



5 Koshas
yoga and wellness



Photography by Darrell Martin Photography, Olivia Heitz, Mary Hilliker

River Flow Yoga, LLC, is a Yoga Alliance Registered Yoga School (RYS 200) and is approved by the Wisconsin Educational Approval Board to offer yoga teacher training.



240 Hour River Flow Yoga Teacher Training Program

May 2018 – May 2019

at 5 Koshas Yoga & Wellness in Wausau, Wisconsin

240 HOUR RIVER FLOW YOGA TEACHER TRAINING PROGRAM MAY 2018 – MAY 2019

Mission Statement:

The mission of the 240 hour Yoga Teacher Training Program is to prepare students to deepen their own personal practice and study of yoga *and* to teach general wellness yoga to a diversity of individuals and groups of students. Our philosophy is to keep the time-honored and authentic tradition of yoga alive and relevant for the modern context.

Our Approach to Yoga:

Our approach to Yoga adapts the tools and techniques of yoga to the individual and group. We transmit teachings consistent with the lineage of Viniyoga™, as transmitted to us by Gary Kraftsow of the American Viniyoga Institute. Gary's teacher was TKV Desikachar, the son of "the father of modern yoga," T Krishnamacharya.

Distinguishing features of this approach include:

- breath-centered movement
- use of repetition and stay in postures (asana)
- functional benefit of the posture (asana) over an exact form
- safe and intentional sequencing of practices
- adaptation of yoga tools and techniques for the practitioner and group.

The trademark for the term, Viniyoga™ is the property of Gary Kraftsow and the American Viniyoga Institute.

What Students Can Expect to Gain:

Students who complete the training program will be able to:

- Develop and deepen personal practice appropriate to their interests, needs and unique condition
- Understand an introductory level of terms and definitions of Yoga
- Understand a basic level of yoga anatomy specific to foundational asanas and physiology specific to asana, pranayama and guided relaxation.

CALENDAR

May 4 – 6, 2018

June 8 – 10, 2018

July 13 – 15, 2018

Aug 10-12, 2018

Sept 7-9, 2018

Sept 28-30, 2018

Nov 2-4, 2018

Jan 4 – 6, 2019

Winter Break:

Home-study, Final project, Webinars, Mentoring

April 26 – 28, 2019

May 17 – 19, 2019

SCHEDULE

Fridays

5:30 - 8:30 pm

Saturdays

8:00 – 9:30 am

10:00 am – 1:00 pm

2:00 pm – 5:00 pm

Sundays

8:00 – 9:30 am

10:00 am – 1:00 pm

1:30 – 4:30 pm

- Demonstrate how to teach breath-centered movement, the biomechanics of asana, and adaptation of foundational postures used in group classes and individual sessions.
- Understand and teach breath adaptation in asana to create specific effects
- Teach simple breath awareness and introductory pranayama techniques
- Understand and chant select sutra-s from Chapters 1, 2 and 3 of the Yoga Sutra-s of Patanjali and learn several Vedic chants
- Create and teach sequences for specific intentions, including practice for different times of the day (e.g. sunrise yoga), interests (e.g. yoga for bikers, Vinyasa flow, gentle), age (e.g. yoga for seniors), gender (e.g. Men's yoga), and intended outcomes (e.g. focus and alertness for test-taking, stress reduction for office workers, prepare for meditation)
- Demonstrate teaching methodology appropriate to the student(s)
- Understand key principles about teaching yoga throughout the lifecycle, including special populations like children, pregnant women, workers, and seniors.
- Teach at least 5 hours total during the course of the training through experiential sessions and a final teaching demonstration.
- Meet the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT-200)

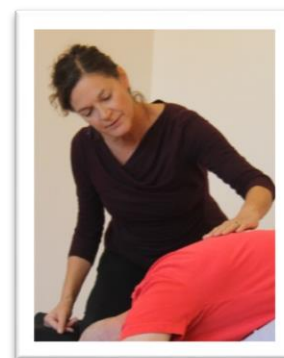
Your Instructor/Lead Teacher:

Mary Hilliker, RDN, E-RYT 500, C-IAYT has been a student of yoga for over 26 years and a teacher for 18 years. She has over 4200 hours of teaching experience.

