

Midwest Power Yoga School

Taught by Maggie Olson

Midwest Power Yoga

Owned by Maggie Olson

September 1, 2018

Volume 3



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 be 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!



2019 MPY YTT Dates

1 weekend per month (April – October 2019)

Weekends of: 4/27, 5/18, 6/8, 6/29, 7/20, 8/10, 9/7, 10/5 (15 hours per weekend)

8am-430pm with 1 hour lunch

1-60 minute class per week with a 90-minute learning session after class

Monday 530pm class, plus 90 minutes after – April 22 – September 30

At Midwest Power Yoga School we have our training schedule set to work around major holidays. The following list are dates we will not hold training, and will respect other religious and non-religious holidays on a case by case basis:

Thanksgiving Day

Christmas Eve, 12-24

Christmas Day, 12-25

New Years Eve, 12-31

New Years Day, 1-1

Independence Day, 7-4

Easter Sunday

**Faculty members**

Maggie Olson - trainer, studio co-owner and administrator, 200-RYT, professional photographer Vivacious, playful, and welcoming to everyone; Maggie is part artist, part yogi, and proud momma to an adorable fur-baby nicknamed LittleDog. She is a celebrated photographer who stumbled upon yoga as a happy accident. Maggie has been featured locally in newspapers and nationally on Good Morning America for her photography.

Maggie's passions for yoga and photography could be opposites, but she weaves them seamlessly together by traveling nation-wide taking photos, capturing moments, and teaching classes. She captures personality and enables anyone who steps in front of her to smile, whether they are in front of her camera or on the mat practicing. Maggie is thrilled to have the opportunity to guide new teachers on the road to becoming teachers themselves.

She looks to the world and people around her to constantly keep the creative spark alive.

Maggie is a certified RYT (Registered Yoga Teacher) through Wild Abundant Life. She holds certifications in Prenatal Yoga, Kids Yoga, Hands on Assisting, Yoga Personal Training, and Yoga Body Bootcamp.

**Admittance**

Admittance to MPY School requires that you have a love of yoga and a passion to continue your education. Age requirements for yoga teacher training are 17+. During our time together, we will support and educate you to fulfill the requirements of a 200-hour Certified Yoga Teacher. You will then have the confidence and capabilities to teach yoga and share this practice with others. Midwest Power Yoga School will provide the student with their certification upon graduation.

We require all students and staff to abide by the Yoga Alliance Code of Conduct, MPY School Code of Conduct, and MPY School mission statement. If the student believes that they are in conflict with any of these guidelines, they are encouraged to speak with a member of our faculty. Any violation of the Code of Conduct will result in dismissal from the program.

We will accept students into the program with prior yoga teacher training experience/certifications. However, we do not recognize those credit hours towards this certification with Midwest Power Yoga School.

Midwest Power Yoga School Mission

We are a professional yoga teacher training facility that provides trainees with a solid base of yoga - both physically and spiritually. MPYS believes that yoga is accessible to every body. We strive to provide a strong balanced education to all of our trainees by teaching from the heart and mind.

“I believe the only true religion consists of having a good heart.” Dalai Lama

Student Conduct Guidelines and Policies

Students are expected to behave in a professional manner at all time during training. Standards of conduct include and are not limited to:

1. No sexual harassment of any type or form will be allowed.
2. No substance use during training will be accepted.
3. No smoking during training hours will be tolerated.
4. No breach of confidentiality will be tolerated.
5. No bullying, targeting, ostracizing, verbal abuse, or written abuse of fellow student(s) will be tolerated.
6. These rules apply to personal interaction as well as social media, texting, messaging, etc.



Midwest Power Yoga School has a zero tolerance policy regarding misconduct of the categories above. Failure to comply will result in dismissal from the program. A refund will be given, less \$100 from the application fees. No refund will be given after 60% of the training completion in accordance with the Wisconsin EAB refund policy.

Any student dismissed for inappropriate conduct may not re-apply to MPY School program for 1 full year. Following one year the student may reapply. All educational fees will apply.

Probation, Dismissal, and Re-admittance

Student who engage in inappropriate or unsafe conduct described above are subject to written warning, suspension, or program dismissal. The charge will depend on the severity of the transgression.

Students who have an average grade below 75% will be considered to be on academic probation. Students may submit an additional essay assigned by the director to be lifted from probation. Students who are on academic probation and fail an additional month will be dismissed from the program.

Refund Policy

If student is dismissed or withdraws after 60% of the training completion, no refund will be due to the student per the Wisconsin EAB refund policy.

