

Pedretti Power Yoga LLC

CERTIFIED YOGA TEACHER PROGRAM CATALOG

WINTER 2019

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Registered Yoga School

Pedretti Power Yoga LLC, RYS
Allie Pedretti, E-RYT, CYT, CPYT
805 George Street
De Pere WI 54115
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Dear Student,

On behalf of the entire Pedretti Power Yoga LLC it is my privilege to warmly welcome you to our program. We are honored you are offering us the opportunity to assist you in fulfilling your personal and professional goals. We look forward to sharing our enthusiasm about the program with you and are delighted you have made the commitment to participate.

I want you to know that our program is more than taking classes and attending workshops. I am here to support you. We are available to answer your questions, assist you in any way we can, and our commitment to you will not end after certification. Our objective is to help you take the rewarding step from student to teacher. We will be here to assist you in getting started as a teacher, opening a center, and continuing your education if you choose.

The transformation from student to teacher is a rewarding one. If we pass on even a fraction of joy and satisfaction we have found through Yoga, this program will be a great blessing to you, to your student and to your students' students.

Start the program by attending as many classes at Pedretti Power as your schedule permits. We are asking you to commit to a minimum of 30-60 minutes a day, four to six days a week to power yoga practice. I cannot stress how important your practice will be. It is key to fully understanding the Pedretti Power Yoga LLC system and being able to teach with confidence and insight.

To help facilitate your studies the following benefits are included in your Pedretti Power Yoga LLC training program:

1. Complimentary classes, workshops and boot camps at PPY from full payment to completion of certification.
2. Two required one-on-one meetings for discussion study or practice.

If there is anything to enhance the program and make the process more meaningful and compatible to you, I would like to know. I would also appreciate receiving your impression of the course as the program goes on. I know you will find the PPY Yoga Teacher Certification program to be of tremendous value on every level of your life, and I look forward to working with you and getting to know you better.

May you be blessed, may you be a blessing unto others.

_Allie Pedretti

Pedretti Power Yoga LLC TEACHER TRAINING PROGRAM 2014
YOGA TEACHER CODE OF ETHICS

As a Yoga teacher, I recognize that it is my responsibility and privilege to support the physical, mental and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Therefore I agree to abide by the following ethical code:

Relationship with Students:

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my student’s personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation or sexual orientation.
- Avoid any action that I know will conflict with the highest interests of my students.
- Avoid taking advantage of students financially, sexually, romantically or otherwise.
- I full acknowledge that this Ethics Protocol is intended to support the best interests of my students and the Yoga Profession.

Professional Conduct:

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student’s physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician’s advice.
- Take continuing education in yoga teaching on regular basis.
- Be honest, straightforward, fair and conscientious in all business dealing.
- Manage my own business finance’s according to accepted business and accounting practice.
- Avoid speaking negative about other teachers, styles, and/or Yoga tradition other than my own.
- Respect the rights, dignity, and privacy of all students.
- Follow all local government and national laws that pertain to my yoga teaching and business.

Advertising in brochures, advertising, and other descriptions of my services (including verbal), I will

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities and affiliations accurately and unambiguously.
- Note falsely imply sponsorship by, representation of, or endorsement by an organizations.

I have read and understood this code of ethics and hereby agree to honor its provisions.