Mentoring and teaching practitioners and teachers in the yoga tradition is a passion for Mary. Working in administrative and faculty roles for the American Viniyoga Institute over the past 8 years, Mary co-taught the 200 hr. Viniyoga Wellness Instructor Training Program in 2012 in Warrenville, IL and was lead teacher for the program in Wausau, WI in 2014-15 and 2016-17. She has been faculty with the Viniyoga Therapist Training for 2012, 2014 and is Curriculum Coordinator for the 2016 program. She coordinated the 2009 Foundation for Yoga Therapy Training. One of her most interesting projects with the American Viniyoga Institute has been coordinating a strategic alliance with Aetna, Inc. to pilot and evaluate the *Viniyoga Stress Reduction Program™*.

Mary credits her teachers and their training programs for her development personally and professionally: a 200 hour hatha yoga teacher training with Elizabeth (Chandler) Patric, and 500 hour Viniyoga Teacher Training (2006) and Viniyoga Therapist Training (2009) with Gary Kraftsow. She continues to study annually with Gary Kraftsow.

Mary owns and operates River Flow Yoga, LLC in Wausau, WI, a yoga teacher training school approved by the WI Educational Approval Board. She is also a partner in 5 Koshas Yoga & Wellness, a yoga and wellness studio in Wausau, WI, where she provides individualized Yoga Therapy and teaches general, senior and therapeutic classes, workshops and retreats. She has a special interest in helping each student reach their full potential even in the face of challenging health conditions or life-changing situations.



A 30+ year career in public health nutrition and wellness influences Mary's work and her ability to build bridges with traditional and complementary health care providers, senior services, schools and employers. Her practical approach and ability to think of people in a multi-dimensional way helps her make yoga accessible for a variety of individuals, groups and community settings.

Additional Trainers:

Select integration practices and lectures will be taught by Andrew Beaumont, MD, PhD, RYT 200, Steve White, E-RYT 200, RYT-500, C-IAYT, Heather Van Dalfsen, MEd, E-RYT 500, Renee Peterson, RYT 200, Prenatal Yoga Teacher, Pauline Zweck, RYT-200, Bill Miller, RYT-200 and teachers who are experienced yoga teachers, trained in this lineage, and registered with Yoga Alliance. Jay Coldwell, RYT-200 will lead Vedic and sutra chanting.

Location, Facilities, Amenities:



The facility is conveniently located just off of I-39, allowing convenient access from a variety of commuter locations. The facility is handicapped accessible.

Yoga blocks, cushions, and blankets are provided. Please bring your own yoga mat. Chairs and bolsters are available for lectures and practices.

Coffee, tea and filtered water will be provided. There will be access to a refrigerator and microwave. Indoor and outdoor spaces are available for meals. The studio is located near Marathon Park which has excellent walking trails for noontime strolls.

There are a variety of restaurants and lodging facilities nearby. Very reasonably priced lodging options nearby include: Days Inn & Suites, Best Western Midway Hotel, Howard Johnson Inn and Conference Center, and Stoney Creek Inn. Moderately priced lodging includes: Hampton Inn, Marriott Courtyard, and Jefferson Inn.

Wausau, Wisconsin is a beautiful old river city with all of the modern conveniences you need if you are traveling from out of town for the weekend.

Our training facility, 5 Koshas Yoga & Wellness, is located at 2200 Sherman Street in Wausau, Wisconsin.



Program Description:

The 240 hour Yoga Teacher Training Program meets and exceeds the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT-200).

Techniques Training/Practice – 105 hours

Includes: biomechanics of asana, Vinyasa flow, beginning level pranayama, chanting, an introduction to meditation teachings, and integrated practices. Techniques will be transmitted through a combination of didactic, experiential exercises and home-study.

Teaching Methodology – 46.5 hours

Includes: an overview of teaching methodology, sequencing, adaptation, teaching styles, qualities of a teacher, teaching a posture, sequence of postures, a group class, simple breath practices, guided relaxation and savasana, and teaching individuals at different stages of life. Emphasis will be placed on the use of language, demonstration, and touch in transmitting techniques as well as observation skills and use of props. Lecture, experiential learning and home-study will be used.

Anatomy and Physiology – 20 hours

Includes: functional anatomy and an introduction to physiology specific to teaching general wellness yoga, including precautions and safety. Didactic lecture, home-study and experiential learning will be used.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 30 hours

Includes: an introduction to yoga philosophy, including the Yoga Sutras of Patanjali, emphasis on personal practice, and ethical principles of teaching and business. Lecture, chanting, personal practice and home-study will be used.

Practicum – 38.5 hours

Includes: practice teaching, receiving feedback, observing others teaching, and hearing and giving feedback.

