



INNER FIRE YOGA TEACHER TRAINING



Table of Contents

School information	3
History of the School	3
Mission/Vision/Values/Promise	3
Registrations and Certifications/200 Hour Teacher Training Program Information	4
Training Options	5
Summer Intensive	5
Weekend Training Modules	5
Yoga Foundations Module	5
Power Yoga Module	7
Power Yoga Module Curriculum	7
Admission and Entrance Requirements	7
Advanced Standing	7
Non-discrimination Policy	7
Housing	7
Academic Requirements and Standards of Progress	8
Code of Student Conduct	8
Attendance, Tardiness & Leaves	8
Employment Services	9
Student Complaints	9
Tuition & Fees	10
Cancellation and Refund Policies	10
Graduation	11
Student Records	12
Training Schedule and Calendar	12
Required Textbooks	12
Location	13
Items to Bring	13
Yoga Alliance 200-hour Curriculum	14
Yoga Alliance Code of Conduct	15
Application	16
Agreement	19

INNER FIRE YOGA INFORMATION

Office/studio location: 5003 University Ave.
Madison, WI 53705

WEB: www.innerfireyoga.com

PHONE: (608) 661-0167

OWNER: Marit Sathrum, 200-ERYT, director@innerfireyoga.com

PROGRAM DIRECTOR: Sandy Homburg, 500-ERYT, sandy@innerfireyoga.com

HISTORY OF THE SCHOOL

Inner Fire Yoga is located in Madison, Wisconsin. Marit Sathrum is the owner and director of Inner Fire Yoga. The studio first opened as Bikram Yoga Madison in October 2002, and changed its name in April of 2007. In January 2008, after expanding the class offerings to include Power Yoga, Yin yoga, Inner Fire Flow Yoga, and yoga workshops, the studio relocated to its current expanded and custom-designed studio location ("westside studio") at 5003 University Avenue. In August of 2013, Inner Fire Yoga opened a second location in the Lucky building, located at the center of the UW campus ("campus studio"). The two studio locations offer more than 110 yoga classes each week, workshops from nationally known yoga teachers, retail boutiques that feature specialty yoga clothing, accessories and books and more. Inner Fire Yoga offers a flexible, modular, year-round teacher training program. Certified by the national Yoga Alliance as a Registered Yoga School (RYS) at the 200 hour level.

STUDIO MISSION STATEMENT: Inner Fire Yoga's mission is to deliver an authentic yoga experience. We offer hot, power and yin yoga with the highest level of expertise and integrity to inspire those who reach for excellence to achieve freedom in body, clarity of mind and generosity of heart.

STUDIO VISION STATEMENT: The name Inner Fire Yoga grew out of the yoga principle "tapas", meaning fiery discipline or internal flame. Through a committed yoga practice, tapas burns away physical and mental roadblocks leading to a state of mental focus and physical freedom. At Inner Fire Yoga we pledge to ignite your inner fire - your tapas - inspiring you to reach higher and burn brighter.

STUDIO VALUES: We value the well-being of individuals and the larger community; compassion; acceptance; friendliness; kindness; commitment to a disciplined yoga practice; integrity; humility; cleanliness; and environmental consciousness.

STUDIO PROMISE: Step through our doors and discover a warm, cheerful refuge. Replace the noise of your busy world with the comfort of a safe, clean and healing environment. Our supportive community and expert instructors will encourage, guide and motivate you to achieve new heights of fitness in mind and body. Join us to create a life of balance, strength and inner peace.

INNER FIRE YOGA TEACHER TRAINING REGISTRATIONS & CERTIFICATIONS

Inner Fire Yoga is a Registered Yoga School (“RYS”) with the Yoga Alliance (www.yogaalliance.org).

Inner Fire Yoga is licensed by the Wisconsin Educational Approval Program, 1400 East Washington Avenue, Madison, WI 53703. Any comments, questions, or concerns about this school’s license should be directed to <http://eab.state.wi.us/> or (608) 266-1996.

