

pura vida yoga



200-Hour Certified Yoga Teacher Training

2018 Catalog



835 E Pacific St, Appleton, WI 54911
www.puravidayogallc.com

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MEET THE PROGRAM DIRECTOR

Crystal M Hill – RYT & Owner of Pura Vida Yoga, LLC

Crystal Hill creates connection through yoga, healthy living and coaching. As owner of Pura Vida Yoga, and co-owner of Yoga Elements, she empowers her students through exhilarating and flowing classes. Her experience provides a knowledge base to educate others to live “La Pura Vida” and enjoy life-long health.



Crystal is an E-RYT and obtained her 200 hour teacher certification and Yoga Alliance registration through Deborah Williamson at Midwest Power Yoga in 2010. She is also a certified Yoga Personal Trainer, Certified Teacher Assistant, YOGA BODY BOOTCAMP™ Certified Instructor, COW FACE KIDS YOGA Certified Teacher, and nutrition coach. In the years 8 prior to teaching Power Vinyasa Yoga, Crystal received certification and taught Les Mills BodyFlow® yoga/pilates and RPM® indoor cycling programs.

WELCOME

I’m honored you chose Pura Vida Yoga as the source of your teacher training. It’s truly a privilege to share in the journey you are about to undertake to amplify your own yoga practice, change lives, and manifest dreams into reality! That may sound like a lot to simply attend teacher training, but it’s the truth! If teaching yoga is your passion, then you WILL change lives – including your own!

It is a significant commitment to pursue a teacher training. Many states do not even require certification to begin teaching. That being said, please train with me because you thirst for it, you are ready for it, and you want to grow and learn personally and professionally! This process is powerful and I guarantee it will be a rewarding experience for you and your students!!

Please know that I am not only here to help you on your way to certification. I am available to coach, mentor, and support you now and after your training.

As a part of our budding relationship, please accept the following benefits to facilitate your studies in the 200 Hour Teacher Training program:

- 1 complementary one-on-one meeting for study, discussion, or practice (scheduled during training)
- Life-long repeat attendance at any 200-hr teacher training in the future at no additional cost (with exception of specialty modules/trainings/workshops)
- Complementary classes at Yoga Elements from acceptance to completion of certification
- 15% discount on most retail merchandise through the final weekend of training

I am excited to get to you know and help you on your path to changing lives!!
Kindest regards and blessings to you,

Crystal M Hill

ABOUT OUR SCHOOL

Our Mission

To improve the lives of those we serve through education, life-long support, and coaching.
To expand the yoga community through sharing knowledge of yoga, training instructors, and encouraging a consistent personal yoga practice.

Pura Vida Yoga is committed to providing a positive place to challenge your body, awaken your mind, and refresh your spirit!

Facility Location

Yoga Elements

1981 Midway Rd, Unit D

Menasha, WI 54952

Website: www.yogaelementswi.com

Phone: 920-383-1003

Email: info@yogaelementswi.com

Yoga Elements is located in the 1981 Midway Road building complex, just off of Oneida St. behind the CVS station. Our large, open studio features cork floors, a restroom, and adjustable lighting. Blocks, straps, bolsters, mats, towels, yoga chairs, and blankets are available for use. The studio maximum capacity is around 40 students. Parking is available directly in front of the studio in the lot for the building complex. A gas station is within walking distance of the studio, and there are several restaurants, hotels, coffee shops, and grocery stores within 1-2 miles.

Pura Vida Yoga does not provide housing; however, recommendations may be provided for commuting students.

Program – Operation & Governing

The Pura Vida Yoga 200 Hour Yoga Teacher Training Program is registered as a 200-HR Yoga School with Yoga Alliance and is regulated by the Wisconsin Educational Approval Board. We are governed by the rules, standards and regulations set forth by these two organizations. We operate in the state of Wisconsin as a registered school under the category of Movement & Mind Body Therapies & Education.

Pura Vida Yoga Faculty

Crystal M Hill – E-RYT 200, Owner, School Director, Lead Trainer

TRAINING TIMELINE

Training Times:

Fridays 5:00pm – 9:00pm
 Saturdays 7:00am – 9:00pm
 Sundays 7:00am – 8:00pm

Full days of training include lunch and dinner breaks. Other short breaks will be scheduled as needed.

Each weekend will include practice teaching to each other and to live classes!

Note: Time is not set aside in the schedule to the right for the Final Written Exam. The exam can be taken at any time during a break or at a time arranged with the Director.