An appeals decision may be filed with a written statement to:

Midwest Power Yoga School

% Maggie Olson

1104 Fond du Lac Ave

PO Box 294

Sheboygan Falls, WI 53085

(920) 550-1182

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under EAB 6.04;
2. Accepted was unqualified and the school did not secure a disclaimer under EAB 9.04;
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.



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:

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

As part of this policy, the school may retain a one-time application fee of no more than \$100. The school will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro rata amount. A written notice of withdrawal is not required.

Student Records

MPY School will keep student records for a period of six years. Records are accessible to students by written request or appointment. Records and the contents within are confidential and are maintained and locked on site. A copy of transcripts can be requested for a \$30 fee and request in writing. We require a minimum of 10 days to send request. Certificate of Completion will be kept indefinitely.

Student records contain contact information of student, the student's original application, progress report, and a spreadsheet of their grades.



Yoga Alliance Code of Conduct

During training with Midwest Power Yoga School, students are required to follow the Yoga Alliance Code of Conduct as follows:

Our 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 Registered Yoga Teacher (RYT®), Experienced Registered Yoga Teacher (E-RYT®) or representative of a Registered Yoga Schools (RYS®), I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- 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 or harassment based on other legally protected characteristics.
- 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.

How Midwest Power Yoga School is governed and operated

Midwest Power Yoga School, LLC is a 200-hour Yoga Teacher Training program regulated by the Wisconsin Educational Approval Board and is registered with Yoga Alliance. As such we are governed by the rules, regulation, and standards set forth by these two organizations. We operate in the state of Wisconsin as a registered school with Yoga Alliance and the State of Wisconsin Education Board.

Successful completion of this program (contact hours, practicum, and written exam plus homework/non-contact hours) will result in a 200-hour certification from Midwest Power Yoga School.

Students who successfully complete the program have the option to register with the Yoga Alliance for the status of RYT (registered yoga teacher) for a small annual fee. The Yoga



Alliance offers a free online teacher web page for you to complete. We strongly encourage you to register for your RYT. Many employers will require this.

If you choose to teach with your certification, we strongly encourage you to complete the Yoga Alliance registration. The Yoga Alliance website offers you the ability to easily track your additional training, teaching hours, bio, and list of classes you teach. If you foresee that you someday wish to teach others to become yoga teachers, or lead your own teacher training school, the records kept on the Yoga Alliance website will be an asset.

Completion of this program and obtaining your 200-hour yoga teacher certification does not guarantee employment with Midwest Power Yoga or other yoga studios. As a teacher with a passion for sharing yoga, you are encouraged to seek out opportunities within your local community.

Absences

A leave of absence will be granted in the case of a medical emergency of the student or family member. In the event of a leave, the student will have the opportunity to make-up missed session(s) during another training covering the missed material. If tuition was previously paid in full, no further fees will apply.

If a leave of absence does occur the student will have 18 months to complete the 200-hour yoga teacher training. If the training is not completed within that time frame the student will have to reapply. The refund policy will be applicable with program completion.

Attendance and Tardiness

Student attendance is required. This is your training to make the most of your time and commitment. Any missed hours must be made up prior to graduation, or certification will be held until time is made up. There will be an additional fee required if a faculty member must spend extra time to assist student with make-up training hours. The fee is \$100 per hour and is required to be paid in full at beginning of appointment. Student has 30 days to make up missed time. Other arrangements can be made, please communicate with faculty.

Students are encouraged to notify a faculty member if they intend to withdraw from the program. Any student who fails to attend a session without communication is considered withdrawn. Contact a faculty member if you are detained or sick.

Students tardy by more than 15 minutes for three days of the training will be required to make-up time before receiving their certification. If student requires a faculty member to assist with make-up training, a fee of \$100 per hour is required to be paid at the beginning of the appointment. The certification requires 200 hours of time dedicated to learning. Missed time will result in failure to complete required hours.



Student absences and tardiness will be recorded in the student's personal file. All time must be made up prior to student receiving 200-hour yoga teacher certification. Fees may apply as stated above.

If a student has 3 hours of unexcused absence time the student will then be dismissed from the program.

If cancellation of session(s) due to weather occurs, a make-up date will be set by MPY School and will be communicated to students.