200 HOUR TEACHER TRAINING PROGRAM INFORMATION

Join the influential leaders of Inner Fire Yoga’s teacher training program and be guided toward a higher purpose in a passionate learning environment. Gain a deeper understanding of yoga theory while experiencing tremendous personal growth. Earn the knowledge and skills that will mold you into a credible leader, inspiring others to realize the amazing life benefits of a dedicated yoga practice.

OUR MISSION: Inner Fire Yoga Teacher Training Program's mission is to sculpt passionate yoga students and natural born healers into empowered yoga instructors, to channel their desire to help and heal into an effective teaching method that will allow them to guide and inspire others to realize the amazing life benefits of a dedicated yoga practice.

OUR GUIDING PRINCIPLES:

- Higher knowledge & Continued Education - A commitment to lifelong yoga learning in order to achieve personal and professional growth.
- Healing & Compassion - A profound awareness of how yoga works to heal the body and mind, achieving a higher quality of life.
- Excellence - A deep understanding and appreciation for correctness of form, alignment and sequencing.
- Authenticity - The ability to confidently and effectively communicate the benefits and sequencing of yoga poses to any diverse group of students.
- Passion - Empowering others to heal themselves through a regular yoga practice in order to be at peace mentally and physically.
- Commitment to a Disciplined Practice - Deepening an appreciation of a dedicated yoga practice.
- Integrity - Holding a high standard for quality yoga and yoga instruction.
- Flexibility of Curriculum - Offering a modular program several times each year to be combined in any way to earn a 200 RYT with the Yoga Alliance.

TRAINING OPTIONS:

MODULAR PROGRAM

Modules can be combined to earn a Yoga Alliance Registered Yoga Teacher certification at the 200 hour level. Upon completion of the Summer Intensive OR the Yoga Foundations Module PLUS the Power Flow Module, participants will qualify for, and be able to apply for, a Registered Yoga Teacher (RYT) certification with the Yoga Alliance at the 200 hour level. Alternatively, completion of the Hot Yoga Module with the Foundations Module along with either Yin 1 or Yin 2, will earn the participant a 200 hour RYT (Registered Yoga Teacher) certification with the Yoga Alliance. See page 15 to read the Yoga Alliance 200 hour curriculum. Please visit our website for details on dates and times for upcoming scheduled trainings.

SUMMER INTENSIVE 200 HOUR RYT TRAINING

The Summer Intensive Training is a three-week-long full-time session that qualifies for a 200 hour Registered Yoga Alliance Teacher Training. The first half of the summer intensive session is comprised of the Yoga Foundations Module (read the next section for more information on this module). The second half of the summer intensive is comprised of the Power Flow Yoga Module (read the next section for more information on this module). Please visit the Inner Fire Yoga website for information on dates of the upcoming scheduled trainings.

WEEKEND TRAINING 110 HOUR MODULES

The weekend training modules take place over several weekends between October to May. The modules are comprised of four or three weekends totaling approximately 110 or 72 hours of training each. Successful completion of the Foundations Module combined with the Power Flow module will earn the participant a 200 hour RYT (Registered Yoga Teacher) certification with the Yoga Alliance as outlined above. Completion of the Hot Yoga Module with the Foundations Module along with either Yin 1 or Yin 2, will earn the participant a 200 hour RYT (Registered Yoga Teacher) certification with the Yoga Alliance as outlined above. The modules can be combined in any order; the Foundations Module does not have to be taken prior to the Power Flow or Hot Yoga module.

FOUNDATIONS MODULE

In this module, you will learn the common foundational poses, breathing exercises and power flow sequences that comprise the sequenced Inner Fire Flow yoga class, as carefully choreographed by Inner Fire Yoga's owner and select senior Inner Fire Yoga teachers. Inner Fire Flow is a set sequenced class (the same every time) that combines the best of Hot Yoga and Power Flow Yoga. The careful sequencing of Inner Fire Flow offer the trainee an opportunity to learn the common foundational poses and power flow transitions to teach a basic yoga class. Knowing the sequence and the skills to teach these basic poses will give you the confidence and knowledge to teach a complete yoga class upon completion of the Inner Fire Yoga Teacher Training Foundations Module.

