



# NOMASTE

Nomaste Yoga's 200 hour Vinyasa Yoga Teacher Training  
September 2018 - February 2019  
Green Bay, Wisconsin

## **Mission Statement:**

The mission of Nomaste Yoga's 200 hour Teacher Training is to prepare our trainees to deepen their personal practice and give them the tools to teach vinyasa style yoga to a diverse range of students of all ages and abilities. Our goal is to give trainees a broad foundation in the study of yoga along with the knowledge to apply this study to their practice and teaching.

## **Why Study With Us:**

Our program focuses on the Vinyasa style of Yoga. This free flowing style focuses on connecting breath with movement. The methods of this practice allow freedom to adapt the postures as they fit in the moment, leaving room for each individual to customize their practice as it fits their unique condition, needs, and interests. This practice allows the teacher and practitioner the tools to not only individualize the practice but also allows for the process of self-discovery and personal transformation. It is a practice designed to bring out the best in ourselves.

This training is a comprehensive approach to the teaching of Yoga and will include asana, pranayama, bandha, meditation, class structure and sequencing, Yin and Restorative yoga, basic anatomy, as well as an introduction to Yoga philosophy. Our goal is to create well rounded teachers with the ability to apply their knowledge to a diverse range of students of all ages and ability.

## **Calendar:**

September 15, 16  
September 29, 30  
October 13, 14  
November 3, 4  
November 17, 18  
December 8, 9  
January 5, 6  
January 26, 27  
February 9, 10  
February 23, 24

## **General Schedule:**

### Saturdays

7am-6pm

Breaks included

### Sundays

7am-4pm

Breaks included

## **What You Can Expect to Gain:**

Students who complete this program will be able to:

- Create and teach sequences in the Vinyasa style of practice
- Demonstrate and provide modifications appropriate for their students' needs
- Demonstrate the ability to teach an all levels class appropriate to their students
- Understand a basic level of anatomy specific to fundamental Vinyasa Postures
- Understand a basic level of terms and definitions relating to Yoga
- Understand an introductory level and terminology associated with Meditation and Yoga Philosophy
- Teach and understand breath awareness and introductory pranayama techniques
- Apply the concepts of the Vinyasa practice to a variety of classroom situations and demographics of students
- Demonstrate how to teach a Vinyasa style class including principles of breath and movement, biomechanics of the postures, and apply adaptations of postures as needed
- Develop and deepen their personal practice according to their interests and needs
- Meet the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT-200)

## **About Nomaste Yoga and your Instructor:**

### **Nomaste Yoga:**

Nomaste Yoga and Wellness was founded as a place for people to discover and explore the facets that best fit their healthy lifestyle. In terms of yoga, our goal with this is simple; we want to help our students discover what fits their body and current condition so that they can create a well rounded and sustainable practice aimed at helping them be at their best in the current moment.

## **Your Instructor:**

Liz Langer, E-RYT 500 YACEP, owns and operates Nomaste LLC. She has been an instructor since her first year of college and has found Yoga to be a passion that continues to grow. With over 3,000 teaching hours logged in the studio, Liz has found her style of teaching to be a practical approach aiming to make Yoga accessible to anyone and everyone. Armed with this she has worked with a wide variety of clientele including average joes, seniors, teens, and even corporate classes. She completed both her 200 and 500 hour trainings through Deborah Williamson of Wild Abundant Life and has had specialty training in several areas of emphasis including meditation, Yoga Personal Training, Hands on assisting as well as Yin and Restorative yoga.

In addition to her Yoga training, Liz also graduated with a bachelors of science in Human Biology Nutritional Science and has been a personal trainer for over 6 years. She has found knowledge from these areas to follow her into her teaching allowing her to take time to consider how the body works and how postures fit each person differently.

A mentor and educator at heart, Liz has found herself drawn to training instructors and leading continuing education. Liz is the director and school administrator for Nomaste Yoga's Teacher Training Program and will be the lead instructor for this training.

## **Location, Facilities and Amenities:**

Our training will be held at The Yoga Loft LLC which is located at 721 Cardinal Lane in Green Bay, Wisconsin. This facility is handicap accessible. Yoga blocks and straps will be provided. Extra mats are available, however, we recommend bringing your own mat if you have one, along with any additional props you may prefer to use for your practice. Students may bring meditation cushions or stadium chairs for lecture. Additional accommodations can be discussed as needed.