SPRING SESSION DATES:

- Mar 9-11
- Mar 23-25
- Apr 6-8
- Apr 27-29
- May 4-6
- May 18-20
- Jun 1-3

FALL SESSION DATES:

- SEP 7 – 9
- SEP 14-16
- SEP 28-30
- OCT 12-14
- OCT 26-28
- NOV 9-11
- NOV 30 - DEC 2

<u>Weekend 1</u> Introductions, Review of Policies and Conduct Code Overview & Origins of Yoga, Yoga Practice Integration, Sun Salutations Benefits of Poses, Assisting
<u>Weekend 2</u> Skeletal Systems, Organs and Muscular System review Actions & Bandhas Pressure Points & Pranayama Warrior & Standing Poses Yoga Sutras Chapter 1
<u>Weekend 3</u> Yoga Sutras Chapter 2, 3 Balance, Core (Back & Abs), & Backbends Communication Skills, Teaching Principles Hip Openers, Inversions, & Meditation/Savasana
<u>Weekend 4</u> Yoga Sutras Chapter 3, 4 Nervous System Chakras, Nadis, Mudras Koshas, Meditation, Yoga Nidra
<u>Weekend 5</u> Writing a Workshop Yoga Life Coaching Yin vs Restorative Yoga
<u>Weekend 6</u> Yoga Private Lessons Yoga for Special Populations Science of Ayurveda Essential oil Aromatherapy for Yoga
<u>Weekend 7</u> Writing a Yoga Biography Workshops & Practicals Business of Yoga

ADMISSIONS & ENTRANCE REQUIREMENTS

Admission Requirements

To be considered for admission to the teacher training program, applicants must:

- Be 18 years of age
- High school diploma / GED
- Have a regular yoga practice
- Have practiced yoga for at least one year
- Be physically able to perform the techniques they will teach
- Have access to a computer and an active email account
- Submit an application, \$100 application fee, resume and headshot
- After Pura Vida reviews the application, complete an in-person interview with the Director (This may be done via phone or Skype if the applicant does not live within 30 miles of the studio.)

To apply, please submit a completed application (see form at the end of this catalog) by August 29, 2017. Send the application and check for \$100 (to be included as part of your tuition) by mail to Crystal Hill, or drop it off at Yoga Elements studio. You may also submit your application via email to Crystal Hill at puravidacrystal@hotmail.com and pay the application fee online via PayPal to puravidacrystal@hotmail.com. The application fee is fully refundable if you are not accepted into the training program.

Pura Vida Yoga
Attn: Crystal M Hill
835 E Pacific St
Appleton, WI 54911
puravidacrystal@hotmail.com

You will be contacted via email within 7 days upon receipt of your application with notification to schedule an interview. Within 7 days of your interview, you will be notified via email if you have been accepted into the training program. If you are not accepted, the \$100 application fee will be refunded within 30 days.

Required Materials:

- *The Essential Yoga Sutra – Ancient Wisdom for Your Yoga* by Geshe Michael Roach and Christie McNally - Read all chapters (1-4) We recommend this translation; however, other translations may be used.
- *Journey Into Power* by Baron Baptiste - begin to review this book as it will assist your learning of the yoga postures and we will reference it often during training.
- Journal and/or practice log – be prepared to take a lot of notes during training!
- Yoga mat
- Water bottle – water will be available.

Estimated cost of required materials will vary depending on the mat and journal you purchase (if not already owned,) but could total around \$100-\$150.

Please feel free to bring along a cooler with snacks and beverages.

Other Recommend Texts (NOT required):

- *Yoga Anatomy* – 2nd Edition by Leslie Kaminoff
- *Bhavad Gita* translated by Stephen Mitchell
- *Hatha Yoga Pradipika* translated by Swami Muktibodhananda

Program Fees

Total payment is due prior to the start of teacher training. This includes \$100 due at the time of application which will be included as part of tuition. A discount of \$500 will be deducted from the program fees if the total is paid 30+ days prior to the first day of training.

Program Fees:	\$3500 (includes \$100 application fee)
Materials & Texts:	\$150
Total Estimated Cost:	\$3650

Pura Vida Yoga does NOT provide financial aid.

Credentials Received at Completion of Teacher Certification:

Pura Vida Yoga 200 Hour Teacher Training **Certificate of Completion**

RYT200 – Yoga Alliance Nationally Registered Yoga Teacher (following registration of certificate of completion.)