This module is appropriate for a person who is interested in learning more about yoga, but might not necessarily be interested in becoming a certified yoga teacher. It is appropriate for students interested in delving more deeply into the subject of yoga, including the subjects of alignment in

the poses, history, philosophy and anatomy, but who might not necessarily be interested in a 200-hour Yoga Alliance certification to teach yoga. This module will deepen a yoga student's understanding of the foundations of yoga.

Satisfactory completion of the Yoga Foundations Module will earn the participant a 110 hour certificate of completion of the Yoga Foundations Teacher Training from Inner Fire Yoga.

Yoga Foundations Module Curriculum

Asana Technique - Inner Fire Flow poses and basic sun salutations; alignment principles, modifications, hands-on assists and adjustments

Pranayama – basic yoga breathing techniques

Practice Teaching – practice teaching what you've learned from day one

Yoga History – the evolution from Eastern to Western yoga practices

Yoga Philosophy - the eight limbed path as taught in The Yoga Sutras of Patanjali

Anatomy for yoga - learn the important muscles, bones, systems of the body, and how these come into play in yoga poses; as well as how yoga benefits the physical body and why

Yoga lifestyle - nutrition, finding your unique voice as a teacher, yoga values, basic meditation techniques

Ayurveda – Learn about “The science of long life”, and its relation to yoga

The Subtle body – The energetic body and the chakra system

POWER FLOW YOGA MODULE

The focus on this module is learning additional poses and theory of sequencing (“choreographing”) your own authentic Power Flow (or “vinyasa”) class. You will learn to sequence classes with specific themes in mind, as well as to sequence classes for different levels of student experience and capabilities. This module builds on the Yoga Foundations Module. When combining the Power Flow Module with the Yoga Foundations Module, a student will have the credentials to apply for a Registered Yoga Teacher at the 200 hour level with the Yoga Alliance.

This module is appropriate for a person who has already earned a 200-hour Yoga Alliance yoga teaching certificate from another yoga school, and who would like to delve more deeply into the principles of teaching Power Flow or vinyasa yoga. In addition, this module is appropriate for a person interested in deepening their knowledge and practice of power flow yoga, but is not necessarily interested in a 200 hour certificate to teach yoga.

Satisfactory completion of the Power Flow Yoga Module will earn a 110 hour certificate of completion of Power Flow Yoga Teacher Training from Inner Fire Yoga. For students who complete BOTH the Yoga Foundations Module AND the Power Flow Yoga Module, a certificate of completion will be given for a 200 HOUR Inner Fire Yoga Teacher Training Program in accordance with the Yoga Alliance.

Power Flow Yoga Module Curriculum

Asana Technique - Additional poses and sun salutations; alignment principles, modifications, hands-on assists and adjustments

Power Flow Sequencing – Various methods and concepts behind sequencing an effective power flow class on your own

Pranayama – Yogic breathing techniques

Meditation – Basic yogic meditation practices

Practice Teaching – Practice teaching what you’ve learned from day one

Anatomy for yoga – Kinesiology of yoga poses; how the movement of power flow yoga can be explained by the principles of kinesiology

Ethics and Business – The necessary steps to success as a professional yoga teacher, including how to market you as a teacher. What it takes to open a yoga studio of your own. The common ethical dilemmas encountered by yoga teachers; and industry ethical codes of conduct

Yoga lifestyle – Teaching with confidence and authenticity, yoga meditation practices

ADMISSIONS AND ENTRANCE REQUIREMENTS

In order to participate in the Inner Fire Yoga teacher training program, the potential student must meet the following requirements:

- Be at least 18 years of age.

- Complete the application and submit online.