This facility is located a few miles off highway 41 and makes for a great location for commuters with many options for lodging and a variety of restaurants nearby. Nearby lodging can be found at AmericInn and Suites, Comfort Suites, or Country Inn and Suites.

Courtesy of The Yoga Loft LLC each student in training will receive a 5 class package and 15% off further purchases.

## **Program Description:**

Our 200 hour Teacher Training program meets the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT-200). This training focuses on the fundamentals of Vinyasa Yoga and is designed to give trainees the tools and knowledge needed to teach Vinyasa style Yoga to a variety of demographics.

### **Techniques Training and Practice: 114 hours**

Includes study of asana and alignment, Sun Salutations, beginning level pranayama and meditation as well as integrated practice and introduction to bandhas, yin and restorative yoga. This will be a combination of lecture and hands on experience with emphasis on how these topics can be integrated into the classroom setting. The texts Journey Into Power (Baron Baptiste) and the Heart of Yoga (T. K. V. Desikachar) will be used to aid in this study.

### **Teaching Methodology: 44 hours**

Includes study of sequencing and class structure, how to adapt based on population, language of teaching, assisting and adjusting, how to construct workshops and special classes, and the business aspects of yoga. This section is meant to give trainees an overview of the methodology of teaching and will consist of lecture and experiential learning.

### **Anatomy and Physiology: 35 hours**

Includes study of physical anatomy, energetic anatomy, and joint compression and contraindications. This study will emphasize the importance precautions and safety and help trainees to identify how postures and movements fit each student differently. Study will be based on lecture, home study, and hands on experience.

### **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 35 hours**

Includes an overview of the history of yoga, the eight limbs of yoga, and ethics for yoga teachers. Also includes a brief introduction to Ayurveda and Sanskrit as it applies to the Yoga practice. During this study we will make use of the Yoga Sutras of Patanjali as well as Don Miguel Ruiz's Four Agreements.

### **Practicum: 10 hours**

Includes practice teaching, giving and receiving feedback, observing and assisting. Trainees will have opportunity to practice practical application through teaching and will gain a better understanding of the classroom as a whole.

### **Contact hours: 183**

Contact hours are primarily taught by lead instructor, Liz Langer, E-RYT 200, RYT500. Some integration practices may be lead by additional qualified instructors.

### **Non contact hours: 55**

Includes home study assignments, projects, discussion, and mentoring (in person, phone, email etc).

### **Total Hours: 238**

## **Sample Weekend Schedule:**

### **Saturday:**

7-8:30am- basics of Vinyasa Yoga (integrated practice/discussion)

8:45-10:30am- Welcome! Introduction to our program/expectations: introduction to Vinyasa Yoga (lecture and discussion)

10:30-12- principles of breath and movement/Sun Salutations (lecture, experiential activities, techniques)

12-12:30- Lunch

12:30-3:30pm- introduction to asana (lecture, experiential activities, techniques)

3:45-6pm- introduction to the arc of the class; home study assignments and guidelines (lecture, experiential activities, techniques)

### **Sunday**

7-8:30am- application of principles of breath and movement (integrated practice)

8:45-12am- introduction to asana (lecture, experiential activities)

12-12:30- Lunch

12:30-4pm- Sun Salutation B (lecture, experiential activities)

Note: additional 5-10 minute breaks may be given during longer lecture periods

## **Weekend topic schedule:**

September 15, 16: Intro to Vinyasa Yoga, Sun Salutations A/B, Ujjayi breath, intro to arc of the class

September 29, 30: Postures of escalation, the language of teaching, Introduction to Bandhas, jump backs/forwards

October 13, 14: Introduction to Meditation/Nidra, History of yoga, anatomy of skeletal alignment/muscles, twisting postures, Pranayama

November 3, 4: Introduction to Yin and restorative Yoga, seated postures/hip openers, anatomy of joints and connective tissues, hands on assisting part 1, dristi

November 17, 18: Arc of the class pt 3 (themed classes), Introduction to sanskrit, Sun Salutation Cs, Backbends, Hands on Assisting pt 2

December 8, 9: Adjusting and assisting pt 3, Balancing postures, Principles of teaching workshops and private classes

December 10- January 4: Winter Break

January 5, 6: Energetic Anatomy, special populations, inversions, moon salutations

January 26, 27: Energetic Anatomy continued, class theming and adjusting in the moment, arm balance postures

February 9, 10: Teaching Demonstrations, ethics for yoga teachers, final posture break downs

February 23, 24: Business of Yoga, Teaching demonstrations

Note: Some changes may be made to weekend content to accommodate guest speakers and visiting faculty. You will be notified one month in advance of the scheduled weekend if there are any changes to weekend scheduling or content changes.

