Mosaic Yoga & Wellness Center

Yoga & Ayurveda



**Registered 200 Hour**

**Yoga Teacher Training Program**

**2018-2019**

W156N11482 Pilgrim Road, Germantown, WI

262-251-9642 (YOGA)  [www.mosaicyoga.net](http://www.mosaicyoga.net/)

  *An affiliate training center of*

**O Arjuna, cut through this doubt in your heart with the sword of spiritual wisdom.**

**Arise; take up the path of yoga!** Bhagavad Gita IV:42

**Mission Statement:**

We at Mosaic Wellness are committed to sharing the wisdom of yoga in a safe and nurturing space in order to bring greater health, happiness and well-being into the lives of those in our community. We strive to impart this knowledge in the spirit of healing, love, transformation, and service. We share a vision of higher states of consciousness and embrace the path of self-realization.

Our Yoga Alliance approved YTT program was created with the desire to share the blended wisdom of yoga and Ayurveda. Our goal is to provide a solid foundation of the principles of these sister sciences giving our trainees the knowledge and skills needed to be confident, compassionate and talented teachers, while using their own uniqueness to convey the teachings. This program is for aspiring yoga teachers as well as those looking to deepen their yogic knowledge.

Om Shanti



**School Information:**

Mosaic Yoga & Wellness Center W156N11482 Pilgrim Rd.

Geramantown, WI 53022 262-252-9642 (YOGA)

[www.mosaicwellness.net](http://www.mosaicwellness.net/)  or [www.mosaicyoga.net](http://www.mosaicyoga.net/)

**Instructor Bios:**

# Rebecca Magestro E-RYT®500, YACEP® – Lead Instructor rebecca@mosaicwellness.net

Rebecca Magestro is the Owner/Director of Mosaic Wellness and Lead Instructor of the 200hr YTT program. Coming from a long-standing career as an Account Executive in media sales, while dabbling in alternative healing and coaching for many years, Rebecca is now living her dream of operating a wellness/yoga center in Germantown, bringing passion and possibilities to the lives of many. Rebecca combines her experience as a Life Coach, Reiki master, Ayurvedic Therapies Specialist, and Yoga Instructor to help guide others on their wellness journey.

She has over 19 years of sales experience, is a former retail jewelry store owner, and holds the title of

Mrs. Wisconsin-America 2005. Her education includes a BBA in Marketing & Psychology, Advanced Coach Training with Coach U, Landmark Education, and Kanyakumari Ayurveda/Yoga Center. She is Yoga Alliance E-RYT®, YACEP® certified and an Unnata® Aerial Yoga Instructor. Rebecca received advanced training in Kerala, India in 2016 and completed her 500 hour YTT certification with Moksha Yoga in Chicago.

# Barbara Chernov - AHC, CPT, CP

Barbara Chernov is a Certified Ayurvedic Educator, PanchaKarma Technician, Core

Synchronism Practitioner, Ayurveda Health Counselor, and served as Cooking Class Director at Kanyakumari. She has been involved with healing for almost 40 years, starting with massage therapy, healing touch and homeopathy. Barbara continues to travel to India to further her studies in Ayurveda. She presently offers Ayurveda bodywork and Panchakarma treatments, as well as Core Synchronism treatments.

"Health is free flowing energy" and the balance and healing that comes from Core Synchronism is something that must be experienced. She is also presently teaching Food As Medicine Informational and Cooking classes. In the past she has taught cooking classes for children, families, and groups of friends. For the past thirty summers she has been working with girls at her summer camp, Birch Trail Camp For Girls in Northwestern Wisconsin, teaching them about nutrition and healthy lifestyles.

# Daren Friesen – Owner/Director of Moksha Yoga Chicago

Daren Friesen is the founder and director of Moksha Yoga Center in Chicago, the largest yoga studio in the Midwest with 40 teachers and 5000 students. Daren has been an avid student of yoga since starting his practice in 1989 shortly after finishing college in Los Angeles, where he majored in International Relations at the University of Southern California, participating in student government and serving as an officer in his fraternity. After moving to Chicago in 1995 due to a job transfer and not finding much of the vinyasa flow that he loved in L.A., he left his corporate life (i.e.

coat, tie, wingtips, and all) shortly thereafer to study yoga, practice, and travel. Wanting to reach deeper into the roots of vinyasa (i.e. tristhana), Daren traveled to India for 9 months on 2 trips in 19981999 studying at the Astanga Yoga Research Institute (Laksmipuram) with Sri K. Pattabhi Jois. Today, after taking many more trips and spending over 30 months in the country studying yoga, ayurveda, sanskrit, and sutras, Daren has a deep understanding of the culture in which yoga originated.

