



Dear Fellow Yogi and 200-hour CYT trainee,

On behalf of myself and Midwest Power Yoga School, I warmly welcome you to the Midwest Power Yoga School certification program. I am honored that you have chosen to expand your knowledge of yoga! I am here to assist you in fulfilling your personal and professional goals as they relate to the ever expanding world of yoga and fitness. I am delighted that you have made the commitment to yourself and the expansion of your horizons.

This program is more than lecture, textbooks, and discussion; it has been created to support you to fulfilling your dreams and ambitions. Don't be afraid to ask questions - the only dumb question is the one that isn't asked. Our support (from both myself and our community at MPY) for you goes beyond our 200 hours together. I am available to mentor you during and after training to help you to reach your highest potential.

To help you with your journey, Midwest Power Yoga School team offers you:

1. Complimentary classes at MPY-Sheboygan Falls while actively enrolled in training
2. 20% discount on Midwest Power Yoga retail items. (yoga mats, block, and MPY apparel)
3. 3 Mentor meetings one-on-one or with the MPYS team. You may use these meeting during your training, or up to one year afterward.

Yoga, like laughter, is best when it is shared. Your journey begins with this step by expanding your knowledge of yoga. Sharing this amazing practice is extremely rewarding for both teacher and student. I am so excited that you have chosen to further your knowledge in the subject.

Please review the student checklist provided and complete reading assignments prior to first day. We are so looking forward to seeing your growth on this amazing journey.

Namaste,

Maggie Olson  
E-RYT 200 Lead Trainer



**Textbooks:**

The Yamas and Niyamas by Deborah Adele \*read/look over prior to first day

Do Your Om Thing by Rebecca Pacheco \*read/look over prior to first day

Light on the Yoga Sutras of Patanjali by B.K.S Iyengar

Yoga Anatomy by Leslie Kaminoff

The entire list of textbooks should run under \$100 at Barnes and Noble, Amazon, or other online book site. You may choose to purchase the texts as ebooks or physical books.

**Begin to meditate daily.** Meditation can be as simple as a quiet minute spent focusing on breath or as much as 30-60 minutes sitting clearing your mind. Meditation is different to each person and should be practiced as such. Please journal about your meditation experience – what comes easily? what is hard? could you “sit still” each day? Write down a few things you felt each time you meditated – and yes, also include days you did not meditate! You will not be penalized points for not meditating.

There are some great apps for meditation that will help you channel your focus! Headspace, Ananda, Calm, Simple Habit are a few great (and usually free!). The apple iWatch offers a Breathe app built into the watch that coaches you on your breathing, which will in turn help you “tune out” the busy mind.

If you don't already, **begin a physical asana practice**, 30 minutes minimum 4-6 days a week. Classes are offered 7 days a week at MPY, please come in as much as you can!

On training days, be prepared with snacks, lunch/dinner plans, and lots of water. There is a small refrigerator and microwave available for use. You will have approximately an hour for lunch each weekend day. Come with at least one change of clothing/day, your yoga mat, a yoga towel (optional), textbooks, manual, and notebook (optional). Be prepared to teach to either the general public or to your fellow trainees and instructors. Come with questions!

After approval from MPY School, confirm the dates you will be in for training to complete your 200 hours. Dates are broken up into 1 5-day session and 5 weekend sessions (Fri, Sat, and Sun). Be sure your calendar is cleared from other obligations.

If housing is necessary, contact faculty at MPY School.

Get ready for your positive life change!