## **How the Program Works and How We Will Assess Your Progress:**

### **Scheduled Weekends:**

Each weekend will include a combination of lectures, integration practices and experiential exercises in key content areas (outlined in topic schedule above). Attendance at each scheduled weekend is mandatory as each weekend has been carefully planned to progress the training. In other words, participation in each session is a prerequisite for attending the next session.

If you have an extenuating circumstance that results in missed hours, you will be required to make up all contact hours with the lead instructor at additional expense (\$45/hour) in advance of the next scheduled weekend. (Additional information on make up hours can be found in the 'tuition and fees' section below.) If you anticipate missing an entire weekend, please contact Liz Langer prior to applying to the program.

If you miss an entire weekend and do not call or notify the instructor you will be dismissed from the program. Unused tuition will be refunded per the refund policy based on the student's last date of attendance.

### **Personal Practice:**

Our expectation is that you will have a regular, personal yoga practice prior to and during this program. Your practice is an important learning tool and will help you to deepen your understanding of the topics discussed in our training. We highly recommend keeping a practice journal to take notes on discoveries you may make in your personal practice, as we have found this to help aid in critical thinking and may help you to explore your practice further. However, this journal is not required and will not be handed in.

### **Home-study:**

Home-study assignments will be assigned throughout the duration of the training and will be due at the start of the weekend they are assigned for. These assignments may be written assignments, notes pertaining to assigned reading, theoretical class sequences, or project assignments.

Home-study is intended as a way to help prepare you for upcoming lectures and to help you apply information from previous weekends. In addition, these assignments will help us to assess your progress in key content areas.

Home-study will be reviewed within 1 month (pass/more refinement needed). Feedback will be provided either in written or verbal form. Students will receive written information about what to review to improve their understanding in key content areas if they receive a “more refinement needed” and will be able to revise and resubmit up to 2 more times before the end of the program to convert “more refinement needed” into “pass.” All revised work must be handed in by February 9th 2019.

Home- study assignments will be assigned throughout the program as relevant topics are discussed. Students will be notified of assignments a minimum of 2 weeks before they are due. Major readings and projects pertaining to practicum and workshop presentations will be discussed at the beginning of the training. Home-study will be assigned in the following areas:

- Sequence building- sequence writing assignments
- Yoga Sutras- writing assignment
- Workshop building- Writing assignment and brief presentation
- Pranayama- reading assignment and note taking
- Posture breakdown- reading assignment and note taking
- Anatomy worksheet
- Written exam/study guide

### **Written exam:**

A written exam will be used to help assess your understanding of the overall concepts discussed throughout training. This is a closed book exam and consists of fill in the blank, true-false, and short answer. Students will be graded on a pass/fail with a grade of 75% or higher needed to pass. In the event of a grade lower than 75%, students will receive written notes on what to review and study and will be permitted to take the exam up to 2 additional times. A study guide will be provided to help students prepare. Details on exam scheduling will be discussed during training.

### **Teaching demonstration:**

Students will be given opportunities to practice teaching throughout the course and will work towards teaching a 60 minute class. Each student will be expected to teach a 1-hour (60 minute) vinyasa style class as part of their practicum and final exam. Students will be given feedback on their class with a pass/fail grade given.

The class must last 60 minutes and must include:

- The arc of the class- this will be discussed throughout training but must follow the structure below (timing is approximate)
  - Integration series (5 minutes)
  - Centering (3 Breaths)
  - Warm up- Include Sun A's and Sun B's (10 minutes)
  - Escalation- standing postures, twists, etc (10-15 minutes)
  - Balance (5 minutes)



- Backbends (5-10 minutes)
- Core (3 minutes)
- Hips (7 minutes)
- Inversions/resolution (5 minutes)
- Savasana (5 minutes)
- Sun A/Sun B- One solid Sun A and one solid Sun B must be taught in order to pass the practical exam. Expectations on these series will be discussed during training.