Our certification program meets requirements necessary to become a Yoga Alliance (RYT) Registered Yoga Teacher. On graduation day, students will be assisted in completing registration & building a free personal teacher page with Yoga Alliance via the Yoga Alliance website at: www.yogaalliance.org.

The free teacher profile available online at www.yogaalliance.org allows teachers to upload photos, class schedules, testimonials & more. We will support all graduating teachers in the creation of a professional bio and marketing copy to display on this teacher page to ensure that instructors leave training with a complete & professional web presence from the start!

Training through Pura Vida Yoga is a total immersion with high standards. This training process will demand a great deal of you and your peers, with expectations to show up each day at your best. The outcome will transform you so you grow as a yoga teacher and an individual, which will flow into your personal life to make reaching your goals a reality.

As a graduate of this training, you will have the skills and/or knowledge to:

- Teach a 60+ minute power vinyasa class with assisting/verbal & non-verbal cues for breath, alignment and focus, and guide class participants to feel breath in their body and find correct alignment.
- Teach a full Sun Salutation A & B without error and teach each area in the Arc of a Class, including intonation, energy building and breath.
- Use of multiple methods of teaching (verbal & non-verbal, demonstrating poses, assists, etc) to accommodate the different ways that students learn and grow in their practice.

- Understand how the body, breath, mind and spirit are all connected through the physical and subtle body; how the body works and is affected by other aspects (stress, illness, emotional/mental issues, physical limitations, etc.) and how those other aspects can affect an individual's yoga practice.
- Identify the physical anatomy of muscles, bones, and spine as outlined in the description above, as well as, understand and identify the physiology of the nervous system, organs, and senses.
- Identify principles of a healthy yoga lifestyle.
- Know the history and origins of yoga and the various branches existing today.
- Teach yoga to special populations (prenatal, children, injured, etc.)
- Instruct workshops.
- Be qualified to teach group classes and private instruction at yoga studios, gyms, and other fitness facilities.

Guidelines for Your Practice of Yoga

Study and practice are both required for progress in yoga. Each individual is unique and different personalities may require different kinds of structure. Finding the right time and way to study and practice (pattern, rhythm, etc), are all up to you.

Most important in being a strong yoga teacher and example to your students is discipline and consistency in your own practice. The more you teach and practice, the more tools you create in your toolbox to draw from and share with your class participants. Attempt to commit at least 30-60 minutes/day for 4+ days a week – including a day or two of rest. Ease into your practice! Students over-zealous to jump in overextend themselves, and at times, end up not practicing at all.

ADVANCED STANDING

Pura Vida Yoga does not offer advanced standing for previous training or coursework.

STUDENT PROGRESS & GRADUATION REQUIREMENTS

Throughout training, students will receive feedback verbally on their progression via feedback sessions after each practice teaching opportunity. Practice teaching assessments will not be graded; however, participation in practice classes is required and will occur during scheduled training hours. The Director will advise each student at the end of each training week if additional hours of practice/study are recommended outside of training.

Students are expected to complete a 4-page Yoga Sutras self-study guide provided in the training manual (not graded) which will be reviewed and discussed during training. This is done to aid your understanding of the Yoga Sutras and develop knowledge of the foundations of yoga.

Graduation Requirements

1. ARC OF THE CLASS – you must demonstrate understanding & intelligence around The Arc of the Class in sequencing.
2. CLASS SEGMENTS – you must cover all of the major segments we review, in order (for a 60 min class):
 - a. Integration Series (5 min)
 - b. Centering (3 breaths or 2 ohms)
 - c. Warm Up – include Sun As & Bs (10 min)
 - d. Escalation – standing poses, twists, etc (10 min)
 - e. Balance (5 min)
 - f. Backbends (10 min)
 - g. Abs/Inversions (3 min)
 - h. Hips (5 min)
 - i. Resolution (7 min)
 - j. Savasana (5 min)
3. SUN A & SUN B – you MUST teach at least one solid Sun A & Sun B to pass your practical.
4. COMPLETE THE FOLLOWING QUIZZES:
 - a. 1 page chart on the skeletal system
 - b. 1 page chart on the muscular system
 - c. 1 page chart on internal organs
 - d. 1 page chart on spinal system
5. TEACH A WORKSHOP ON YOGA OR A YOGA-RELATED TOPIC
6. COMPLETE FINAL 7-PAGE WRITTEN EXAM

7. TEACH A FULL 60 MIN PRACTICAL – When clients pay for a 1 hour class, you must deliver a one-hour class as scheduled. Ending early could cause you to fail your practical. Please make sure to teach the full 60 minutes.