Signature: _____ Date: _____

Print Name _____

PARTICIPANT'S PROMISES & COMMITMENTS

I _____ (print name) understand that yoga includes physical movement as well as an opportunity for relaxations, stress reductions and relief of muscular tension. As in the case with any physical activity, the risk of injury, even serious or disabling is always present and cannot be entirely eliminated. **Release of All Liability for Negligence and Permission for Use of Image:**
By signing below I understand that I am prospectively releasing and absolving both PPY and PPY's employees, agents and representatives (collectively "PPY") from any and all responsibility and liability arising out of any claim of negligence arising out of my participation or any other acts, actions, or inaction(s) including malfeasance and misfeasance, by PPY in the course of my participation in any PPY class or workshop. This Release of Liability For Negligence ("Release") covers all negligence based liability claims which may be brought by me or my spouse, heirs, assigns, subrogees and others whose claims are derived from, the product of, or dependent upon any injury, including death or any property loss or damage which may in any way be related to my participation in Teacher Training, a PPY class or workshop. By signing below I accept full responsibility for all risks of loss or damage due to injury or death; and all property loss or damage that may result from my participation in any PPY class or workshop, including those which may be caused by the negligence of PPY. I understand that bodily injury including death is a possible risk while engaging in the strenuous recreational activity of 90° Power Yoga at PPY. **By signing below I also grant PPY** the unfettered right to use my photograph, video, and or any audio taken or recorded during any class, workshop, or event for any purpose PPY deems necessary.

I have carefully read this agreement and the entire contents of the Pedretti Power Yoga LLC Teacher Training School Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events and activities with Allie Pedretti and the Pedretti Power Yoga LLC Studio and the Yoga Teachers Training Program.

SIGNATURE: _____ DATE: _____

PRINTED NAME: _____

Pedretti Power Yoga Teacher Training Guidelines

Attending Sessions:

- You must attend all sessions unless given prior approval
- Be on time – at least 5 minutes early, doors are occasionally locked
- Please stay in the room during sessions
- Do Not schedule other appointments during session times

Eating and Drinking:

- NO eating in the yoga room during classes or workshops open to the public
- NO cups/glasses in the yoga room – containers must be closed or have a lid
- EAT lightly, drink water and other fluids
- NO alcohol/non-prescription drugs. NO mood-altering substances

Group Discussions:

- Authentic sharing: keep it real
- When not speaking, participate fully by listening with full intention
- NO cross talking
- NO chit chat while something is going on in the room
- NO giving/asking for advice
- Avoid critiquing the process
- Please respect the confidentiality of all participants
- Be responsible for the integrity of the program by reminding others of these agreements
- Share from the “I”
- 24 hour rule / go to your sister/brother

Other Stuff:

- Please keep studio clean
- Keep your personal items out of the practice space during classes, bring multiple changes of clothing
- Keep you room clean and organized, set-up and clean up before, during and after sessions, classes and workshops
- Block and Strap – be sure you have one at all times
- Always have your manual and a pen with you
- Keep fridge clean
- Relationships – keep energy positive, include everyone

THE REWARDS: If we individually and as a team act full heartedly on improving our levels of communication, interpersonal interaction and self-accountability, we will then have done OUR part in creating a workplace of passion, fulfillment and success. By focusing on personal growth and constant and never ending improvement we will all have created a community and work environment that we love, and where we can show up each day with a sense of gratitude, joy and perhaps a sense of stewardship. AND truly this is the ideal environment through which many other blessing can flow.

Syllabus PROGRAM DESCRIPTION 200-hour Teacher Training Certification Pedretti Power Yoga LLC

200-HOUR YOGA TRAINING SUMMARY <i>(207 Hours total)</i>	
100 hours	<u>Techniques</u>
25 hours	<u>Teaching Methodology</u>
20 hours	<u>Anatomy and Physiology</u>
30 hours	<u>Philosophy / Ethics / Lifestyle</u>
13 hours	<u>Practicum</u>
19 hours	<u>Homework / Final Exam</u>

Definitions

Techniques

The guided practice of and analytical training in traditional yoga techniques, including yoga asana, pranayama and meditation. Knowledge of the principles of asana integrated with the details of each pose produces the ability to demonstrate asana with clarity and inspiration. The core of our training includes a thorough study of the fundamental yoga postures and the tools to enable you to teach them to others.

Techniques /Pranayama and Meditation

Watching the breath is the preliminary step in controlling it. We can then use more advanced techniques to reveal our awareness at the highest level. This involves the art of sitting as well as developing an acute awareness of the timing, location, and character of the breath.