- The student must have an immediate (meaning recent and current), regular (meaning at least 3 times per week, minimum, of one hour each practice), and established (meaning at least 3 months in length without any breaks) yoga practice in an “active” form of yoga (such as Power Flow Yoga, Power Yoga, Hot Yoga, Ashtanga Yoga, Vinyasa Yoga, Bikram Yoga, Inner Fire Flow Yoga, etc.).

- Acceptance into the program is limited, and applications will be considered on a first-come-first-served basis.

ADVANCED STANDING

Inner Fire Yoga Teacher Training does not offer advanced standing for any previous training.

NON-DISCRIMINATION POLICY

Inner Fire Yoga Center and Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race, religion, or disability.

HOUSING

Housing accommodations might be available for an extra fee. Please visit the training page on our website to find out more about accommodations.

ACADEMIC REQUIREMENTS AND STANDARDS OF PROGRESS

During the course, you will take quizzes, have home study assignments, practice teach, and complete a special project. The quizzes and homework will be graded as pass/fail. During your practice teaching, you will be critiqued by experienced teachers and be given written feedback. Practice teaching will be judged based on the following criteria:

Knowledge of asana, pranayama, and yogic practices as learned through training.
Delivery to student of yogic practices.
Ability to transition within sequencing.
Comfort level and communication skills.
Timing.
Clarity.

If homework is not submitted when due or test/quizzes not taken when scheduled, you will be notified by the director of teacher training that you will be placed on a probation of three weeks. You will be responsible to make arrangements with the director for submission of homework or a time to take the test/quizzes. If you do not make these arrangements you will not be allowed to attend the next scheduled session, which may result in the constructive notice of withdrawal as stated in the CANCELLATION AND REFUND POLICY section.

CODE OF STUDENT CONDUCT

A yoga code of ethics will be discussed during training. Students are required to follow the rules and policies of Inner Fire Yoga Center and the teacher training program, as well as the Yoga Alliance Code of Ethics (page 16). Policies include but are not limited to the following:

No sexual harassment
No substance use or abuse during school hours
No smoking allowed on the premises
No breach of confidentiality

If behavior is exhibited that conflicts with the code of conduct, the mission statement of Inner Fire Yoga Teacher Training, and it's philosophy, this behavior may be grounds for termination from the program at the discretion of the owner of Inner Fire Yoga and the director of teacher training. Students dismissed from the program may apply and be considered for a future teacher training program. The reason for prior dismissal will be addressed in the personal interview and may be a determining factor for acceptance into the program.

ATTENDANCE, TARDINESS, AND LEAVES

100% attendance is required in order to graduate and receive a certificate of completion from Inner Fire Yoga teacher training. In the case of unforeseen emergency absences, please notify the director of teacher training immediately. The student is responsible to schedule make-up time through the director or the teacher who taught the missed class/classes. The make-up time must be completed before the next scheduled session and the trainee will be required to pay an extra \$75 for each make-up hour. If you have planned events that conflict with attendance in the program, please contact Director of Training to discuss your options. Absences for medical disabilities or emergencies such as a death in the family are deemed unforeseen emergency absences.

The student is expected to be at each session ten minutes before the start time in order to set up and in order for the training to start at the scheduled time. Class attendance will be taken at the beginning time and attendance records will be maintained throughout the training. If the student is late more than three times, this will result in a deduction of one hour from your total contacts hours.

Due to medical disability, as verified by a medical professional in the form of a letter that states the diagnosis and recommended dismissal from the program, a leave of absence will be granted. The 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.

EMPLOYMENT SERVICES

Inner Fire Yoga Teacher Training does not offer placement services. You will receive training in the marketing and business of yoga and learn fundamental marketing skills to pursue a career as a yoga teacher.

STUDENT COMPLAINTS

Inner Fire Yoga Teacher Training encourages trainees to feel free to discuss in person or in writing any concerns, complaints, or suggestions that are helpful to the program and the trainee experience. All complaints should be directed to the teacher in charge or to the Director of Teacher Training, either in writing or in person. If the issue is not resolved to your satisfaction, please submit a written complaint to the Owner/Director of Inner Fire Yoga. If the issue is not resolved to your satisfaction, you may submit a formal complaint to:

State of Wisconsin Department of Safety and Professional Services
Educational Approval Program
PO Box 8366
Madison, WI 53708
(608) 266-7703

Formal complaints should involve issues relating to school policies and not personal grievances. Personal grievances should be submitted to the Director of Teacher Training in writing.