YOU WILL BE EVALUATED ON THE SKILLS BELOW DURING YOUR FINAL PRACTICAL:

- Demonstration
- Observation
- Assisting/adjusting/correcting
- Centering
- Warm-up
- Escalation
- Resolution
- Restorative
- Use of anatomical terms
- Direction of movement
- Action
- Resistance
- Safe Practices

The following will be assessed on a scale of 1 to 5, where 1 = “needs work”, 2 = “fair”, 3 = “average”, 4 = “very good”, and 5 = “excellent”:

- Understanding of techniques
- Clarity of instructions
- Demonstration of skills
- Observation and appropriate corrections/assists/adjusts
- Pacing
- Control of class
- Manner of interaction with students
- Create/maintain a safe environment (physically, emotionally, etc)
- Good role model
- Good resource

All testing materials and requirement guidelines, including charts and study guides, are contained in the training manual.

To graduate, a student must complete the written Final Exam and anatomy quizzes with a cumulative grade of 75% or higher, lead a workshop, and teach a final one-hour group yoga class. The workshop must be 90-120 minutes in duration and involve yoga or a yoga-related topic or activity. The workshop should include group discussion, activity, journaling and insight into new subject matter or a break-down of skills. The final yoga class must be taught with at least one perfect Sun Salutation A & B, using verbal and non-verbal cues, assisting, demonstration, and following the Arc of a Class (centering, warm-up, escalation, balance, stretching, relaxation, etc.)

The grading scale for the Final Exam and Anatomy Quizzes:

Excellent: 93-100% = A

Very Good: 85-92% = B

Satisfactory: 75-84% = C

Unsatisfactory: >75% = F

Students will be notified of their grades within one day of completing the testing materials. Students unable to complete the final exam and quizzes with a passing grade will have the opportunity to re-take the exam/quizzes up to two times at Pura Vida Yoga at a time arranged and agreed upon by the Director and student, to occur during one of the breaks on the remaining training days. If time outside of training needs to be arranged, a fee of \$50 per hour will be incurred. Re-takes must be completed within 30 days of completion of training. Grade results from re-takes will be provided the same day.

Student Records

Student records will be kept for a period of at least 6 years. Completion certificates will be kept indefinitely. Records are accessible by appointment only with the Director. Records will be locked and remain confidential. Students may obtain transcripts by sending \$10.00 (via check made out to: Pura Vida Yoga LLC) with a request in writing. Records are private and can be accessed only by the teacher trainee or Pura Vida Yoga staff/faculty.

PROBATION, DISMISSAL AND READMITTANCE

Students who have an average grade below C or 75% after completion of the final exam and anatomy quizzes will be considered to be on academic probation. The Director will notify the student of his/her grade and probation status via verbal notification and written documentation in email. Student may re-take the test and/or quizzes up to 2 times at Pura Vida Yoga, at a time arranged and agreed upon by the Director and student, to obtain a passing grade to be lifted from probation. Re-takes must be completed prior to completion of training. Grade results from re-takes will be provided the same day. Students on academic probation who fail to pass the exam and quizzes three times total will not receive a certificate of completion.

Students who engage in inappropriate or unsafe conduct in the manner described in the **Student Code of Conduct** section are subject to warning and/or program dismissal.

Appeals Process & Conditions

Any student who is dismissed may not reapply for one year. Fees apply to reapplications. To reapply, contact the program director: Crystal M Hill (puravidacrystal@hotmail.com) for an application.

If student is dismissed or withdraws AFTER 60% of the training is complete, NO refund will be due as per the Wisconsin EAB refund policy.

CONDUCT & ETHICS

Pura Vida Code of Conduct

At Pura Vida Yoga, we support the Yoga Alliance Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitation, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas (see p.11)
8. Follow all local government and national laws that pertain to my yoga teaching and business.

Student Code of Conduct

Students are expected to behave in a professional manner. Standard of conduct policies include, but are not limited to:

1. No sexual harassment of any type or form will be allowed.
2. No substance use or smoking during school hours will be accepted.
3. No breach of confidentiality will be tolerated.
4. No bullying, targeting, verbal or written abuse or exclusion of fellow teacher training students, of any kind, will be tolerated. This includes in person interactions as well as comments made in social media & emails (private or public.)