One of the most influential teachers in his pursuit of the knowledge of yoga (jnana yoga) is Acharya Dr. Shankara Narayana Jois of Mysore, South India. Practicing Sri Vidwan K. Pattabhi's Astanga Yoga and then sitting in the presence of Acharya on the same day to receive the teachings of Patanjali's 8-fold Path was a truly a transformational experience. Having explored yoga's roots and depths, he returned to Chicago to open Moksha Yoga Center in 1999 with the intention of offering yoga to a Western audience but in its traditional and authentic form with its roots deeply nourished by the Vedas, to a Western audience. Daren will be teaching an Adjustment Clinic at Mosaic in November.

# Leslie Kaminoff & Amy Matthews– Online Anatomy Instructors

Leslie Kaminoff is a yoga educator inspired by the tradition of T.K.V. Desikachar. He is an [internationally recognized](http://yogaanatomy.org/about/) specialist with four decades’ experience in the fields of yoga and breath anatomy. He leads anatomy and yoga methodology workshops for many of the leading yoga associations, schools and training programs in the world.

Leslie’s book [Yoga Anatomy,](http://www.amazon.com/Yoga-Anatomy-2nd-Leslie-Kaminoff/dp/1450400248/ref=ntt_at_ep_dpt_2) (co-authored with Amy Matthews), sold out its first print run of 19,000 within one month of its June 2007 release, and has been a top-selling [yoga book on Amazon](http://www.amazon.com/gp/bestsellers/books/4653/ref=pd_zg_hrsr_b_1_4_last) ever since. The book went into 12 printings before the newly-revised [second edition of Yoga Anatomy](http://www.amazon.com/Yoga-Anatomy-2nd-Leslie-Kaminoff/dp/1450400248/ref=zg_bs_16539_3?_encoding=UTF8&zgs=books&zgrt=top-sellers&zgid=16539) was released on October 31, 2011, now with over 500,000 copies in print in numerous languages.

Leslie is the founder of [The Breathing Project,](http://www.breathingproject.org/) a non-profit educational corporation dedicated to the teaching of individualized, breath-centered yoga practice and education. The Breathing Project currently teaches [classes](http://yogaanatomy.org/about/) and advanced training programs out of its studio in New York City. From October to June, Leslie can be found teaching his highly respected year-long courses in [Yoga Anatomy at The Breathing Project](http://breathingproject.org/courses/anatomy-of-breath-centered-yoga/) in NYC. His [courses](http://yogaanatomy.org/about/) are also available online to a worldwide audience at [yogaanatomy.net.](http://yogaanatomy.net/) Currently there are 5000 students from 46 countries participating in this growing online community.

Amy Matthews has been teaching movement since 1994. She is a certified Laban movement analyst, a

Body–Mind Centering teacher, and an infant developmental movement educator. She is registered with ISMETA (International Somatic Movement Education and Therapy Association) as a somatic movement therapist and educator, and with IAYT (International Association of Yoga Therapists).

Matthews co-teaches the Body–Mind Centering and yoga programs in California and New York City for the School for Body-Mind Centering. She was on the faculty of the Laban/Bartenieff Institute of Movement Studies for 10 years. Together, Matthews and Kaminoff lead The Breathing Project's advanced studies program for movement professionals committed to extending their professional skills and knowledge.

Matthews integrates somatic practices and yoga in her private practice as a movement educator, and she teaches embodied anatomy and movement workshops for programs in the United States, Canada, Israel, Ireland, England, Slovakia, Switzerland, and Japan. Matthews coauthored the first edition of Yoga Anatomy. She currently resides in New York City.