- Techniques of alignment and precision
- Principles of organization in the body
- Simple breath awareness
- Learning to sit

*(*Required Reading: Journey Into Power _Baron Baptiste)*

Teaching Methodology

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and business aspects of teaching yoga. Teaching yoga requires a commitment to a personal

practice and a keen sense of the human body and psyche. A skilled teacher creates an atmosphere of awareness for the group and remains sensitive to the individual student.

- Use of voice, body language and touch
- Learning to see and understand bodies
- Sequencing of poses, transitions
- Classroom management and logistics
- Individualized Adjustments
- Use of props and adaptations of postures
- Special Populations

Anatomy and Physiology

- Human physical anatomy and physiology (bodily systems, Skeletal, Muscular, Nervous and Endocrine Systems, organs, etc.) as well as energy anatomy and physiology (chakras, and meridians, etc.) The anatomy section of the training is taught from the perspective of the body in asana in a dynamic and experiential format. Both physical and subtle anatomy will be covered including discussions of chakras and meridians. (** Required Reading: Yoga Anatomy _L. Kamihoff*)

Philosophy / Ethics / Lifestyle

Study of yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.) ethics for yoga teachers, living the life of the yogi, etc. The philosophy portion of our curriculum is based on ancient yoga texts, the eight limbs of yoga and the science of Ayurveda. The Ethical Teachings of Yoga, Lifestyle and Practice, Studentship and more. (**Required Reading: Light on the Yoga Sutras _B.K.S. Iyengar; *The Yamas and Niyamas _Deborah Adele*)

Practicum

Actual practice teaching, giving and receiving feedback and observing others teaching. Central teaching elements, assisting and adjusting, using props, voice inflection, and the seat of the teacher are all components of the practicum. Teaching group classes or workshops requires skill and poise in front of a group; we will provide practice on presenting two different classes:

1)Vinyasa Power Yoga 60 minute and 75 minute class (Demonstration, observation, assisting/adjusting, centering, escalation, resolution, restorative, use of anatomical terms, direction of movement, action resistance and safe practices.) **WILL BE REQUIRED TO PASS.**
****Will be given at least 3 additional opportunities to satisfactorily complete teaching demonstrations if you do not pass the first demonstration. IF you are unable to complete teaching demonstrations after 3 attempts, a corrective action plan will be developed between you and Allie. IF you are unable to satisfactorily complete the corrective action plan, you will not receive a certification of completion. IF you wish to withdraw from the program at that time, the refund policy will be used to refund unused tuition.**

2) Workshop - Final Project will not be graded but is required (Complete/Incomplete).

*Opportunity to practice. A requirement of our 200 CYT program is the development, implementation and evaluation of a final project that includes teaching a special Yoga class or Yoga workshop. The final project is an opportunity for you to deepen, refine and demonstrate your ability to teach a special class or workshop that interests YOU. The final project will allow you to share your specific interest (passion) for Yoga. The project should demonstrate your ability to plan for, market, conduct and evaluate a class series or workshop. The Workshop or Yoga Class series should be for a specific population. Few Examples: Beginners Yoga 4 week session, Yin Yoga 2 hour Workshop, Yoga 4 Runners, Yoga & Massage, Meditation 101, Yoga with Mudras, etc.)

YOUR final project will be due by Weekend #8 so that we have adequate time to review and provide feedback. Final presentation will be presented on weekend #9.

Homework / Final Exam

Homework includes attending 5 yoga classes of different styles and writing a critique of each teacher and class experience from a person, experiential perspective. Final Exam will include all five areas of training listed above and will include Sanskrit Terminology.

PLEASE NOTE:

- During this training, you will be encouraged to continue to take weekly classes and continue with your own home practice and to always embody the teachings and practices yoga in all facets of your life.
- The more you embody the principles of yoga and cultivate balance in your life, the more you will grow; cultivating greater depth, ability and authenticity in your practice ... and the more effectively you will be able to share yoga with others.
- ***This program will be intense and demands discipline and commitment.***
- You must be sincere in your desire to learn.
- As you begin to dive deeper; you'll discover that exploring and sharing the vast teachings and practices of yoga is a lifelong process and commitment.