TUITION & FEES

Visit our website Teacher Training tab to see current fee schedule for each training module.
100% of fees are due two weeks prior to the start date. Place in training is reserved when 100% of fees are paid in full.

ARE YOGA CLASSES AT INNER FIRE YOGA INCLUDED IN THE TUITION?

During the summer intensive, unlimited yoga at Inner Fire Yoga is included in the tuition. All classes during the weekend module trainings are included in tuition, from beginning of training on Fridays to end of training on Sundays. All students are responsible for payment of classes at Inner Fire Yoga outside of teacher training scheduled classes during the weekend module training sessions.

CANCELLATION AND REFUND POLICY

INNER FIRE YOGA TEACHER TRAINING CANCELLATION

Inner Fire Yoga reserves the right to cancel any teacher training session if fewer participants are registered than required to successfully administer the program two-weeks prior to the event start date. Upon cancellation, all payments will be returned in full.

STUDENT CANCELLATION

There is a three day period after payment of tuition when the student may request a full refund of tuition. The request should be in writing and a refund will be sent out within two weeks.

A student who withdraws or is dismissed after the three-business-day cancellation period, but before completing 60% of the potential units of instruction in the current enrollment period, shall be entitled to a pro-rata refund, as calculated below, less any amounts owed by the students for the current enrollment period, less the administrative fee.

Pro-rated refund shall be determined as the number of units remaining after the last unit completed divided by the total number of units in the enrollment period, rounded downward to the nearest ten percent. Pro-rata refund is the resulting percent applied to the total tuition and other required costs paid by the student for the current enrollment period.

A 100% refund of tuition will be paid for any cancellation before attending any units of instruction if cancellation is requested 72 hours before the start date of the training(see table).

After completing:

AT LEAST:	BUT LESS THAN:	REFUND OF TUITION:
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	No	No Refund

If a student misses an entire weekend of the training, constructive notice of withdrawal will be considered and the relevant pro-ration of tuition refund stated in the policy will be complied with by Inner Fire Yoga Teacher Training.

GRADUATION

In order to graduate, students must complete all requirements. Grading criteria includes practice teaching, attendance, and timely completion of quizzes, homework, and final exam. Students receiving below 75% passing on pass/fail work and tests/quizzes may be placed on probation as stated in the ACADEMIC REQUIREMENTS AND STANDARDS OF PROGRESS section. These items must be completed in order to graduate. Students who receive below a 75% on the final exam will have two chances to retake the test as also stated in the ACADEMIC REQUIREMENT AND STANDARDS OF PROGRESS SECTION. Participants are responsible for making arrangements with the director of teacher training to reschedule retakes of the final examination. Students must complete all individual practice teaching before graduation is considered. Final approval is at the discretion of the director of teacher training and/or owner of Inner Fire Yoga. If the student is not ready to teach yoga, he/she will not

graduate from the program until the skills necessary to be a professional yoga teacher are displayed.

Students will be eligible to apply for Yoga Alliance's 200 hour registry upon satisfactory completion of the Summer Intensive OR two modules of the Weekend Training Modules: Yoga Foundations Module PLUS the Power Flow Module. Completion of the second module must be within 30 months of completion of the first module to receive a certificate of completion from Inner Fire Yoga for the 200 hour program that will qualify for Yoga Alliance's 200 hour registry. See page 15 to read the Yoga Alliance 200 hour curriculum. Any fees applicable for the Yoga Alliance 200 hour registry must be paid for by the student and are not included in Inner Fire Yoga's teacher training tuition fees.