**Our Philosophy:**

Thank you for your interest in Mosaic Yoga & Wellness’s Teacher Training Program. We are proud to be an affiliate training center for Moksha Yoga of Chicago, the highly respected and largest independent yoga studio in the Midwest. Moksha was opened in 1999 and since then has trained 100’s of highly sought after teachers. Our goal at Mosaic Wellness is to uphold the same high standards of training, while bringing out the unique personalities of each student into their teaching skills. This course will provide a foundation for the study of the ancient art and science of yoga. The basics and fundamentals of asana, pranayama, and teaching skills, incorporating the wisdom of Ayurveda, will be studied. This program is designed to give you a wide variety of topics, class settings, and experiences.

It involves classes with not only with Rebecca, but the support of Moksha Yoga in Chicago and also a variety of talented local teachers. We are committed to giving you the best learning experience possible.

**Facilities:**

Mosaic Wellness is located in the heart of Germantown, a northwest suburb of Milwaukee. We occupy our own charming building on Pilgrim Road, just north of Mequon Rd. The studio features laminate flooring, plenty of wall space, ambient lighting, and is stocked with plenty of props, including mats, blocks, straps, bolsters, wedges, blankets and sandbags, chairs and eyepillows. The studio is large enough to fit 20 students comfortably, but can hold up to 30. There are cubbies and coat hooks for personal items outside of the studio. We feature a yoga-inspired boutique with yoga clothing and accessories, Ayurvedic supplies and gift items. We provide therapies in our three treatment rooms for massage, acupuncture and Ayurvedic Therapies. We offer free water and tea to students throughout the training sessions. There is free parking in the building parking lot.

**What will I gain from Mosaic’s 200hr Yoga Teacher Training Program?**

* Deeper understanding of yogic history and philosophy (Yoga Sutras of Patanjali)
* Fundamentals of Asana – alignment, adjustments and modifications
* Sanskrit terms and definitions
* Pranayama – learn various breathing techniques and when to use them
* Meditation – Cultivate and deepen your meditation practice
* Ayurvedic Self-Care – establish a holistic Ayurvedic lifestyle
* How to use the wisdom of Ayurveda with your students to create transformative classes
* Art of Sequencing – developing purposeful classes for yourself and your students
* How to observe and work with different bodies in practice
* Understanding of body, breath and energy anatomy
* Explore useful mantras and mudras
* Find your uniqueness as a teacher
* The business of yoga and how to be a successful teacher
* Build confidence through practice and group support
* Pave a path to self-awareness and become a guide for others along their journey
* New lifelong friendships!

**Program Description:**

As a Yoga Alliance Registered Yoga School, the topics covered in the 200 hour level program (RYT-200) meet or exceed all the required standards set forth by Yoga Alliance. Full participation in this course is 200 contact hours (235 total training hours with non-contact hours). A minimum 180 contact/classroom hours are required by Yoga Alliance.

## Yoga History, Philosophy, Lifestyle & Ethics (30 hours)

### *Understanding Union, Relationships & Opposites*

What is yoga? What does it mean to live a yogic lifestyle? This ancient system of health and well-being, reveals a path to develop and expand our fullest potential in body, mind, and spirit. We will look at sources such as Indian culture, vedic history, and ancient manuscripts such as the yoga sutras and the Hatha Yoga Pradipika which reveal the ancient classification of yoga. We will also study Patanjali's eight-fold path, which forms the basis of classical yoga, known as yoga darshana.

* Yama - relationship with others
* Niyama - relationship with ourselves
* Asana - postures
* Pranayama - breath control
* Pratyahara - turning the mind inward
* Dharana - concentration
* Dhyana - meditation
* Samadhi - ecstasy

## Theory & Practice of Asana (85 hours)

### *Taking a Position of Steadiness and Comfort*

The yoga sutras refer to asana as the integration of sthira (steadiness) and sukha (comfort). This important sutra will guide us as we look into the deeper aspects of asana, including alignment, adjustments, and variations. We will explore energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras in order to expand our awareness and understanding of the subtle movement of prana through asana. Arranging our study of asana groups is in itself a unique sequence or vinyasa: sun salutations (surya namaskara), standing and balancing poses, abdominal strengtheners (hara), forward folds (paschimo) and backbends (purvo), twists (parivritta), inversions (viparita), and savasana.