Reading Materials:

These reading materials enhance the educational experience. The student is required to purchase the required reading materials prior to Day 1 of the program. The student is encouraged to incorporate the optional reading materials throughout the program. You can expect to pay \$31 to \$52 for required texts.

Required Texts*: *(Amazon is great source for used books!)*

1. **Light on the Yoga Sutras** _B.K.S. Iyengar (Used approx. \$10, New approx. \$14)
2. **Journey Into Power** _Baron Baptiste (Used Approx. \$6, New \$15)
3. **The Yamas and Niyamas** _ Deborah Adele (Used Approx \$8, New \$11)
4. **Yoga Anatomy** _L. Kamihoff (Used Approx. \$7, New \$12)

Recommended Optional Texts:

1. *The Diamond Cutter: The Buddha on Managing Your Business and Your Life* by Geshe Michael Roach and Lama Christie McNally
2. *How Yoga Works* by Geshe Michael Roach and Lama Christie McNally
3. *The Heart of Yoga* by T.K.V. Desikachar
The Key Poses of Yoga Scientific Keys, Volume II by Ray Long and Chris

WINTER 2019 | Yoga Teacher Training Program Friday, Saturday and Sunday. January 4, 2018 – March 17, 2018 (9 weekends) **PERSONAL EMPOWERMENT | TRANSFORMATION | REALIZE YOUR POTENTIAL**

Classes meet in a convenient weekend format as follows: Fridays 5:10PM – 10:00PM | Saturdays 8:00AM – 5:00PM | Sundays 7:30AM – 5:00PM *Hours will vary slightly, dependent on lunch break time allotted each day.

- Weekend 1 – January 4-6 2019**
- Weekend 2 – January 11-13, 2019**
- Weekend 3 – January 18-20, 2019**
- Weekend 4 – January 25-27, 2019**
- Weekend 5 – February 1-3, 2019 (*2 week break)**
- Weekend 6 – February 22-24, 2019**
- Weekend 7 – March 1-3, 2019**
- Weekend 8 – March 8-10, 2019**
- Weekend 9 – March 15-17, 2019**

APPLICATION FEE: \$100. Paper application submission is required and once application is accepted/approved, a \$500 deposit is required.

TUITION: \$2300 Tuition Includes a three month unlimited yoga membership to Pedretti Power Yoga LLC. Students who pay in full 30 days prior to the program start date may begin their unlimited yoga membership at that time. \$500 deposit required upon acceptance of application and full payment due by first date of training. We offer no financial aid.

REFUNDS: The student will receive a *full refund* of all money paid if the student cancels within a *three-day business-day* cancellation period after acceptance. The student will receive the refund within ten business days. *We offer no leave of absence - in the event the student must discontinue the training and wishes to complete the training at a later point, the student may apply payment to future training offered at Pedretti Power Yoga LLC in a future training session.*

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrolment period, is entitled to a pro rata refund as follows:

Withdrawal	Refund Will be:
Prior to start of the program	100% minus application fee \$100
After start of the course but prior to 10% completion	90% refund
After 10% completion but prior to 20% completion	80% refund
After 20% completion but prior to 30% completion	70% refund
After 30% completion but prior to 40% completion	60% refund
After 40% completion but prior to 50% completion	50% refund
After 50% completion but prior to 40% completion	40% refund
After 60% completion or more	NO REFUND

Sample Weekend Format – Weekend # 1:

<u>Friday</u>	<u>Session</u>	<u>Weekend Topics</u>
5:10-10 p.m.	Lecture - Practice	60 Minute practice, Into to Yoga
<u>Saturday</u>		
8:00-10:30 a.m.	Yoga Practice	Principles of Power Yoga
10:30-12:00 a.m.	Lecture, techniques – Experimental Activities	Introduction to Asana
1:00-3:00 p.m.	Lecture – Guest presenter	Intro to Ayurvedic Medicine
3:00-5:00 p.m.	Lecture	Home study Assignments and guideline
<u>SUNDAY</u>		
7:30-9:15 a.m.	Yoga Practice	Breath, Movement Techniques
9:30 a.m. - 12:00 p.m.	Lecture – Techniques – Experimental Activities	Forward Bends, Backbends
1-3:30	Lecture – Techniques	Sequencing
4-5	Yoga Practice	