Direct Contact Hours Total - 180 hours

The direct contact hours are mainly with the primary and lead instructor, Mary Hilliker, RD, E-RYT 500, CYT. Select integration practices and lectures will be taught by Andrew Beaumont, MD, PhD, RYT 200, Heather Van Dalfsen, E-RYT 500, and teachers who are experienced yoga teachers, trained in this lineage, and registered with Yoga Alliance.

Non-Contact Hours – 60 hours

Includes home-study assignments, home-study review and development, refinement and teaching of a 6-week yoga class series. This will also include mentoring via phone or in person, web conferencing for special interest topics, home-study assignments and the development and teaching of the final project.

TOTAL HOURS – 240 hours

Sample Weekend Format:

Friday	Session
5:30p – 8:30p	Lecture & Practice
Saturday	
8:00a – 9:30p	Integration Practice & Discussion
10:00a – 1:00p	Lecture & Practice
2:00p – 5:00p	Lecture – Techniques – Experiential Activities or Practice
Sunday	
8:00a – 9:30a	Integration Practice & Discussion
10:00a – 1:00p	Lecture & Practice
1:30p – 4:30p	Lecture – Techniques – Experiential Activities or Practice

Major Content Areas by Weekend:

Date	Content*
May 4 – 6, 2018	Intro to Yoga; Asana Principles; Biomechanics of Asana; Forward Bends; EmBODY session
June 8 - 10, 2018	Backbends; Twists; Laterals; EmBODY sessions
July 13 – 15, 2018	Axial Extension; Leg Balances; Inversions; Sequencing; EmBODY sessions
Aug 10 – 12, 2018	Sequencing; Adaptation; The Life Stage Approach to Yoga
Sept 7 – 9, 2018	Intro to Teaching Methodology; Using Props; Adaptation for Special Populations; Teaching Savasana & Guided Relaxation;
Sept 28 – 30, 2018	Vinyasa Flow; Teaching Groups; Designing a Class Series
Nov 2 – 4, 2018	Yoga Sutra Study; Intro to Meditation; Refining Teaching Skills
January 4 – 6, 2019	Intro to Human Energetics; Breath Adaptation in Asana; Introduction to Pranayama Ratio; Sequencing for Energetics & Pranayama; Refining Teaching Skills
Winter Break	Mentoring, Home Study Review, Developing & Teaching Final Project, Special Topic Webinars
April 26-28, 2019	Introduction to the <i>Cakra</i> Model; Adapting for Common Conditions; Final Project Presentations; Teaching Practicum
May 17 – 19, 2019	Yoga Ethical Principles; Business, Professionalism & Professional Development; Final Project Presentations; Teaching Practicum; Graduation

*Chanting is included in almost all of the weekends. You will be informed of any content changes or weekend program format changes one month in advance.

*We will hold as much of the weekend session as possible if we have inclement weather. Any make-up time needed because of inclement weather will be scheduled by consensus of the faculty & participants. No late fees apply to sessions re-scheduled due to weather.

How the Program Works & How We Will Assess Your Progress

Scheduled Weekends

Each scheduled weekend will include a combination of lectures, integration practices and experiential exercises in key content areas. In addition, each weekend will include chanting the Yoga Sutra-s of Patanjali and Vedic chants consistent with this lineage. Attendance at each scheduled weekend is mandatory since the curriculum, integration work, and progression of the training are carefully sequenced to maximize learning and retention. Participation in each session is a pre-requisite for attending the next session.

If you have an extenuating circumstance that results in missed hours, you will be required to make up direct contact hours with the lead instructor or a designee at additional expense (\$50/hour) in advance of the next scheduled weekend. If you anticipate missing an entire weekend, please talk with Mary Hilliker in advance of applying for or enrolling in the program.

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.

Webinars

Two webinars will be provided and scheduled by group consensus. Recordings will be made available.

Personal Practice

Our expectation is that you will have a *regular, personal yoga practice* that works for your schedule and aligns with your interests and needs. **It is your most important learning tool in this program.** You will use your personal practice as a tool to deepen your understanding of

- principles of breath and movement
- different patterns of repetition/stay in asana
- the biomechanics of the foundational yoga postures used in beginner and intermediate asana classes (or as appropriate to your condition),
- the directions of movement of the spine and leg balances
- the impact of sequencing on the intention of the practice
- intentional use of form adaptation in asana to serve your needs
- practices that impact human energetics
- breath adaptation in asana in preparation for simple pranayama in your practice.

