
Kramas

Yoga Teacher Training Catalog



Mission

Kramas Yoga (a Yoga Alliance 200 hour School) teacher training honors the diversity of students and aligns the coursework to meet the needs of these students. The sanskrit term Krama signifies the evolution on a pathway, the gradual steps that are taken on a progression. This progression can be toward a goal, and this goal can be toward self-knowledge. Stepping inward is the journey that we take to deepen our understanding of our true nature. This training is for practitioners of yoga who want to deepen their personal practice of yoga and to extend their knowledge of yoga philosophy. This is also for those who would like to eventually teach yoga to adults and potentially within a studio setting. A student's ability for success in this program is based on their discipline and integrity while working within the scope of the system of yoga both in their daily lives and during the modulated weekends. The program will cover the history of yoga as well as intensive work and breakdown of over one hundred asanas (postures). This Yoga Alliance-certified course will also explore many facets of the philosophy of yoga and the different types and styles of yoga. In addition, participants will be able to create yoga sequences based on principles of asana family relationships and body area relationships. There will also be an extensive anatomy and physiology component to the training. Completion of the training will qualify participants to register as a RYT 200 (Registered Yoga Teacher 200 hour certified) with Yoga Alliance.



Schedule and Facilities

Location: Baby Flexible Studio 100 E. Main Street, Sun Prairie Wisconsin. School headquarters 5459 Patriot Drive Madison Wisconsin. Baby Flexible, Children's Yoga Studio is located in the heart of Sun Prairie. There are many delightful restaurants, cafes and boutiques in the area. There is also lodging only a couple of blocks away from the studio.

Please bring your own water bottle and mat. Bolsters, blocks, straps and blankets will be provided by the studio. There will be tea provided daily. There is access to a bathroom. There will also be access to a refrigerator. There is plenty of free parking at the studio.

Schedule:

January 12-14 & 26-28

February 9-11 & 23-25

March 9-11

April 6-8 & 20-22

May 4-6 & 18-20

June 1-3

Contact Information:

Website: www.kramasyoga.com

Owner Kramas Yoga LLC and Lead Trainer: Jessica Noche 608-213-0900

Owner and Trainer: Alvin Noche 608-444-5473

Email: info@kramasyoga.com

Jessica Noche

Practicing yoga since 2000, Jessica received her 200 hr. teaching teaching certification in 2006 at the Yandara Yoga Institute in Todo Santos, Mexico. Later that same year Jessica traveled to Koh Phangan, Thailand and studied at Pyramid Yoga Center (to continue work on her 500 hr. level). She continued her yogic path by completing her 500 hr. certification in 2015 with Erika Faith and Cloud Nine Yoga, in conjunction with the non-profit Breathe for Change, the latter of which Jessica currently serves as an independent contractor writing curriculum and helping to lead trainings. In 2015-16 Jessica completed her Children's Yoga certification with Mira Binzen and Global Family Yoga in cooperation with Moksha Yoga Center in Chicago IL. In addition to yoga, Jessica has deep roots in Vipassana Meditation tradition and volunteers at the Illinois Vipassana Meditation Center in Pecatonica IL. She also works as an ESL teacher for the Sun Prairie Area School District. Jessica abundantly loves art, literature, language, cultural studies and travel.

Alvin Noche

Al took his first step on his yoga journey in 2008 by attending a class led by Angela Gargano, Owner/Founder of Bliss Flow Yoga and Wellness in Madison WI. From there, he was immediately hooked. After several years of cultivating a daily practice, Al enrolled in the 200 hr. teacher training led by Meg Galarza at Yoga One Studio in Cedarburg WI, in

partnership with Bliss Flow Yoga. Initially, Al's only motivation was to deepen his practice and learn more about the history and philosophy of yoga. However, upon completion of the training he felt compelled to share what he learned with others. Al completed his certification in the fall of 2015 and teaches classes in and around the Madison area. Al maintains a lifelong (albeit healthy) obsession with music, film, calligraphy, sports statistics and biking.

Course of Study

Kramas Yoga Teacher Training meets the standards of Yoga Alliance to become a RYT 200: Registered Yoga Teacher at the 200 hour level. Here is our course of study.