Students will be evaluated on the following skills:

- Demonstration
- Observation
- Assisting/adjusting/correcting
- Use of the arc of the class (centering, warm-up, escalation, resolution, rest)
- Use of appropriate anatomical terms
- Direction of movement (action, resistance and safe practices)
- Use of breath and flow (tension and release)
- Use of silence and space

Students will be rated and given feedback in the following criteria with a feedback scale ranging from 1 to 5 (5 being excellent and 1 being needs work)

- Understanding of techniques/knowledge of basic instruction
- Clarity of instruction/cues
- Observation and appropriate correction/adjustments
- Pacing
- Control of class
- Manner of interaction with students
- Create and maintain physical, emotional and psychological safety
- Appropriate demonstrations

In the event that a student is unable to satisfy these requirements they may be given up to 2 additional opportunities to satisfactorily complete their teaching demonstration. If a student's first attempt is unsuccessful they will meet with the Lead trainer and a performance improvement plan will be developed. Their progress will be documented and they will receive up to 2 additional attempt to complete their teaching demonstration.

## **Tuition and Fees:**

### **Application fee:**

There will be a \$50 application fee. Upon submitting their paper application student will be provided with a link for payment or may mail a check to 904 Cedarview Court, Green Bay, WI, 54311.

### **Tuition:**

Tuition is \$2500 if paid in full one month in advance of the start of training (August 15, 2018)

Tuition is \$2750 when a payment plan is used. A payment of \$500 must be made by August 15, 2018. Six (6) additional monthly payments of \$375 will be required. Alternative payment schedules may be discussed, however, tuition must be paid in full prior to the end of the program.

We offer no financial aid.

### **Missed Sessions and Absences:**

Any missed sessions must be made up with the primary instructor or a designee at \$45/hour. If you know you will miss an entire weekend due to a prior commitment, please contact Liz prior to signing up for the program to discuss options.

### **Additional Mentoring:**

Core concepts that are not understood or demonstrated by the student through home-study, experiential learning or practice teaching may require additional mentoring by the lead instructor or assigned faculty and will be charged at \$45/hour.

### **What's Included:**

Class materials such as course manual, handouts, worksheets, and study guides will be included. These materials will be provided during classroom sessions and will be distributed as topics are discussed and home study work is assigned.

### **Additional Required Materials:**

Students can expect to pay approximately \$30 for the required materials. These materials do not have to be purchased through the school and are not included in tuition.

1. *Journey into Power* by Baron Baptiste
2. *The Yoga Sutras of Patanjali* by Sri Swami Satchidananda

## **Admission Policies:**

### **Admission Requirements:**

1. Applicants must be 18 years or older (exceptions will be considered upon submission of additional application materials).
2. Submit a \$50.00 application fee.
3. Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites. Most course materials and correspondence will occur electronically.
4. Complete a satisfactory admissions interview
5. Applicants must have a willingness to develop a regular yoga practice that is appropriate for their health, interests and needs. Students will be expected to teach a basic set of yoga asanas. Students are not expected to practice asanas or techniques that are not appropriate for their health.
6. Payment of the full tuition or first payment toward a payment plan is made within one month of the start of the course.

### **How to Apply:**

1. Contact Liz Langer at [Liz@nomaste.yoga](mailto:Liz@nomaste.yoga) for application form or use the application at the end of this document
2. Complete the 200 hour Vinyasa Training application and submit electronically to [Liz@nomaste.yoga](mailto:Liz@nomaste.yoga) or mail to 904 Cedarview Court, Green Bay WI 54311
3. Pay the \$50 application fee by mailing a check made out to Nomaste LLC to 904 Cedarview Court, Green Bay WI 54311 or request link for electronic payment by emailing [Liz@nomaste.yoga](mailto:Liz@nomaste.yoga)

Applications are due by August 15, 2018. Early application is encouraged as spaces are filled as qualified applications are received and accepted. Late applications may be accepted if space is available. Space is limited to 10 students.

### **Acceptance and Notification:**

You will be contacted within 3 working days upon receipt of your application and application fee. An in person meeting will be scheduled once your application and application fee are received. After the meeting, you will be notified within 1 week of your acceptance into the program.