STUDENT RECORDS

A copy of the graduation certificate will be kept on file for seven years and will be available to the student at a \$25 replacement fee. All student records are confidential and will not be released without the student's written permission.

TRAINING SCHEDULE AND CALENDAR

Please visit the "training" tab on our website for dates and times.

REQUIRED TEXTBOOKS

Textbooks for required reading must be purchased and the costs are not included in tuition or fee payments. The required books may either be purchased through the studio or from an outside source. The suggested reading books may be purchased at the discretion of the student. Some of the subject matter may be discussed in the classroom. The approximate costs of the required books are \$60 and are not included in the tuition. These books may be purchased outside of the studio at the discretion of the student. Some of the material in the course study will relate to the topics on this list.

Required reading:

YOGA FOUNDATIONS MODULE:

Yoga Sutras of Patanjali – As commented by Swami Satchidananda

Functional Anatomy of Yoga, A Guides for Practitioners and Teachers – David Keil

Other recommended reading:

The Living Gita: The Complete Bhagavad Gita – Sr S. Satchidananda

Prakriti: Your Ayurvedic Constitution – Robert Svoboda

Autobiography of a Yogi – Paramahansa Yogananda

The Heart of Yoga – T.K.V. Desikachar

The Key Muscles of Yoga – Ray Long

LOCATION

Inner Fire Yoga's teacher training takes place at 4204 County Hwy P, Cross Plains, in a beautiful farm house ten miles west of Madison and two miles south of Cross Plains, WI. The century old farmhouse on five acres is nestled in the hills of Wisconsin's driftless area. There is a beautiful restored barn and walking paths through a small field of wild flowers; both are suitable for walking meditation and seated contemplation. Some yoga classes will be located at the westside studio, which is a fifteen to twenty minute drive from the training site. For more information and to view photographs of the training site, visit the "accommodations" link from the "training" page on the website.

ITEMS TO BRING TO TRAINING

In addition to books for required reading, please bring your own yoga mat, a yoga strap, a yoga block, water bottle, extra towels, and a change of clothes for yoga practice. The student should have pens, pencils, and a notebook for taking notes or for writing in a personal journal. Food will not be provided, however there is a large kitchen with refrigerator and cooking facilities available for use. Bring your own food and extra snacks for break times. Some sessions will be given while seated on the floor, or on your yoga mats. Back-jacks (floor seating supports) are provided.

AGREEMENT

Participants attending each module will be presented with an agreement at the introductory session of the training. To continue with training beyond the introductory session, participant will be required to sign the agreement. The agreement can be read at the end of this document on pages 20-21.

200 HOUR YOGA ALLIANCE REQUIRED CURRICULUM

Inner Fire Yoga Teacher Training has been designated as a Registered Yoga School with Yoga Alliance at the 200 hour level. A student must successfully complete the SUMMER INTENSIVE TEACHER TRAINING OR the two weekend modules, the YOGA FOUNDATIONS MODULE PLUS THE POWER FLOW YOGA MODULE, to qualify for Yoga Alliance's 200-hour RYT. The following curriculum will be covered in the two modules in order to comply with Yoga Alliance.

TRAINING AND TECHNIQUES:

(100 hours) You will learn the techniques and the proper alignment to teach asana, pranayama, meditation and other yoga techniques. Under the guidance of experienced teachers you will learn how to teach and you will practice teach the techniques. You will also practice the sequences you are learning to teach.

TEACHING METHODOLOGY:

(25 hours) As well as learning basic yoga techniques, you will learn and practice teaching assists and correcting, the observation skills of a yoga teacher and how to demonstrate to the students the techniques you are teaching. You will also learn the business and marketing of the business aspect of yoga.

ANATOMY AND PHYSIOLOGY:

(20 hours) In the class room environment, you will learn about the anatomy and physiology of the human body, including the bones, joints, muscles, and bodily systems. You will learn the application of this knowledge to teach yoga asana. You will also learn the anatomy of the subtle body.