Asana Techniques, Training and Practice:

- Asana intensives: breakdowns with alignment, sequencing and assisting
- Asana families: arm balances, standing, inversions, backbends, etc.
- Pranayama: the study of breath work
- Kirtan and Mantra: chanting and mantras
- Sanskrit: language and pronunciation
- Meditation: techniques and their purpose
- Bandhas: practice and philosophy
- Mudras: practice and significance

Teaching Methodology:

- Communication: mindful communication
- Teaching Styles: explore different styles (yin, restorative, etc.)
- Student/Teacher Learning: ethics and relationships
- Teaching to Diverse Populations: Children and Prenatal

Anatomy and Physiology:

- The physical components of the body and their relationship to yoga
- The subtle body, i.e. chakras and nadir and their relationship to yoga

Yoga Philosophy and Lifestyle:

- Eight Limbs of Yoga: Tree of Yoga
- Historical texts of yoga: Patanjali's Yoga Sutras, The Vedas and Upanishad
- Yamas and Niyamas: Ethical principles of yoga
- Ayurveda: Sister science of yoga

Business of Yoga:

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- Study in regards to the practicalities of starting a yoga career. This section includes what to expect from studio employment as well as the basics on starting a studio
 - The ethics of business within the structure of yoga

Practicum:

- Practice Teacher/Peer Teaching: within the program and final presentations
- Community Teaching: classes taught within local community
- To graduate students will need to pass homework, written exams and practicum

Daily Syllabus:

Participants will receive a weekend module syllabus at the start of each weekend that the training meets.

Friday (5:00-9:00)

5:00-6:00 Practice

6:00-6:30 Content (Philosophy, History, etc.)

6:30-7:30 Asana Intensives

7:30-8:00 Teaching Practice/Peer Assists

8:00-8:30 Anatomy

8:30-9:00 Closing/Restore/Meditation

Saturday (11:00-7:00)

11:00-12:30 Practice

12:30-1:30 Content (Philosophy, History, etc.)

1:30-2:30 Lunch

2:30-3:30 Content (Philosophy, History, etc.)

3:30-5:30 Asana Intensives

5:30-6:30 Teaching Practice/Peer Assists

6:30-7:00 Closing/Restore/Meditation

Sunday (8:00-6:00)

9:00-10:30 Practice

10:30-11:30 Content (Philosophy, History, etc.)

11:30-12:00 Lunch

12:00-12:30 Anatomy

12:30-2:00 Asana Intensives

2:00-2:30 Teaching Practice/Peer Assists

2:30-3:00 Closing/Restore/Intentions

Required Reading Resources: *(These resources are all available for purchase on Amazon)*

- Teaching Yoga: Essential Foundations and Techniques by Mark Stephens
- Functional Anatomy of Yoga by David Keil

- Modulated Online Anatomy Course by David Keil
- The Yamas and Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele
- The Yoga Sutras of Patanjali by Sri Swami Satchidananda

Optional Reading Resources:

- The Language of Yoga by Nicolai Bachman
- The Heart of Yoga: Developing a Personal Practice by T.K.V Desikachar
- Yoga Mind, Body and Spirit by Donna Farhi
- Teaching Yoga: Exploring the Teacher-Student Relationship by Donna Farhi
- Light on Life by B.K.S. Iyengar
- The Sacred Tradition of Yoga by Dr. Shankaranarayana Jois



Training Curriculum

These required five areas of study are aligned with Yoga Alliance and defined my Yoga Alliance, Kramas Yoga Teacher Training meets these requirements.

Techniques, Training and Practice~ 100 Hours:

Topics in this section include (but are not limited to) asana, pranayama, chanting, kirtan, mantra, meditation, Yoga Nidra and assisting. These hours will including specific cuing and teaching techniques on how to teach these techniques.

Teaching Methodology~ 25 Hours:

This section will include the principles of demonstration, peer observation, assisting and adjusting, different teaching styles, effective communication, teaching to diverse populations, student learning needs, and the business of yoga.

Anatomy and Physiology~ 20 Hours:

Students will obtain significant information about the anatomy and physiology of the human body and how it relates to yoga asana. This includes the systems of the muscles, bones and joints. This will also include the subtle energy systems of the chakras and nadis. This obtained information will be applied to the yoga practice along with modifications, benefits and contraindications, to promote injury free teaching and a wholesome practice.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers~ 30 Hours

Students will learn about the philosophy that encompasses the yoga practice. This includes the Eight Limbs of Yoga through research on Patanjali's Yoga Sutras and other historical yoga texts (Vedas and Upanishads). Students will develop an understanding the philosophy of the Yamas an Niyamas an analyze how these connect to their daily lives.