****Yoga Sutra Lectures are included in almost all of the weekends.***

How the Program Works and How We Will Access Your Progress

Scheduled Weekend:

Each weekend will include a combination of lecture, integration practices and experimental exercises in key content areas. In addition, each weekend will include Yoga Philosophy discussions and the Yoga Sutras of Patanjali with our teaching lineage. Attendance at each scheduled weekend is **MANDATORY** since the curriculum, integration work and progression of the training is carefully sequenced to maximize learning and retention. Participation in each section is a pre-requisite for attending the next session.

If you have extenuating circumstances that result in missed hours, you will be required to make up the direct contact hours with the lead instructor at additional expense of \$40/hour in advance of next weekend schedules. If you miss a weekend and do not call and notify the instructor, you will be dismissed from the program. Unused tuition will be refunded per the refund policy.

YOUR INSTRUCTOR

Allie Pedretti-Beining found her passion later in her career. For thirteen plus years, Allie had been an avid and enthusiastic certified Group Fitness and Pilates Mat instructor at the time while still holding down a fast paced sales position. Eventually realizing the secret of internal happiness and feeling fulfilled, Allie followed her dream and obtained her 200 hour Yoga certification through Midwest Power Yoga, instructed by Deborah Williamson in Appleton, focusing on the Vinyasa Power Yoga style of practice. Allie followed her passion and opened Pedretti Power Yoga LLC in March 2010. "This was a life altering moment for me", claims Allie. "Not only did I find myself challenged physically, more importantly, I obtained an equal challenge psychologically."

The first time you meet Allie, you will understand that she has found her passion in life and wholeheartedly believe that the body is intrinsically linked to mind and true happiness is found when both are in balance. Whether experiencing Allie's Group Fitness, Pilates, or Yoga class, Allie's teaching style will guide the participants to open themselves to new experiences while still being ever mindful of their of their body awareness, alignment and breath. Allie teaches by doing, learning and challenging each student to reach their edge by integrating ways for each individual to "amp it up".

*Allie Pedretti - ERYT200, CYT, CTA,CPYT, Certified Pilates and Group Fitness Instructor, Certified Personal Trainer (NETA).

Location, Facilities, Amenities: De Pere, Wisconsin is a beautiful “small city” with a historic downtowns offer unique shopping, casual and fine dining and live entertainment including a comedy theatre and a variety of music. Our community boasts an exceptional quality of life and is known for its beautiful river views, water sports, parks, progressive attitude and family friendliness. Do not be surprised to find yourself dining or enjoying music among old friends and new of every age appreciating everything our diverse community has to offer.

Our Yoga Studio is conveniently located on George Street is Historic De Pere, two blocks from the Fox River and on the City Bus line. Yoga blocks and straps are provided. Please bring your own yoga mat, towels and any props you prefer. Flapjack chairs are available for lecture. There will be access to a small refrigerator. There are a variety of restaurants, grocery stores and walking trails including the Fox River Trail within a mile of our Studio. Reasonable lodging options within a 5-mile radius include: Kress Inn & Suites 300 Grant Street, Sleep Inn & Suites 1600 Lawrence Drive, Chateau DE Pere 201 James St.

ADMISSIONS POLICIES:

Admission Requirements

1. Applicants must be 18 years or older.
2. Applicants must have computer literacy and access to a computer and printer/scanner. Applicants must be comfortable with sending and receiving e-mails, scanning, downloading materials as needed and navigating websites.
3. Complete and submit a 200 Hr. CYT Pedretti Power Yoga LLC application – includes your educational background, professional background and current employment, yoga educational background/certifications, yoga personal practice, any teaching experience, and training interest and goals.
4. A personal interview or phone call to be scheduled once your application has been received.
5. Applicants must have a willingness to develop a regular Vinyasa Power Yoga practice that is appropriate for their health, interests and needs. Students will be expected to teach a basic set of Vinyasa Power Yoga asanas.
6. Payment of the full tuition is to be made by first day of program course.