Our school has a ZERO-TOLERANCE policy with regards to misconduct in any of the categories above. The Director will notify the student of any offenses with the standards of conduct via verbal notification and written documentation in email. Failure to comply may result in the following ramifications:

1. Conduct warning at 1st offense
2. Program dismissal at 2nd offense

Appeals Process & Conditions

Any student who is dismissed may not reapply for one year. To reapply, contact the program director: Crystal M Hill (puravidacrystal@hotmail.com) for an application. Fees apply to reapplications. ***If student is dismissed or withdraws AFTER 60% of the training is complete, NO refund will be due as per the Wisconsin EAB refund policy.***

Ethics

The Pura Vida Yoga culture is an environment that is all-encompassing and welcome to everyone. We feel strongly about celebrating each individual's uniqueness and talents, and providing a safe environment for learning, sharing and growth that provides the utmost respect for each person we come into contact with in our lives.

We encourage exploration of multiple styles of yoga and encourage the continued education of our staff and students in their yoga journey. Our staff is committed to being positive and driven, and strives to give their all to assist our students and fellow yogis find their best selves.

ATTENDANCE, ABSENCES AND TARDINESS

Attendance

One hundred percent of attendance is required. Attendance will be taken daily at the start of training and after any breaks. Any missed hours must be made up before graduation or by special arrangement at a future training. If the instructor must spend extra time (outside of a regularly scheduled training) with student for make-up hours, the student will be assessed a \$50.00 per hour fee due at time of make-up. Students who fail to keep make-up times and/or who fail to pay the fee will be dismissed via written notification. Attendance records will be maintained electronically by the Director.

Absences - Leaves of absence are not permitted.

Tardiness

All classes will start on time and students are expected to be present and ready to participate at the appointed starting time. Students who arrive after training has begun for the day, or arrive after training has resumed from breaks, will be considered tardy unless given prior approval from the Director for late arrival. Tardiness of more than 10 minutes late for a session will result in a one-hour deduction from his/her total contact hours. For each hour of class missed, a make-up hour must be scheduled with the Director. If the instructor must spend extra time (outside of a regularly scheduled training) with student for make-up hours, the student will be assessed a \$50.00 per hour fee due at time of make-up. Students who fail to keep make-up times and/or who fail to pay the fee will be dismissed via written notification.

Cancellation of classes due to weather may occur. Pura Vida Yoga will make every effort to contact each student in the event of cancellations; however, it is the student's responsibility to call the school to find out if class has been cancelled. Additional Saturdays, or weekends would be added near the end of the program if cancellation was necessary.

Program Withdrawl

In the event a student must discontinue training due to mitigating circumstances outside of the student's control, the refund policy will be applied to any unused tuition.

Students who fail to attend a weekend intensive without communication will be withdrawn and the EAB Refund Policy will be applied.

STUDENT CONCERNS & CONFLICT RESOLUTION

Concerns, conflicts or complaints about the program, about another student, or any other issue, may be presented to the program Director – in writing - for discussion and resolution. Within 5 days, the Director will provide written documentation of the resolution reached or the status of the situation, to be signed and dated by both the Director and the student who presented the concern. If resolution cannot be reached, students may contact the Wisconsin Educational Approval Board for further assistance at (608) 266-1996, or at www.eab.wisconsin.gov or:

Wisconsin Educational Approval Board
201 West Washington Avenue, 3rd Floor
Madison, WI 53703

CANCELLATION & REFUND POLICY

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

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

Refund 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>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	no refund

As part of this policy, the school may retain a one-time application fee of no more than \$100. Pura Vida Yoga will make every effort to refund the prepaid amounts for books, supplies, and other charges. A student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro rata amount.

A written notice of withdrawal is not required.

SYLLABUS

Techniques (approx. 100 hours)

Description – through active discussion, demonstration, using the training manual and “Journey Into Power” by Baron Baptiste, trainees will learn:

- A breakdown of Asanas (set-up, correct posture, alignment, risk factors, Drishi, spiritual focus for each pose)
- Pose options/modifications (to increase or decrease intensity or provide accessibility to a pose for those with physical limitation)
- Hands-on assists. Example: hands on back body or hips and press down to increase release/stretch through hips and create length through spine. This is not necessarily to correct form, but to help their participants get more out of each pose.
- Pranayama techniques– discussion for how/why they are used (cooling, heating, relaxation, etc) and practice of the techniques.
- Arc of a yoga class – understanding and being able to teach the flow of class: Integration, Centering, Warm-up to Escalation (yang), Balance, Backbends/Abs/hips (yin), Resolution, Savasana
- Practice teaching – with the training group and in a formal class setting. This includes team teaching and solo teaching portions in a live class and also in partner teaching exercises. Also, includes practice teaching a full 60 minute class.