## **Completion Requirements and Policies:**

### **Completion Requirements:**

- Attendance of all scheduled weekend sessions and make-up of any missed sessions through one-on-one mentoring with one of the faculty members at the student's own expense
- Completion of home-study assignments with a passing grade (additional information on home-study and assignments above in the 'home-study' section)
- Completion of written exam with a passing grade of at least 75%
- Plan and teach a 60 minute vinyasa class with a passing grade (see details in 'how we will assess your progress')
- Payment of application fee and tuition as well as payment for any make up hours or additional mentoring required to meet completion requirements

### **Registering with Yoga Alliance**

Yoga Alliance is a national credentialing organization for yoga teachers. Yoga Alliance maintains a national Yoga Teachers' Registry to recognize and promote teachers with training that meets the minimum educational standards. Upon completion of all requirements for certification, Nomaste Yoga will issue a certificate that can be used to apply for registration with Yoga Alliance. Nomaste Yoga will also notify Yoga Alliance of students who have met all completion requirements. Any fees associated with applying for registration with Yoga Alliance are the responsibility of the student.

Nomaste Yoga is a Registered Yoga School with Yoga Alliance and is approved for 200 hour teacher training programs.

### **Upon Completion:**

Upon completion of our program, students will be provided with a certificate of completion stating they have satisfied the requirements of our program. We will also notify Yoga Alliance of students who have completed all program requirements.

### **Employment Services:**

Nomaste Yoga does not offer employment placement services. We will help you progress in your knowledge of and ability to teach and offer mentoring on your career as you progress through the program. We will make all reasonable attempts to connect you with any teaching opportunities that come to our attention, however, we do not guarantee employment placement.

## **School Policies:**

### **Non Discrimination:**

Nomaste LLC does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race or religion.

### **Attendance and Tardiness:**

- Attendance at all sessions is required.
- If you are more than 15 minutes late for a session, one hour will be deducted from your total contact hours.
- Attendance is taken at each scheduled time block on the calendar and will be kept electronically.
- In the event of an emergency or planned absence, make-up of any missed sessions is through one-on-one mentoring with one of the faculty members. A plan will be developed to make-up course content, assess understanding of the course content and fulfill required hours. Any one-on-one mentoring for make-up is at the student's own expense and is billed at \$45/hour.
- If a student does not show up for a scheduled session and has not communicated by phone or by email with the lead trainer to plan this absence in advance it will be counted as an unexcused absence. Unexcused absences will result in probation and may result in dismissal. Please see **Probation, Dismissal, and Readmittance** policy for more information

### **Leave of Absence:**

In the event that a student must discontinue the training program due to circumstances beyond their control, unused tuition will be refunded according to the refund policy. If the student has completed more than 60% of the course, all attempts will be made to help the student complete the training either by participating in another program or through one-on-one mentoring. Nomaste LLC is not responsible for any additional costs from one-on-one mentoring or additional travel expenses.

### **Student Records:**

An electronic summary of the student's home-study and evaluations will be kept on file with Nomaste Yoga for a period of 6 years. It is the student's responsibility to keep a copy of their written work, exams, and any written evaluations pertaining to their practicum. An electronic copy of the student's completion certificate will be kept on file with Nomaste Yoga indefinitely. A duplicate certificate fee may be charged. Records are kept private and can only be accessed by the the teacher trainee or by Nomaste Yoga staff/faculty.

## **Student Code of Conduct:**

A code of conduct is a declaration of acceptable, ethical and professional behavior by which all yoga teachers-in-training agree to conduct themselves in the classroom, in teaching and in the business of yoga. Our goal is to create an atmosphere of respect for each other and a learning environment conducive to the development of each student in our training.

All students attending this training must adhere to the following guidelines:

- Conduct myself in a professional and conscientious manner in the training and in my teaching
- Refrain from the use of substances that impair my learning or judgements and associations while in the classroom
- Listen to and respect the other students in the training
- 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
- Make only realistic statements regarding the benefits of yoga
- Accurately reflect my yoga teaching credentials, qualifications, abilities, certifications and registrations
- Respect all copyrights and trademarks associated with the training
- 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 in the training
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics
- Avoid words or gossip or actions that may harm another student
- Follow all local government and national laws that pertain to my yoga teaching and business
- Adhere to the traditional yoga principles as written in the yamas and niyamas

*Adapted from the Yoga Alliance Code of Conduct*

## **Probation, Dismissal, and Re-admittance:**

Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal from the program.

Students who violate the code of ethics will receive a written warning and a corrective plan will be discussed with the student. If a second violation occurs, the student will be dismissed from the program. The dismissal will be implemented by the lead instructor. Refunds will be applied per the refund policy. Students who have been dismissed may apply for readmission to a future training but acceptance is not guaranteed.