How to Apply

1. Contact Allie at apedretti@theglobalnet.net
2. Complete the 200 Hr. CYT Pedretti Power Yoga LLC application form and submit electronically to apedretti@theglobalnet.net
3. Pay the \$500 deposit fee ONCE approved for admittance.

Applications are due by December 1, 2018. Early application is encouraged because spaces in the course are filled as qualified applications are received and accepted. **No more than 8 students will be accepted into the program.** APPLY EARLY!

Acceptance and Notification

You will be contacted within 5 working days upon receipt of your application. An admissions call will be scheduled once your deposit fee is received.

Completion Requirements and Policies:

1) Attendance at 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.

2) Completion of home-study assignments given between sessions (Pass/Needs More Refinement). Students will be given written and/or verbal comments on home-study from the instructor. A student may be asked to re-do an assignment and will be given 2 additional opportunities within a 2 month period to successfully complete home-study assignments.

3) Development of a regular yoga practice which will be expected and is integrated into some of the home-study assignments. Students should be prepared to take notes, keep a journal and practice log.

4) Plan and teach a 60 minute Vinyasa Power Yoga class to fellow classmates and faculty (Pass/Needs More Refinement). Students will be given 3 additional opportunities within a 2 month period to pass this requirement.

5) A final project that involves planning and teaching a Vinyasa Power Yoga Special class series or workshop to a group; a written summary of the teaching experience and a short presentation to classmates on the final project (Complete/Incomplete). Students will provide a project summary and class sequences in advance of teaching their final projects to receive written and/or verbal comments to refine the class series (Pass/Needs More Refinement). Students will be given 3 additional opportunities within a 2 month period to refine their class outlines and sequences if needed.

6) Payment of full tuition and payment for any make-up hours or additional mentoring required meeting completion requirements. (Complete/Incomplete)

Applying To Yoga Alliance For RYT-200

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 minimum educational standards. Upon completion of all requirements for certification, Pedretti Power Yoga LLC will issue a certificate that can be used to apply for registration with Yoga Alliance. Pedretti Power Yoga LLC will also notify Yoga Alliance of students who have completed all completion requirements.

Pedretti Power Yoga LLC is a Registered Yoga School with Yoga Alliance with an approved 200 hour yoga teacher training programs. Any fees associated with applying for registration with Yoga Alliance are the responsibility of the student.

Pedretti Power Yoga LLC UPON COMPLETION WILL:

- Provide a certificate of completion of the training program requirements.
- Pedretti Power Yoga LLC will also notify Yoga Alliance of students who have completed all program requirements.
- Pedretti Power Yoga LLC will keep you informed about PPY continuing education opportunities and advanced training options.

Employment Services

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

School Policies:

Non-Discrimination – Pedretti Power Yoga, LLC does not discriminate on the basis of age, gender, physical ability, marital status, sexual orientation, race or religion.

Attendance and Tardiness

- Attendance at all sessions is required.
- If you are more than 10 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.
- 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 \$40/hour.

- Please see Probation, Dismissal and Re-Admittance policy for how un-excused absences are handled. Some students may not pursue certification or registration as a teacher but are interested in deepening their personal practice and study of Vinyasa Power Yoga. Please talk with Allie about attendance suggestions. You will be expected to arrive on time for sessions you plan to attend. You will also be expected to review any content from missed sessions in advance of the next session so that you have the same background as your classmates.

Leave of Absence

In the event a student must discontinue due to extenuating circumstances beyond the student's control, the refund policy will be applied to any unused tuition. If the student has completed at least 60% of the course instruction, all attempts will be made to assist the student in completing either through participation in another program at another location or with one-on-one mentoring with lead or other designated faculty if that is an affordable option for the student. Pedretti Power Yoga, LLC are not responsible for any additional travel costs that a student might incur to attend another program or to do one-on-one mentoring.