Teaching Methodology (approx. 35 hours)

Description – Includes use of demonstration (trainees demonstrate the poses themselves and how to use other students to demo a pose in class), observation (of yoga classes and others teaching & assisting to: become more aware of seeing bodies, reading body language, identifying how cues sound and the reactions they cause, etc), assisting (showing/explaining the breakdown of common assists and use of props for poses to enhance the pose, find greater intensity and/or find more ease in the pose), verbal & non-verbal instruction (cues), and discussion of different teaching styles (teaching on mat vs off the mat, teaching power vs yin, etc.)

Discussion of teaching styles to include a basic understanding of other types of yoga styles (Baptiste, Iyengar, Ashtanga, Power, etc - with focus on Power Vinyasa) and discussion on how to teach to different demographics/populations including the following: group classes, private sessions (one-on-one,) children’s classes, prenatal, special populations, and workshops.

Anatomy & Physiology (approx. 20 hours)

Description – Through live discussion and using the training manual, creating awareness of, and testing on:

- Physical anatomy of bones and muscles
- Physiology of the nervous system, organs, etc
- Chakras: 1-7 (earth, water, fire, air, sound, light, thought) and explanation of how each center correlates to major nerve ganglia sourced from the spinal column. Discussion on the colors, mudras, pranayama, meditation, vowel sounds, and bandhas associated with each chakra.
- Exploration of the nadis: what they are, how they constitute the subtle vital force (prana) and the history of when they appeared starting with the Upanishads in the 7th-8th century b.c.e.)

- Exploration of mudras: names, importance, postures

Yoga Philosophy & Lifestyle (approx. 30 hours)

Description - Exploration of the Yoga Sutras and Bhagavad Gita through reading, discussions and answering questions about text content. Suggested text for Yoga Sutras is *The Essential Yoga Sutra – Ancient Wisdom for Your Yoga* by Geshe Michael Roach and Christie McNally, but any Yoga Sutras translation is sufficient. Discussion and testing will focus on the four chapters of the sutras: 1. Concentration (Samadhi Pada), 2. Practice (Sadhana Pada), 3. Progressing (Vibhuti Pada), 4. Liberation (Kaivalya Pada).

Education on the science of Ayurveda and Ayurvedic types/doshas based on the five elements: Vata – air & space, Pitta – fire & water, and Kapha – earth & water through discussion and using the training manual. For each dosha, education will be provided for each dosha on: the characteristics of each, signs when rebalancing is needed, dietary recommendations, and food choices.

Education on the use of essential oils for aromatherapy and use in yoga classes and private yoga sessions. Discussion will cover the benefits of essential oils, methods of use, and ways to incorporate oils into a yoga class or workshop setting.

Discussion of Yoga Life Coaching: what it is, why it's important, how to add it as an offering to your students, and explore it's potential as another stream of income for your yoga business.

Discussion and use of training manual on the background of yoga – how it is a living and oral tradition that began and evolved, including education on the eight limbs of yoga:

1. Yama (restraints)
2. Niyama (observances)
3. Asana (postures)
4. Pranayama (life force)
5. Pratyahara (sense withdrawal)
6. Dharana (concentration)
7. Dhyana (meditation)
8. Samadhi (contemplation)

Practicum (approx. 15 hours)

Description – Includes practice teaching, observing and assisting in class. In addition, trainees will receive and provide feedback to each other. Trainees will practice teach each other and teach in live yoga classes DAILY at Pura Vida Yoga as practice for their future teaching endeavors and for their final practicum.

Trainees will teach a full 60-min power, vinyasa yoga class as final demonstration of their learning and skills to a live class of participants. Trainees will be evaluated on: Demonstration, Observation, Assisting/adjusting/correcting, Centering, Warm-up, Escalation, Resolution, Restorative, Use of anatomical terms, Direction of movement, Action, Resistance and Safe Practices. They will also be assessed on a scale of 1 to 5, where 1 = “needs work”, 2 = “fair”, 3 = “average”, 4 = “very good”, and 5 = “excellent” for the following: Understanding of techniques, Clarity of instructions, Demonstration of skills, Observation and appropriate corrections/assists/adjusts, Pacing, Control of class, Manner of interaction with students, Create/maintain a safe environment (physically, emotionally, etc), Good role model, Good resource.