## Theory & Practice of Pranayama (5 hours)

### *Regulating The Current of Life-Force Energy*

Conscious breathing requires sensitivity to properly direct life energy (prana), which makes all physical, mental, and spiritual life possible. It is the subtle thread that connects us with universal consciousness. Pranayama is a way of using the breath to receive, generate, distribute, and store this vital energy. We will explore Ujjayi (victory breath), nadi shodhanam (alternating nostril), kappalabhati (breath of fire), sitali (cooling breath), and viloma (against the grain).

## Theory & Practice of Mantra & Meditation (10 hours)

## *Expanding awareness and vibration*

Using the ancient tools of mantra to illicit energetic and spiritual development. Exploring the effects of common mantras to direct prana and still the mind for our meditation practices. Cultivate and deepen your meditation practice in the study of Vedantic Meditation.

## Theory and Practice of Teaching (30 hours)

### *Conveying the Essence of Yoga*

The art of teaching is yoga in itself, requiring sensitivity, compassion, and practice. A teacher must encourage and inspire, remaining sensitive to the needs of both the individual and the group. Students will learn:

* How to properly adjust using visual (body language), verbal (voice), and kinesthetic (touch) tools
* Sequencing, counterposes, and routines
* Integrate themes, rhythm, focus, and direction
* Psychology ethics of the student/teacher relationship
* Blend the wisdom of Ayurvedic theory into your self-practice and teaching
* Teaching styles and qualities of a teacher as well as the business aspects of teaching yoga

## Experiential Learning (15 hours)

### *Finding Wisdom & Understanding Within*

Understanding from within requires the student to not only expand inner awareness and trust of intuition, but also to gain practical experience in the art and science of yoga in a variety of situations and venues. Students will:

* Practice teaching and observing others
* Apprentice in class with various teachers
* Develop individualized private lessons
* Teach a free donation (Seva) class at Mosaic (basic level 1-2)
* Keep a journal to record your personal journey.

## Anatomy & Physiology (30 hours)

### *Learn the physical & energetic systems of the human body*

We are a partner school of YogaAnatomy.net Fundamentals. The anatomy training will be facilitated by Leslie Kaminoff and Amy Matthews through 10 online video units, which are 2 hours each, and 10 contact hours with your Lead Instructor for in-class exploration and review of the material, totaling 30 hours.

* [Unit 1 - Building Blocks:](https://fundamentals.yogaanatomy.net/lesson/unit-1) Sthira & Sukha / Connective Tissue / Bones / Muscles
* [Unit 2 - Breath:](https://fundamentals.yogaanatomy.net/lesson/unit-2) Prana & Apana / Diaphragm / Ujjayi / Bhandas
* [Unit 3 - Muscle Physiology:](https://fundamentals.yogaanatomy.net/lesson/unit-3) Strength / Flexibility / Movement / Joints
* [Unit 4 - Spine:](https://fundamentals.yogaanatomy.net/lesson/unit-4) Curves / Disks / Backpain
* [Unit 5 - Lower Limbs:](https://fundamentals.yogaanatomy.net/lesson/unit-5) Foot / Knee / Hips / Pelvis / Walking / Alignment in Standing Postures
* [Unit 6 - Upper Limbs:](https://fundamentals.yogaanatomy.net/lesson/unit-6) Hands & Wrists / Forearm / Elbow / Shoulder / Alignment in Inversions
* [Unit 7 - Anatomy in Asana: Asana Philosophy + Begin Standing Poses](https://fundamentals.yogaanatomy.net/lesson/unit-7) Asana Library Introduction /

Tadasana / Virabhadrasana I / Virabhadrasana II / Virabhadrasana III

* [Unit 8 - Anatomy in Asana: Pain & Sensation + Standing & Seated Postures](https://fundamentals.yogaanatomy.net/lesson/unit-8) Pain & Sensation: A BodyMind Perspective (mini-unit) / Trikonasana / Prasarita Padottansasana / Vrksasana / Paschimottanasana / Janu Sirsasana
* [Unit 9 - Anatomy in Asana: Vinyasa + Floor Postures](https://fundamentals.yogaanatomy.net/lesson/unit-9) Breath & Movement: Asana & Vinyasa (mini-unit) /