YOGA PHILOSOPHY, LIFESTYLES, ETHICS:

(30 hours) You will learn the history of yoga and you will study the eight fold-path of yoga known as Ashtanga as taught by Patanjali. You will study and practice the lifestyle of the yogi and basic Sanskrit. You will learn the basics of a meditation practice and ethics of a yoga teacher.

PRACTICUM:

(10 hours) Under the observation of accomplished yoga teachers, you will be evaluated and given feedback on your delivery of basic yoga techniques.

ELECTIVES:

(15 hours) These hours will be divided among the above categories and will involved research, practice, study and assignments.

A student manual that will serve as a study guide will be given at the beginning of the first and fifth weekends. The curriculum for each weekend will be emailed prior to the beginning of the each weekend's session. Books that are required reading should be brought as directed in the manual. The student manual will be the property of the student for future reference.

YOGA ALLIANCE Code of Conduct

The code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a Yoga Alliance RYT®, E-RYT or representative of a RYS®, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.



INNER FIRE YOGA TEACHER TRAINING APPLICATION

Application Process

Submit your application online or in person; please carefully read the “Tuition and Fees” section of the catalogue. (100% of fees are due two weeks prior to the start date of training. Place in training is reserved when 100% of fees are paid in full. A non-refundable cancellation fee is taken for cancellations within 72 hours of the training start date.) The application can be emailed to sarah@innerfireyoga.com, or mailed to or dropped off at the westside location.

Inner Fire Yoga Teacher Training
Inner Fire Yoga
5003 University Ave.
Madison, WI 53705

The application must be received two weeks prior to the beginning of training program in order to be considered for the session. 100% of fees are due two weeks prior to the start date of training. Should the training program be filled, a waiting list will be taken. After receipt of the application you will be contacted by the director.

100% of fees are due two weeks prior to the start date of training. Fees can be paid by check or credit card. Checks can be dropped off with the application or mailed to the westside location at the address listed above. Payment by credit card can be made in person, or online at the “training” page of the website, or by phone at 608-661-0167.

Acceptance Notification

Applicants who have been accepted into the Inner Fire Yoga Teacher Training program will be notified via e-mail within two weeks of receipt of their application. All accepted applicants must confirm their registration via e-mail within one week of receiving notification of acceptance. If an applicant fails to confirm, his/her spot may be offered to another applicant.

PART 1 - Personal Information

Print, fill out, sign, and scan. Alternatively, email this information with a written ACKNOWLEDGEMENT OF TERMS statement included in the email.

First Name _____ Last Name _____

Date of Birth _____

Address _____ Apt # _____

City _____ State _____ ZIP _____

Day Phone _____ Evening Phone _____

Email Address _____

Current Occupation _____

Emergency Contact Name and Relationship: _____

Emergency Contact Phone: _____

ACKNOWLEDGEMENT OF TERMS: SIGN HERE TO ACKNOWLEDGE THAT YOU HAVE READ THE CATALOGUE IN ITS ENTIRETY AND UNDERSTAND AND AGREE TO THE TERMS AND CONDITIONS, INCLUDING THE CODE OF CONDUCT, ATTENDANCE/TARDINESS/LEAVES, CANCELLATION AND REFUNDS, AGREEMENT, AND GRADUATION STANDARDS OF THE INNER FIRE YOGA TEACHER TRAINING PROGRAM.

signature date

How did you hear about our program?

☐ In Class Announcement ☐ Inner Fire Yoga Website

☐ Friend ☐ Teacher – Where? _____

☐ Other _____

PART 2 – Questionnaire

Please respond thoroughly to the following questions:

WHICH SCHEDULED TRAINING(S) DO YOU WISH TO ATTEND?

Please check box(es):

- ☐ Summer Intensive
- ☐ Yoga Foundations Module
- ☐ Power Flow Yoga Module
- ☐ Hot Yoga Module

1. How often do you practice yoga?
2. How long have you been practicing yoga?
3. What styles of yoga do you practice or have you explored, which do you prefer?
4. How do you define or explain yoga when asked by someone who has never taken a yoga class?
5. Are you currently teaching yoga? If so, where, how often?
6. What are your expectations for this training?
7. Do you have any pre-existing injuries or emotional conditions that may affect your ability to participate in this course?
8. Is there anything else that you would like to share about this journey, about your motivation, your expectations, or your experience as it relates to attending Inner Fire Yoga's teacher training program.

