower Yoga's Teacher Training School
C/o Empower Yoga
103 W College Ave Suite 102
Appleton, WI 54911

Please respond to the following questions. Include the original question with your response.

Essay Questions:

1.) Do you currently teach yoga? If so, where have you been trained and what

style(s) do you teach? Describe your current teaching.

- 2.) If you do not currently teach yoga, why do you want to teach yoga?
- 3.) How long have you been practicing yoga? Do you have a daily practice? If so, please describe it briefly.
- 4.) Why do you want to take this program?
- 5.) What teachers have influenced you the most? Give a detailed overview of your yoga background including all workshops and training's you have attended.
- 6.) Describe some of your other interests and hobbies.
- 7.) Describe your physical health (major illnesses, injuries, surgeries, physical conditions).
- 8.) Have you ever been injured from your yoga practice? If so, please describe in detail.
- 9.) Have you studied other Eastern systems or philosophies?
- 10.) Who can we call in case of an emergency?

EMPOWER YOGA'S CORE VINYASA TEACHER TRAINING SCHOOL
AGREEMENT & LIABILITY RELEASE

I _____(print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As in the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Suzy Weyenberg, Jill Gault, or Empower Yoga Studio.

I have carefully read this agreement and the entire contents of the Empower Yoga's Teacher Training School Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Suzy Weyenberg, Jill Gault, The Empower Yoga's Teacher Training School and Empower Yoga Studio and all such hosts, instructors, organizers, and participants.

SIGNATURE:_____ DATE:_____

PRINTED NAME: _____

EMPOWER YOGA'S TEACHER TRAINING SCHOOL YOGA TEACHER CODE OF ETHICS

As a Yoga teacher, I recognize that 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. Therefore I agree to abide by the following ethical code:

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 sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the highest interests 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. The required protocol for beginning a personal relationship with a one-time student is the following:
- Once an attraction arises with a current student I am obliged to commence a 3 month period where I will not (personally) see or teach the student. At the end of 3 months, I am free to see the person socially. For the next 3-6 months, I will have contact on a personal basis only. After which if it is mutually agreeable to be both parties I can resume a "teaching" relationship with the student concurrent with our personal relations.
- If circumstances arise where an appropriate course of action is unclear to me, I agree to first to discuss the issue openly and honestly with one of the Empower Yoga Teacher Training School of Yoga faculty members before becoming involved with a student and thus violating the spirit and letter of this provision.
- I fully acknowledge that this Ethics Protocol is intended to support the best interests of my students and the Yoga Profession.

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, or suggest or approve of 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.
- Avoid speaking negatively about other teachers, styles, and/or Yoga traditions other than my own.

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, or endorsement by an organization.

I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature_____ Date_____

Print Name_____