Ardha Matsyendrasana / Sukhasana & variations / Cobra / Pigeon / Bridge / Balasana

* [Unit 10 - Anatomy in Asana: Arm Supports + Wrap Up; Final Exam](https://fundamentals.yogaanatomy.net/lesson/unit-10/) Wheel / Down Dog / Chaturanga / Headstand / Savasana / Wrap-up Module

## Non-contact hours (30 hours)

### *Integrate the wisdom of the teachings*

Outside of the classroom, there will be homework assignments, quizzes, a book report and final theory

& practicum exam. Students are also strongly encouraged to cultivate a daily personal yoga practice and dinacharya (ayurvedic self-care) to deepen their understanding of the material, and to journal about their experience and development.

**Catalog Changes:**

Mosaic Wellness and Rebecca Magestro reserve the right to make changes at any time to the 200 hour Teacher Training Program or catalog. Tuition costs will not change within this current training year, however rates may change for future trainings and will be reflected accordingly in the updated program catalog.

**School Policies:**

**Admission Policies and Entrance Requirements:**

All participants must be at least 18 years of age upon course start date and must have a high school diploma or GED. No yoga experience is necessary. The course starts at a fundamental level, providing a foundation & depth to any yogis practice and knowledge. Please register early, space will be limited to 12 students.

PREREQUISITES:

1. Willingness to change
2. Receptivity to appropriate and honest feedback
3. Consistent effort
4. Patience
5. Desire to grow

**HOW TO APPLY:**

* 1. Submit application for training program.
  2. Submit 1 letter of recommendation.
  3. Remit the non-refundable/non-transferable application fee of $100 and make satisfactory arrangements for payment of tuition and other fees.
  4. In-person (or phone if not able to meet) interview prior to the first training session.

Application deadline is August 18th. Applicants will be notified of acceptance by e-mail or phone. Rebecca Magestro has the right to decline any applications she does not see as a good fit for the requirements of the program. Applying to the program does not automatically guarantee acceptance. If the student is accepted, the $100 application fee will be put towards the full program tuition fees.

**Advanced Standing**

The school does not offer advanced standing for any previous training coursework.

### Non-Discriminatory Policy

Mosaic Wellness does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

### Lodging/Food

Mosaic Wellness does not provide lodging; however there are several hotels in the area that we can recommend, if requested. Meals are not provided. Lunches can be brought with you or you can purchase your meals at a nearby grocery store or restaurant during the provided lunch hour. The studio has a small refrigerator and toaster oven available for use.

### Employment Assistance

Mosaic Wellness does not offer employment services and does not guarantee employment. We do offer suggestions for pursuing a career in Yoga, and address the business of yoga in our training program. Mosaic will share any notifications of job openings as they are received with current Mosaic students and graduates.

### Refunds

The student will receive a full refund within 10 business days of all money paid if the student cancels within a three business day cancellation period after the acceptance to the program OR if the applicant is not accepted to the program OR if 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.

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 of tuition as follows:

|  |  |
| --- | --- |
| Withdrawal prior to the start of the module | 100% refund |
| Withdrawal after the start of the course but prior to 10% completion | 90% refund |
| Withdrawal after 10% completion but prior to 20% completion | 80% refund |
| Withdrawal after 20% completion but prior to 30% completion | 70% refund |
| Withdrawal after 30% completion but prior to 40% completion | 60% refund |
| Withdrawal after 40% completion but prior to 50% completion | 50% refund |
| Withdrawal after 50% completion but prior to 60% completion | 40% refund |
| Withdrawal after 60% completion or more | No refund |

After the 3-day cancelation window, refunds above will be less the application fee of $100. A student will receive the refund within 40 days of the withdrawal or termination date. If a student withdraws after completing 60% of the module and the withdrawal is due to mitigating circumstances beyond the student’s control, the school will refund a prorated amount.

To withdraw from the program, please contact the Lead Instructor, Rebecca, to discuss and begin refund process. Any student who misses a weekend without notifying the Lead Instructor prior to or during the training weekend will be automatically dismissed from the program and the refund policy will apply from last date of attendance.