Practicum~ 10 Hours:

Students will participate in practice teaching, giving and receiving of feedback, and the peer observation of other students.

Seva Practice~ 15 Hours:

Students will teach a total of 10 one hour community classes and assist 5 one hour classes.

Requirements for Graduation

Attendance:

Students will attend and/or participate (per the practicum and Seva practice) the entire 200 hours of the training.

Teaching Skills:

Students will demonstrate competence in presentation, communication and sequencing skills. They will also reflect on their teaching to show growth in their ability to produce an engaging and creative class.

Reading and Assignments:

Students will be required to complete all required reading assignments and any written homework assignments.

Anatomy Work:

Students are required to complete all online anatomy modules as homework. Students are also required to participate in anatomy discussion classes during training hours.

Final Exam:

Students will be required to complete a final take home written exam. They will need to achieve a 75% or higher to pass this exam.

Final Practicum:

Students will be required to plan, sequence, teach and assist a final one hour class.

Full Payment:

Payment of application fee, tuition, and any other fees that are needed must be received to meet program requirements.

Additional Information About Requirements:

Grades for assignments will be given as pass/fail except for the final written exam. This exam will need the score of 75% or higher to pass. Trainers will give students feedback on the status of their assignments within one day of completing and turn in. Students may rewrite the final exam one time (for a total of two times as a take home exam) if the student does not pass the final written exam (they will have to retake it within one week after training) they will be required to retake the full teacher training. If a student does not pass the one hour practicum class they will be allowed an additional attempt to teach a class. They will be required to schedule this final practicum for one week after the training, at a rate of \$50 per hour. If the student still does not pass the final practicum they will be required to retake the full training. Trainers will monitor student progress through anecdotal notes and verbal feedback, this observation and feedback will take place through the duration of the training. If for some reason their growth is not satisfactory the student will immediately be asked to meet with the owner to discuss the challenges and to collaborate on an improvement plan. A certification of completion (through Kramas Yoga) will be given to each student upon the full completion of the training and these requirements. With this certification, students will then be eligible to register with Yoga Alliance for the Registered Yoga Teacher certification at the 200 hour level (RYT-200)



Training Participant Expectations

Attendance:

Students are expected to attend the entire training, 100% of the 200 hours are required for graduation. If a student is unable to attend a portion of the training, student will be expected to set up a meeting with the Owner to schedule make up hours for the time missed. Make up interacting hour due to absences will be charged \$50 per hour. If there is an emergency and the student will be missing one full day (or more) of the training, the student will be expected to arrange a meeting with the Owner to clarify a plan for making up the hours (Note: Leave of Absence procedures below). If for some reason the student misses a full day (or more) for a non-emergency reason, and does not schedule a meeting with the Owner to arrange a plan for make up the student will be dismissed from the training. Owner/trainer will take attendance each day of training (students will be required to sign in at the beginning of the training day). The attendance roster will be kept on file by the Owner.

Tardiness:

Students are expected to be on time and ready for the training at the starting time. If a student is 15 minutes or more late, it will be considered and marked tardy on the attendance roster. Thirty minutes will then be deducted from the total (200 hour requirement) of the course. Students will be required to make up this time by arranging a meeting with the Owner. Make up time will be \$50 per hour (\$25 per 30 minutes).

Leave of Absence:

If it is necessary for a student to refrain from participation in the training due to circumstances beyond their control, the refund policy will apply. Kramas Yoga will make every attempt to facilitate the accommodation of a student in completing the training whether it be through make-up during and after the current training (at \$50 per hour) or through a future training.

Conduct of Student:

The Eight Limbs of yoga are based on the ethical foundation of the Yamas and Niyamas, therefore, ethical conduct of the student is thought to be mandatory during the training. This will be validated by signing the Agreement and Liability Waiver at the end of this catalog.

Probation, Dismissal an Re-Admittance:

If for some reason a student needs differentiated / additional instruction, is behind in the completion of coursework, or has incomplete assignments they will be considered on probation. As mentioned, Kramas Yoga will do everything possible to assure this student has the opportunity to make up work. If a student does not receive a passing grade on the written exam, or is in the failing side of the pass/ fail formative assessment of the Owner, the student will be put on probation. Probation length will vary depending on what the student's need are. Re-admittance from probation will be decided by the Owner, the student will be required to show growth within the training, and will be subjective to the Owner's approval. If a student fails to make improvements, growth, or passing grades it will result in the dismissal of the student from the training (refunds will apply per the refund policy).