Students with unexcused absences will be placed on probation for the first offense. A student is considered off probation when all missed hours are made up and all home-study assignments are up to date. If a second unexcused absence occurs the student may be

dismissed from the program. Students who have been dismissed may apply for readmission to a future training but acceptance is not guaranteed.

Students who aren't up to date on home-study assignments or who have assignments needing additional refinement will be considered to be on a probationary period and will be notified by phone. Students will have until the final weekend of the program (February 3rd 2018) to re-submit any work needing additional refinement to convert it to a passing grade. Students may re-submit assignments up to 2 times for reevaluation. A student will be considered off probation when home-study is turned in and a 'pass' is achieved.

The exception to the probationary policy is a student who wishes to audit the course. Students auditing the course will sign an agreement that states that they have no expectation of receiving a completion certificate.

If a student is not grasping the content in the course or satisfactorily completing the home-study they may work with the lead trainer to create a performance improvement plan. Their progress will be documented and we will make every reasonable effort to ensure they are successful in the program. If the student cannot meet the terms of the performance improvement plan they will be dismissed and refunded per the refund policy. If the student wishes to forgo a refund remain in the training without the expectation of receiving a completion certificate, the student will sign an agreement to that effect.

A student who has an expectation of receiving a completion certificate but is unable or unwilling to develop a personal practice, complete the required home-study assignments, or teach their practical exams will be dismissed from the program after the probationary period is over. Unused tuition will be refunded per the refund policy.

A student who has been dismissed due to inability or unwillingness to complete home study and other program requirements may be re-admitted if all attendance and home-study requirements are up to date with a passing grade.

### **Advanced Standing:**

We do not offer advanced standing for previous training or course-work.

### **Housing:**

Nomaste yoga does not provide housing. Recommendations will be provided to commuting students upon request.

## Student Complaints:

If a student has a complaint about an instructor, the program, or another student, the complaint should be brought to the lead or assistant instructor for discussion and resolution. If resolution cannot be reached, the student may contact Elizabeth Langer, the school's owner, at Liz@nomaste.yoga. If this still does not lead to resolution the student may contact the Wisconsin Educational Approval Board for assistance. The EAB can be reached using the following information:

Educational Approval Board  
431 Charmany Drive, Suite 102,  
Madison, WI, 53719  
(608) 266-1996  
[EABmail@eab.wisconsin.gov](mailto:EABmail@eab.wisconsin.gov)  
Eab.state.wi.us

## Refunds for Withdrawal or Dismissal:

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

1. Cancels within the three-business-day cancellation period under EAB 6.03;
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:

<u>After completion of at least:</u>	<u>Prior to completion of:</u>	<u>The refund will be:</u>
N/A	First day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	N/A	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.

Students are encouraged to withdraw by email, phone or in person, however, any mode of withdrawal will be recognized. A written notice of withdrawal is not required. Students will be administratively withdrawn after missing 3 consecutive sessions and will be refunded based on the student's last date of attendance.

### **Returning Students:**

Alumni from past trainings may attend on some weekends to refresh and deepen their understanding and practice. Returning students are required to contact Liz (Liz@nomaste.yoga) to set up arrangements.

### **School Information:**

Nomaste Yoga, LLC

Mailing address: 904 Cedarview Court, Green Bay, WI, 54311

Website: <http://Nomaste.yoga>

Phone number: 920.698.6708

Email: [Liz@nomaste.yoga](mailto:Liz@nomaste.yoga)

Owner and school administrator: Liz Langer



**NOMASTE**

## Nomaste Yoga application for 200 hour Yoga Teacher Training Program

Green Bay, WI

**How to submit your application:** Please fill out this form and save a completed copy. E-mail the completed application to Liz Langer at [Liz@nomaste.yoga](mailto:Liz@nomaste.yoga) or mail a paper copy to 904 Cedarview Court, Green Bay, WI, 54311. An processing fee of \$50 is charged and must be paid with your application checks can be send by mail or you may request a payment link if paying by card.

Applications can be made at any time. Early application is highly recommended.

### **Personal Information:**

Name:

Mailing address:

City:

State:

Zip Code:

Website (optional):

Email address:

Phone number:

Shirt size (unisex sizing): S M L XL

How did you hear about our training?

The following information will help us get to know you so we may best guide your training:

Your educational Background: Please include institutions, degrees, and other training you may feel important to note.