We offer no leave of absence. In the event a student must discontinue the training and wishes to complete the training at a later point, the refund policy will apply to unused tuition, and the student will need to start anew in a future training year, should that be offered.

### Attendance

The program consists ten 20-hour intensive weekends. These weekends are crucial in your education as the curriculum builds upon the prior weekend’s lessons. Students may miss up to 20 hours of inperson class time with an excused absence. If a student has a verifiable emergency that causes her/him to miss a weekend, he or she is required to talk with the class instructor to develop and agree on a plan to learn the missed content. Missed homework/assignments/quizzes must be made up prior to the next scheduled class. Students are encouraged to work with another student to get caught up on missed classroom learning. However, if any additional make-up teacher instruction is required resulting from absences, this will be charged a fee of $50/hour. Students who miss more than 20 hours of class time will be dismissed from the program. The refund policy will apply.

If the student misses a training weekend and does not notify the instructor prior or during that training weekend, that student will be dismissed from the program. The refund policy will apply.

What is an Excused absence? Each trainee must inform the teacher in writing and in advance for classes which will be missed for legitimate reasons, such as a work issue, family emergency, or pre-planned holiday. Shopping, movies, lunch with a friend, and "I'm too tired" are not legitimate excuses and are considered Unexcused Absences.

### Absences/Tardiness

Attendance will be taken at the beginning of each training day. Please arrive at least 10 minutes prior to class start times. If you are running late, please contact Rebecca at rebecca@mosaicwellness.net or text 414-305-3653.

Students who are more than 30 minutes late for a session or leave more than 30 minutes early will be considered absent for the day, unless arranged with instructor in advance.

If a student is 15-29 minutes late, they will be considered tardy and two (2) hours will be deducted from their total required contact hours.

A student seeking certification may be placed on 30-day academic probation under the following circumstances:

1. Late or missing homework, quizzes or tests (30 days or more)
2. Following performance review from Instructor, if student is failing to grasp concepts of required materials and/or consistently scores <80% on homework/quizzes

To be removed from academic probation, submit the missing homework, quizzes and tests and/or attend the necessary make-up sessions, then meet with the instructor or yoga counselor within 30 days to ensure knowledge of material. If the trainee fails to be removed from academic probation, the status will be changed to audit with no certification possible. Refund policy will apply.

### Grading System

The grading system for completion of the program will be based upon pass/fail. Whether the student passes or fails the program is based on completion and participation in all assignments, electives, apprenticeships, and performance evaluations given during the course of the program. Students’ progress reports and results on all homework, quizzes, and tests will be logged and managed by course instructors electronically throughout the program.

Satisfactory progress is defined as actively participating in all levels of the training program, including but not limited to receiving at least 80% on all quizzes, tests, and homework to receive a passing grade. If the student doesn’t receive an acceptable score on assignments/quizzes/homework, they have the opportunity to retake for a passing grade. The retakes must be completed within a 30-day probationary period. In the event that a student does not complete the required work within the 30day period, the student will be allowed to present justification or evidence of extenuating circumstances as to why he or she should be allowed more time. If the student has not submitted and completed with a satisfactory score all missing assignments at the end of the probationary period, he/she may be terminated from the Mosaic Yoga Teacher Training program.

### Academic Advising

A student’s educational objectives, attendance and conduct are reviewed on an ongoing basis. Students will receive two progress reports during the training program, one in December and the other in April. If academic standing or conduct is unacceptable, the student will be advised. Students are encouraged to seek academic advising through their instructor and may email instructors anytime with questions about assignments, quizzes or class work.

**Dress Code**

Students are to be properly attired to practice yoga at all times.