Tuition

Tuition:

\$2875

Deposit:

\$500 due two weeks after acceptance into the training. The deposit amount will be applied to tuition for total program.

Early Full Payment Discount:

\$200 If full payment of training is received in full by November 1st 2017.

Payment Plans:

Kramas Yoga offers payment plans per individual student needs. Please contact Jessica Steffens to arrange a discussion around this option.

**Student can make payments by check to Kramas Yoga or by cash.*

**Tuition is required in full by January 1st 2018.*

**There will be a limit of 25 participants per training cohort.*

School Policy

Advanced Standing:

Kramas Yoga does not offer advanced standing from any previous training or coursework.

Non-Discrimination Policy:

Kramas Yoga School does not discriminate anyone based on age, gender, sexual orientation, race, ethnic origin, national origin, or religious preference.

Housing:

Kramas Yoga School does not provide housing for the training. You can however contact Jessica for information about available options in the Sun Prairie area.

Employment Services:

Kramas Yoga School does not offer assistance with employment or any services for employment. We do not guarantee placement after finishing the training.

Student Records:

Kramas will permanently maintain a copy of the certification the student will receive at the end of the training. In addition Kramas will keep records of the progress of the student through the training (any notes, feedback, written work). These records will be maintained by Kramas for 6 years. The records will be kept private and may be obtained only by request to the Owner. For a \$15 fee Kramas will mail a duplicate certification if needed. An email certification can be sent to the student upon request.

Student Complaints:

In the event that a student has a complaint, the student should bring the complaint directly to the Owner. If it is impossible to resolve the issue, the student may contact the Wisconsin Education Approval Board for assistance by calling (608) 266-1996, via the web at www.eab.wisconsin.gov, by email: EABMail@eab.wisconsin.gov, eab.state.wi.us or at the physical address of 431 Charmany Drive, Suite 102 Madison Wisconsin 53719.

Cancellation and Refund Policy:

If a student chooses to cancel within 3 business days of acceptance into the training they will receive a full refund of all money paid. This refund will be received within ten business days.

If a student withdraws or is dismissed after attending one weekend session, but before completing two weekend sessions, they will receive a prorated refund of tuition in the following format:

- If a student withdraws prior to their first class of the first weekend session, 100% of the tuition will be refunded.

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- If a student withdraws after one full weekend session (i.e. before the participation in the second weekend session), 80% of the tuition will be returned.
 - If a student withdraws after two full weekend sessions, 70% of the tuition will be refunded.
 - If a student withdraws after three full weekend sessions, 60% of the tuition will be refunded.
 - If a student withdraws after four full weekend sessions, 50% of the tuition will be refunded.
 - If a student withdraws after five full weekend sessions, there is no refund.

**If a student is dismissed from the training, they will receive a refund within 40 days from dismissal date.*

Application Process

Admission Policy and Entrance Requirements:

All applicants must be at least 18 years of age. Applicants should have a yoga practice established and have been practicing for at least one year.

How to Apply:

Prospective students can apply online at: www.kramasyoga.com Upon completion of the application the Owner will contact prospective student for a short phone interview.

Deadline:

All prospective students must apply by January 1st 2018 to be considered for the January 2018 cohort.

Acceptance:

After the application (within two weeks) the Owner will set up a phone interview. The Owner will then contact prospective student by phone to notify if they have been accepted into the training. It is important to note that application into the training does not guarantee acceptance into the training.

Kramas Yoga



Release and Waiver

I, _____ after reading the Kramas School Catalog agree to all the conditions and terms of application, admission, involvement in, and fulfillment of the 200 hour Registered Yoga Teacher course offered by Kramas Yoga.

I, _____ fully understand that my participation in the practice of yoga requires physical movements, just like other formal exercises, there is a possibility of injury. If I happen to experience any pain or injury I will following appropriate modifications in response to my bodies needs and stop activity if necessary. I confirm that I am responsible for the decision to participate in this training and to practice yoga. I release and waive any claims that I have now or may have against Jessica Steffens and Alvin Noche of Kramas yoga.

I, _____ agree to both the catalog release and the liability waiver.

Date: _____

Printed Name: _____

Signed Name: _____