Professional background and current employment:

## **Yoga educational background for Yoga Teachers:**

Are you registered with the Yoga Alliance? Yes    No

If yes what is your designation? (ie. RYT-200)

Please list any previous trainings or programs you have attended: *Specify style of training if applicable.*

## **Yoga Practice and Teaching Experience**

When did you start practicing yoga? What type of classes do you normally attend?

If applicable, how long have you been teaching Yoga? What type/types of classes do you teach?

**Training interest and Goals:**

Why did you pick this training?

What would you like to get out of this training?

Where do you see your teaching taking you?

Please provide any additional information about yourself, your background, or other professional credentials and experience (academic, life experience, accomplishments etc) that you would like to share.

Thank you for your interest in our 200 hour Vinyasa Yoga Teacher Training. Applications are reviewed regularly and upon submitting you will be contacted by email within 3 working days of receipt of your application and application fee to set up your entrance interview. Once you have completed your interview you will be notified within 1 week of your acceptance into the program. Once accepted you will receive registration information and pre-training study assignments. **Questions?** Contact Liz Langer at [Liz@nomaste.yoga](mailto:Liz@nomaste.yoga) or call (920)698-6708

# Student Agreements

## 200 hour Vinyasa Teacher Training Program



### **Distributed Materials**

I acknowledge that all student materials provided in this training, including any print and audio, are the property of Nomaste Yoga and are provided for my personal use only. I acknowledge that no part of these resources may be reproduced, shared or transmitted in any form or by any means (scanning, photocopying, electronic, or otherwise) without the written permission from Liz Langer or Nomaste Yoga.

### **Photo-video-audio guidelines and release**

Staff may take photographs, video, and record audio for use in future trainings or marketing of training programs. If you do not wish to be photographed or filmed we ask that you notify the lead instructor prior to the training. Students are permitted to take photographs as long as it is not disruptive or distracting to the class. We ask that students ask classmates if they have their permission to be in personal photographs, especially if those photographs will be use on social media sites. Recordings are not permitted without permission from the lead instructor.

By signing this document, I consent to be photographed and recorded, and grant Nomaste L.L.C., it's assignees, employees, and agents, the unrestricted and absolute right to use the photographs and recordings by any means now known or to become known. I hereby release and discharge Nomaste L.L.C., its assignees, employees, and agents any and all claims of action, including without limitation, libel, defamation, invasion of privacy or right of publicity, infringement of copyright, trademark or violation of any other right.

### **Yoga Teacher-in-Training Code of Ethics**

A code of conduct is a declaration of acceptable, ethical and professional behavior by which all yoga teachers-in-training agree to conduct themselves in the classroom, in teaching and in the business of yoga. Our goal is to create an atmosphere of respect for each other and a learning environment conducive to the development of each student in our training.

By signing this document I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner in the training and in my teaching
- Refrain from the use of substances that impair my learning or judgements and associations while in the classroom
- Listen to and respect the other students in the training
- 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

- Make only realistic statements regarding the benefits of yoga
- Accurately reflect my yoga teaching credentials, qualifications, abilities, certifications and registrations
- Respect all copyrights and trademarks associated with the training
- 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 in the training
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics
- Avoid words or gossip or actions that may harm another student
- Follow all local government and national laws that pertain to my yoga teaching and business
- Adhere to the traditional yoga principles as written in the yamas and niyamas

*Adapted from the Yoga Alliance Code of Conduct*

### **Catalog Release**

I have read and agree to the terms and conditions of application, admission, participation in and completion of the 200 hour Vinyasa Yoga Teacher Training with Nomaste Yoga.

### **Liability Waiver**

By signing below I understand that I am releasing and absolving Nomaste LLC from any responsibility and liability arising out of any claim of negligence pertaining to my participation or any acts or actions. I understand that I am responsible for myself and that by nature, the services provided by Nomaste LLC may involve a test of a person's physical and mental limits which in turn carry potential risk. I acknowledge that I alone am responsible for my person and my limitations and agree to respectfully communicate any issues I may have with any activities commissioned to Nomaste LLC. I understand that the services provided by Nomaste LLC do not replace medical treatment and that these services are advice only, it is my choice to participate and follow any advice or activity directed by Nomaste LLC and any appointed representative of Nomaste LLC. I therefore release all liability and right to sue for any injury or issue that might arise. I am voluntarily participating and I am participating in this activity at my own risk.

By signing this document I agree to the statements and conditions listed above:

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_