Final test

Trainees will complete a written exam covering all aspects mentioned in the syllabus. Trainees must obtain a 75% or higher grade on the exam to pass.

Direct Contact Hours (180 hours)

Direct contact hours are with the Director and Lead Instructor, Crystal M Hill – E-RYT 200-Hour.

Non-Contact Hours (20 hours)

Non-contact hours includes home-study, reading, review, practice teaching to other students in the teacher training program (outside of scheduled training hours) and asana practice.

EMPLOYMENT SERVICES

Current estimations hold that over 36 million Americans are practicing yoga today (source: <https://www.yogaalliance.org/2016YogaInAmericaStudy>) The demand for certified, well-trained yoga teachers has grown exponentially. While Pura Vida Yoga does not offer job placement services, and cannot guarantee employment after program completion, Pura Vida Yoga will make all reasonable attempts to notify program graduates of continuing education and teaching opportunities.



200 HOUR YOGA TEACHER TRAINING AGREEMENT & APPLICATION

Name _____
First Last

Address _____

City _____ State _____ Zip Code _____

Mobile Phone _____ Work Phone _____

Email _____ (Important!)
May we send you email notices about events, specials, and more? ☐ Yes ☐ No

Birthdate: ____/____/____

Limitations, Injuries, Surgeries: _____

Emergency Contact (Name/Relation) _____
Phone/Email: _____

Program Fees

Total payment is due prior to the start of teacher training. This includes \$100 due at the time of application which will be included as part of tuition.

A discount of \$500 will be deducted from the program fees if the total is paid 30+ days prior to the first day of training.

Program fees: \$3500

Please respond to the following:

1. How did you hear about this training? (online, friend, newsletter, etc...please be specific)
2. Please describe your personal yoga practice. Do you practice at home, in studio, both? How long have you been practicing? How often do you practice? What styles? Who have been your most influential teachers and why?
3. Have you completed any previous yoga teacher training? If so, please list the school and instructor name, location, and date of completion. If you are currently teaching, please list where and what style you teach.
4. Why do you want to become a yoga teacher?
5. What attracted you to this training program?
6. What do you expect to gain from this training?
7. How will you pay for this program?
8. Do you have any limitations physically or mentally that may affect your ability to teach? If so, please describe any special needs you might have for the training.
9. What else do you like to do? (hobbies, interests, sports, etc.)

Along with this application, please submit a head shot and your current biography or resume.

If your written application is approved, you will be contacted to set up an interview with the program Director as the next step in the application process.

In signing below, I agree that:

- Along with this application, I am submitting a \$100 application fee. (*Application fees are fully refundable if you are not accepted into the training program.)
- I understand that full payment must be made prior to the start of teacher training.
- Upon acceptance into the teacher training program, I will read the training manual in its entirety prior to the training.
- Submission of this application does not guarantee I will be accepted into the training program.

PRINTED NAME OF PARTICIPANT

SIGNATURE OF PARTICIPANT

DATE



TRAINING AGREEMENT & RELEASE OF LIABILITY

*To be completed upon acceptance into the
200 Hour Yoga Teacher Training Program*

In signing below, I agree that:

- It is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Classes, Health Programs or Workshops. I knowingly, voluntarily and expressly waive any claim I may have against **Crystal M Hill and Pura Vida Yoga, LLC** for injury or damages that I may sustain as a result of participating in the program.
- I grant permission to **Pura Vida Yoga, LLC** to use any images of me in photographs or video taken during Yoga Classes, Health Programs, Teacher Trainings or Workshops to be used for web design, advertisements, or other promotions for **Pura Vida Yoga, LLC**.
- I agree that Pura Vida Yoga, LLC is in no way responsible for the safe keeping of my personal belongings while I attend class and/or training.
- I have read the catalog in its entirety.
- I agree to follow the code of conduct and ethics as outlined in the training manual.

I have read the Pura Vida Yoga 200-hour school catalog and release of liability. **I agree to, and fully understand, the contents of the catalog and release of liability.**

PRINTED NAME OF PARTICIPANT

SIGNATURE OF PARTICIPANT

DATE