### Student Conduct

Students must adhere to the below rules and regulations of Mosaic Wellness. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or Mosaic in general. The following activities will be deemed disruptive to the learning process and violate our code of conduct:

1. Talking on a cell phone, texting, or using a cell phone in the practice room at any time. Please use your cell phone outside of the studio room. 2. Not following instructions, not paying attention

1. Excessive talking with others during class
2. Chewing gum
3. Excessive absences or tardiness
4. Non-conformity of rules and regulations of Mosaic
5. Conduct that is harmful to Mosaic, its staff, faculty, or its students.
6. Falsifying school records
7. Breach of Mosaic enrollment agreement
8. Failure to pay fees when due and/or to make available required documents
9. Entering school premises while under the influence of alcohol or drugs
10. Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of Mosaic
11. Theft

Disruptions to the teaching atmosphere will not be tolerated. Trainees who are found disruptive to the class environment will receive one written warning. Upon second offense, the trainee will be removed from the program, in which the published refund policy will apply. In addition, the teacher will not serve as mediator or babysitter for disputes, arguments, or situations between trainees. Please try to resolve unpleasant situations or disagreements with other trainees on your own. Seek consult from your lead instructor only if further resolution is needed.

### Certification

Students who successfully complete the required training program, assignments, quizzes, exams (80%+ correct), presentations, and practicum will receive a printed Certificate of Completion. At that time, students will qualify to register with Yoga Alliance independently to become RYT-200 Certified, if they choose.

### Student Records

Mosaic will maintain student records, grades and progress reports electronically for a period of 6-years.

Certificates of Completion are held indefinitely to be available per a student’s request only to the Lead Instructor/Center Director. Replacement certificates can be emailed or a hard copy certificate can be reprinted for a $30 fee.

### Student Complaints

If a student has a complaint or issue with an instructor or the program, the complaint should be brought to the Lead Instructor and/or Center Director for discussion and resolution. If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996 or at EABMail@eab.wisconsin.gov.eab.state.wi.us OR 431 Charmany Drive, Suite 10, Madison, WI 53719.

### Tuition and Fees

 **Tuition for the 200hr Teacher Training program is $3,400** ($100 application fee + $3,300). Upon acceptance to the program a $200 deposit must be submitted towards enrollment within seven

(7) days of approval. The remaining balance of $3,100 is due prior to the first training session.

Payments can be made with a major credit card, or check/cash at the studio. You may also mail

your payments into our office. If you would prefer to make installment payments, the following two payment plans are available:

|  |  |
| --- | --- |
|  | ***Two Installment Option: $3,600 total***  The first half of $1,800 would be due prior to program start date. The balance of $1,500 (this is less the application fee and deposit) would be due by January 1st. 2017. |
|  | ***Three Installment Option: $3,800 total***  The first installment of $1,300 is due prior to program start date, second installment of $1,300 is due by January 1st and the final balance of $900 (this is less the application fee and deposit) is due by May 1st. |

Tuition includes...

* Yoga teacher training manual
* Online access to Yoga Anatomy Fundamentals program
* All FREE studio classes with Rebecca during teacher training program.
* 20% discount on books and props from time of registration to 9 months after the program start date
* 10% discount on any store purchases or massages/treatments
* Membership discounts at Moksha Yoga in Chicago

Tuition does NOT include the following...

* Required Props (mat, strap, block, neti pot, notebook, journal)
* Any classes/workshops at Mosaic taught by instructors other than Rebecca
* Clinics with Daren Friesen of Moksha Yoga (Optional - $50)
* Required Textbooks

Mosaic Wellness does not offer financial aid. However, there may be an opportunity for a work-study scholarship to receive a 10% discount on the program tuition. There are limited positions and they are offered on a space-available basis following an interview and acceptance process. Positions available would be in the areas of Front Desk Help, Cleaning, and Marketing/Social Media. A minimum commitment of 6-hours per week of non-paid work-study hours are required from start to finish of the full program. See Rebecca for more information.

### Required Textbooks

####  **Inside the Yoga Sutras** by Reverend Jaganath Carrera $20

####  **Yoga Anatomy** by Leslie Kaminoff & Amy Matthews (second edition) $16

* ***Yoga for Wellness*** *by Gary Kraftsow* $30
* ***Vedantic Meditation*** *by Dr. David Frawley*

####  **Perfect Health** by Deepak Chopra $20

 These books can be ordered on Amazon or Mosaic can sell them to you for 20% off shelf rate.