Student Records

An electronic summary of the student's home-study and final project progress will be kept on file with Pedretti Power Yoga, LLC for a period of 6 years. It is the student's responsibility to keep a copy of their home-study and final project. An electronic copy of the student's completion certificate will be kept on file with Pedretti Power Yoga, LLC. A duplicate certificate fee may be charged. Records are private and can be accessed only by Pedretti Power Yoga, LLC faculty.

Student Conduct and Code of Ethics

Please review the code of ethics, liability and media release form.

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, dismissal from the program will result. The school director will implement the dismissal. Refunds will be applied per the refund policy. A student who has been dismissed may apply for re-admission to a future training but acceptance is not guaranteed.

- A student will be considered to be in a probationary period if they have home-study that needs additional refinement or they aren't up-to-date with home-study assignments. The student will have up to 3 additional opportunities within a 2 month period to convert a "Needs Additional Refinement" to "Pass". Students will have up to 2 months to turn in home-study past the time that it is due. A student will be considered off probation when home-study is turned in and a "Pass" is achieved.
- If a student is not grasping the content in the course or satisfactorily completing the home-study but wishes to remain in the training without 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 home-study, or teach a final project, 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 to date are turned in and receive a "Pass".

Advanced Standing

The school does not offer any advanced standing for any previous training or coursework from other yoga schools.

Housing

Pedretti Power Yoga, LLC does not provide housing. Recommendations will be provided to any student that is commuting for the weekend.

Student Complaints

If a student has a complaint about an instructor, about the program, or about another student, the complaint should be brought to the lead instructor for discussion and resolution. If resolution cannot be reached with the lead instructor and Pedretti Power Yoga, LLC, students may contact the Wisconsin Educational Approval Board for assistance at (608)266-1996 or at www.eab.wisconsin.gov or 201 West Washington Avenue, Madison, WI 53703.

Pedretti Power Yoga LLC
Application for
200 Hour Certified Yoga Teacher Training Program
Pedretti Power Yoga, LLC in De Pere, WI

How to Submit Your Application: Please fill out this form and save a completed copy. E-mail the completed application to Allie Pedretti Beining at apedretti@theglobalnet.net

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

Personal Information

Name

Mailing Address

City

State

Zip Code

Country

Web site (optional):

Email address that you check regularly:

Home Phone:

Mobile Phone:

The following information will help us to get to know you and guide your training.

Your Educational Background: *Include Institutions, Degrees, and Attendance/Graduation Years.*

Professional Background and Current Employment:

Yoga Educational Background for Yoga Teachers

Are you registered with the Yoga Alliance? Yes No If Yes, Please specify the designation: _____

Please fill out any of the following sections that are applicable to your yoga educational background and experience.

Yoga Teacher Training Program (s) Information

School/Program Name	Dates Attended	# of Hours	Yoga Alliance Registered	
			Yes	No
			Yes	No
			Yes	No

Did you receive Yoga teacher training before Yoga Alliance registration of training programs?
___Yes ___No

Yoga Practice and Teaching Experience

When did you start practicing Yoga? What type of classes do you take?

If applicable, how long have you been teaching Yoga? What type(s) of classes do you teach?

If you are a teacher, do you work with students on a one-to-one basis?

___Yes ___No ___Not applicable

If **YES**, please describe:

Vinyasa Power Yoga Training Interest and Goals

How did you become interested in Vinyasa Power Yoga?

What are your goals for this professional training?

How do you see your yoga career unfolding?

Please provide any additional information about you or your background, other professional credentials and experience, academic background, life experience, and accomplishments that you would like to share. We look forward to getting to know you well!

Thank you for your interest in the Pedretti Power Yoga, LLC 200 Hr. Certified Yoga Teacher Training. You will be contacted within 5 working days upon receipt of your application. Once you are accepted to the program, you will receive registration information and pre-training study assignments and required to pay the \$500 deposit fee.

QUESTIONS?: Contact Allie at apedretti@theglobalnet.net or call at (920) 544-3657.