Agreement: Inner Fire Yoga® Teacher Training 2016

This is an agreement between Madison Yoga Studio, LLC and the Participant who signs below. Participant wishes to participate in Inner Fire Yoga® Teacher Training (“Training”), offered by Madison Yoga Studio, LLC, on the terms stated below. The Training is an intense program that will take the Participant on a journey from yoga-student to yoga-teacher.

Make-Up Classes. Participant is expected to be at all sessions, barring emergencies (see catalogue for details). In the event of an emergency, make up classes must be scheduled by Participant at an additional cost of \$75 per hour for private time with a teacher.

Certificates. If Participant successfully completes any module of Inner Fire Yoga® Teacher Training, (s)he will receive a Certificate of Completion for that module. If Participant successfully completes the modules that qualify for a Yoga Alliance registered yoga teacher at the 200 hour level (YA RYT-200), (s)he will receive a Certificate of Completion as such. Madison Yoga Studio LLC reserves the right to determine in its sole discretion whether Participant has successfully completed any portion or module of Inner Fire Yoga® Teacher Training.

Deposit, Tuition, Discount and Refunds. Tuition must be paid in full prior to the start of training. Certificates of completion will only be distributed upon full payment for the program. Students will receive a full tuition refund if canceling 72 hours before the first session (date) of training. Students canceling after the first evening session (date) but before 60% of the session is completed will receive a pro-rated refund as outlined in the catalogue and as required by the Wisconsin Educational Approval Program (WEAP).

Teaching Inner Fire Flow. Participant understands that Inner Fire Yoga (the branded sun/moon graphic symbol and the name) are nationally registered trademarks. Participant also understands that the Inner Fire Flow class is sequenced yoga class designed, choreographed, developed and refined by Madison Yoga Studio, LLC. Participants who successfully complete the FOUNDATIONS module (does not apply to the POWER FLOW module) and who receive a certificate as such have a non-assignable, non-transferable, and non-exclusive right to teach the Inner Fire Flow yoga class, but will not be authorized to train yoga instructors to teach the Inner Fire Flow yoga sequence. Participant agrees that if (s)he represents to the public that a yoga class is Inner Fire Flow, it will not deviate from the Inner Fire Flow sequence as taught in the Inner Fire Yoga Teacher Training program during the FOUNDATIONS module. Participant agrees that (s)he may not and will not teach Inner Fire Flow yoga unless (s)he receives a certificate of completion for the FOUNDATIONS module (does not apply to the POWER YOGA or HOT YOGA module). Participant agrees that the Certificate does not authorize him or her to open or become a part or full owner of any yoga studio holding itself out to be an Inner Fire Yoga studio.

Agreement Not to Compete. Participant acknowledges that Madison Yoga Studio teaches yoga classes to students of all ability levels and may provide licenses for entities to be Inner Fire Yoga® studios. Participant is not an employee of Madison Yoga Studio, LLC. In exchange for being allowed to take the Training, Participant agrees that for a period of 5 years after completing the Training (s)he will not own or operate either a yoga studio or a yoga teacher training, or any entity which offers yoga classes or yoga teacher training, which is located within a five-mile radius of any Inner Fire Yoga studio location or within a five mile radius of any licensed Inner Fire Yoga location present when Participant opens, begins managing, or relocates a particular yoga studio or entity that offers yoga classes or yoga teacher training. This covenant in no way and at no time limits Participant's ability to teach yoga classes for an entity that (s)he does not own or operate, regardless of its location. This covenant shall be sever-able from the remainder of the agreement if deemed invalid, and shall be enforced under the laws of the State of Wisconsin.

Participant: PRINT & SIGN

Date