Student Concerns, Complaints, and Conflict Resolution

Student complaints will be handled professionally and promptly at MPY School. The student may approach any of the two faculty members regarding the issue at hand. Faculty member(s) will:

1. Listen carefully and fully to what the student has to say, applying active listening techniques.
2. The faculty member will ask questions in a caring and concerned manner. Notes will be taken and signed and dated by both the faculty member and the student. Notes will be retained in a locked binder in the office.
3. If possible, the faculty member will find an immediate acceptable solution.
4. If not possible to find an immediate solution, the other faculty members will be informed of the complaint and work towards a resolution of the issue.
5. The faculty member is required to follow-up with the student to assure the needs of the student were met and the issue is not longer a concern for the student.

Student complaints requiring a change in policy will be handled by the faculty to meet the needs of current and future students.

The formal appeals process will first occur within the school. If student feels the issue was not resolved satisfactorily, the student has the right to file a written statement with the Wisconsin Educational Approval Board at:

WEAB
431 Charmany Drive, Suite 102
Madison, WI 53719
Eab.state.wi.us
EABmail@eab.wisconsin.gov
(608) 266-1996



Grading Scale

To graduate, the student must complete all requirements with a cumulative grade of 75% or above. Grading criteria includes: class participation, written exam(s), written assignments, in class demonstrations, attendance, and practicum (teaching, observing, assisting, and workshop). Students who are not meeting standards of 75% or above will be notified and given opportunity to explore improvement with faculty encouragement.

If a student is falling below 75% the program directors will work directly with that specific person to achieve the final goal of a 200 hour yoga teacher certification.

Students are required to make up all class hours missed (excused and unexcused time). Time for student to make-up requires a fee of \$100 per hour, or the student may participate during a different scheduled training of the same material.

Practicum (live teaching, assisting, observing) - 35% - Lead a 60-minute class incorporating tools learned throughout the duration of the 200 hour yoga teacher training. This may include, but is not limited to: back bends, seated postures, folds, sun A and sun B sequences, and core work. Assist a fellow trainee during a 60-minute class demonstrating hands on assisting techniques. Lastly, observe fellow trainees while they teach and assist a live 60-minute class.

Written Exam – 35% - based on answers given on tests taken

Participation - 15% - Based on student being punctual, present, engaging in discussion through large and small groups, and one on one teaching.

Homework Assignments – 15% - Complete and handed in on time

Students must have a minimum of 75% of the above grading to receive certification. Students will receive final grading upon completion of the 200-hour yoga teacher training.

Part of the way through training a lead instructor will sit one-on-one with each student to discuss progress. This time allows constructive feedback from instructor as well as time for student to target in on areas that may require improvement.

Paying for and attending training does not guarantee student will receive a final certification.

Requirements towards a passing grade will include:

1. Demonstrating knowledge on the arc of class and class sequencing.
2. Class segments – all major segments of class must be covered.
 - i. Integration
 - ii. Centering
 - iii. Sun A sequence
 - iv. Sun B sequence
 - v. Standing Asana
 - vi. Balance
 - vii. Backbends
 - viii. Abs - optional



- ix. Hips
- x. Surrender
- xi. Savasana
- 3. Workshop – demonstrate knowledge on how to lead a workshop, the subject of your choice.
- 4. Written exam, assignments, pop quizzes administered during training.
- 5. Practical - live teach 60 minute class to public

Required Teacher Training Texts

The Yamas and Niyamas by Deborah Adele
40 Days to Enlightened Eating by Elise Cantrell
Do Your Om Thing by Rebecca Pacheco
Light on the Yoga Sutras of Patanjali by B.K.S Iyengar
Yoga Anatomy by Leslie Kaminoff and Amy Matthews

Tuition and Fees

Down payment (Application fee \$125 plus Manual fee \$500): \$625
Sign up and pay-in-full 8 weeks prior: \$2625
Sign up and pay-in-full 6 weeks prior: \$2925
Sign up and pay-in-full 3 weeks prior: \$3325
Sign up and pay-in-full up to start date: \$3625

School Facilities and Equipment

Midwest Power Yoga School is part of Midwest Power Yoga in Sheboygan Falls, WI. Currently Midwest Power Yoga is comprised of 2 suites measuring about 800-1000 square feet. The larger suite is used as a place to practice yoga, learn yoga moves (also known as asanas), and to teach clients of Midwest Power Yoga. The second suite is used for lecture and breaks. There is also a private deck that may be utilized for breaks, lecture, and some practicing and teaching.

Equipment at the school:

Projector, Easel, Basic Office Supplies
Yoga mats, blocks, straps, etc
Backjacks - for student lecture
Bolsters
Refrigerator and microwave