**Recommended Online Newsletters (optional)**

YogaInternational.com

Lifespa.com

BanyanBotanicals.com

SanskritMantra.com

Vedanet.com

### Recommended Reading

Yoga for your Type by Dr. David Frawley

A Beginner’s Guide to Meditation by *Goswami Kriyananda* (see Kitty)

Light on Yoga by B.K.S. Iyengar

The Heart of Yoga by Desikachar

Yoga & Ayurveda by Dr. David Frawley

### Other Required Classes/Assignments

* Book review – short presentation on any book related to yoga or Ayurveda
* Assist another RYT during three regularly scheduled classes at Mosaic
* Teach two private yoga classes to a family member or friend
* Teach one Seva class to the community (at Mosaic or elsewhere)

### Training Dates/Times

Friday 5:30-9:30pm

Saturday 8am-5pm

Sunday 8am-5pm

### Scheduled Dates for 2018-2019

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| --- | --- |
| Sept. | 7-9 |
| Oct. | 12-14 |
| Nov. | 9-11 |
| Dec. | 7-9 |
| Jan. | 11-13 |
| Feb. | 8-10 |
| Mar. | 8-10 |
| Apr. | 12-14 |
| May | 17-19 |
| Jun. | 7-9 |

Mosaic Wellness will be closed in observance of the following holidays: Thanksgiving Day, Christmas Eve and Day, New Year’s Day, Easter Sunday, Memorial Day, July 4th, and Labor Day.

### *Sample* schedule for Weekend

**Friday:** Welcome/announcements/questions, centering with Pranayama and Mantra, Discussion of Yoga Sutras 1.3 & 1.4, turn in assignments or quizzes, review of prior week quiz. There will be a ½ hour break.

**Saturday:** Centering with Pranayama and Mantra followed by yoga practice, Breakdown of 3 asanas

(Chaturanga Dandasana, Bhujangasana, Adho Mukha Svanasana), Pranayama (qualities of breath), Sequencing of Surya Namaskar A, Cueing and language, Reading – Yoga for Wellness. There will be two 15-minute breaks and one hour lunch.

**Sunday**: Centering with Pranayama and Mantra followed by yoga practice, Breakdown of 3 asanas

(Utkatasana, Virabhadrasana I, Urdhva Mukha Svanasana), Pranayama, Sequencing of Surya Namaskar B, Cueing and language, teaching Pelvic Tilt Matrix, Yoga Sutras 1.5 & 1.6, Reading – Yoga for Wellness, Assign next month’s quiz, Review/Questions. There will be two 15-minute breaks and one hour lunch.

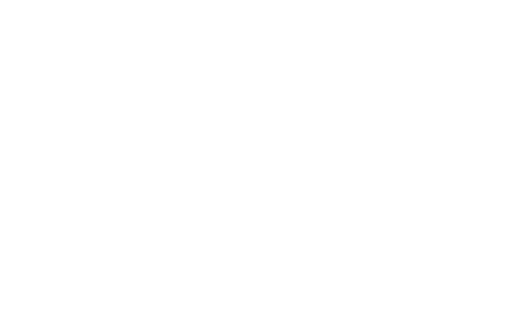
ACADEMIC REQUIREMENTS & EVALUATION OF PROGRESS

* Completion of 200 required hours
* Complete homework assignments based upon reading.
* Completed and graded monthly quizzes with minimum 80% correct
* Weekly Journal Entries
* 15 minute Book Review or Research Presentation on any topic related to Yoga or Ayurveda (to be approved by Rebecca)
* Final written exam completed and graded with minimum 80% correct
* Final Video Review: In teams, create and teach a one-hour yoga class to your peers.

Trainees have the opportunity to retake quizzes, assignments and final written exams once to receive a passing grade. All retakes must be completed within 30 days of program completion. Certificate of completion will be received when all work is completed satisfactory. If trainee fails to turn in all passing work 30-days after last day of program, they will not receive a certificate of course completion.

***Our message…***

Yoga accepts you where you are. And here you are…everyone with different life experiences, personalities, talents and challenges…at the start of a new adventure. We look forward to taking this journey with you as you embark on the self-awareness path of yoga and Ayurveda. Approach it with an open heart and a curious mind. Trust the wisdom of the teachings and your own intuition to guide you. Allow the lessons to unfold and be open to where it may take you…



# Atha Yoga Anushasanam

Now, after having done prior preparation through life and other practices, the study and practice of yoga begins.- Yoga Sutra 1.1