We will ask you to make brief notes about your personal practice and your response to the practice in a journal. This is for you and is not something that you will turn in.

Home-Study

There will be home-study assignments due at the start of each weekend session that will be written assignments, class sequences, or personal practice sequences. Home-study in this training:

- Helps you integrate what you read, learn and practice in the scheduled weekends
- Sharpens your focus in your personal practice
- Prepares you for more refinement and advanced study in specific content areas
- Provides the lead instructor with an assessment of 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”. Students will be given 2 additional opportunities in a 2 month period to convert “More Refinement Needed” into “Pass”.

A schedule for home-study assignments will be provided 2 weeks in advance of the start of the program. You will need to complete home-study on the following topics:

- Repetition/Stay Patterns – Practice and Writing Assignment
- What is Viniyoga™? – Essay
- Personal Practice of Directions of Movement & Leg Balances – Sequence Development, Practice and Writing Assignment
- Personal or Class Sequences – 3 different core poses/directions of movement
- Biomechanics of Asana Worksheets/Take-Home Applied Yoga Anatomy Test
- Personal Practice or Class Sequence on Adaptation
- Final Project Concept & Outline
- Final Project 1st Draft of 6 Sequences (will be scheduled over the Winter Break)
- Final Project Summary (Including final sequences) & Presentation
- Yoga Sutra-s of Patanjali Writing Assignment
- Human Energetics – Sequence Development, Practice and Writing Assignment
- Teaching Methodology Writing Assignment

Biomechanics of Asana Worksheets/Applied Yoga Anatomy Take-Home Test

If you don't have formal training in anatomy, your understanding of anatomy will unfold over time through study and teaching. It's important for a beginning level yoga teacher to understand basic terms used in anatomy, the major muscles and skeletal structure involved in basic yoga postures and how to systematically prepare the body for core or goal postures. You will be given a take-home anatomy test in the form of 6 asana worksheets to assess your understanding. (Pass = 75% correct or higher/More Refinement Needed <75% correct) Students will be given 2 additional opportunities in a 2 month period to convert “More Refinement Needed” into “Pass”.

Suggested Readings

There will be suggested readings throughout the course to prepare for, reinforce and add additional information to what you are learning each weekend. You will not be graded on these suggested readings.

Mentoring

Over the course of the training, you will be talking with your mentor (the lead teacher or designee who is a yoga teacher registered with Yoga Alliance) by phone or Skype about personal practice, home-study assignments and the final project during three different 30-minute sessions. The purpose of mentoring is to help provide:

- Guidance about your personal practice

- Refinement for any program content that may be needed (with special attention to sequencing and adaptation)
- Mentoring on the planning, refinement and teaching of your final project
- Encouragement for your journey as a yoga practitioner and teacher.

Your mentor will contact you to schedule the telephone calls. The mentoring calls are required and are scheduled at key times in the program for assessing your understanding and integration of the teachings. If you fail to respond to the teacher's invitation to hold a call, you will still be expected to complete those mentoring calls/sessions before certification. Calls/sessions not completed during the course of the training will be considered late and be billed at \$50/hour.

Students may request additional mentoring time from the lead instructor or an assigned mentor for \$50/hour.

Presentations to Classmates and Faculty

Since teaching group classes or workshops requires skill and poise in front of a group, we will ask you to present your perspectives in discussion sessions and a summary of your final project to classmates and faculty.

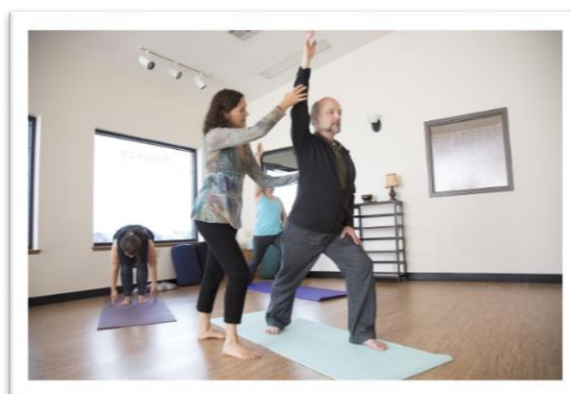
Presentations and discussions will not be graded. They are an opportunity to practice!

Teaching Demonstrations

You will begin to practice teaching after you have developed your personal practice, experienced yoga practice taught by experienced yoga teachers in this lineage, received didactic information about teaching methodology and experiential exercises to practice teaching postures and breath awareness. Your progress on teaching will be assessed (Pass/Needs More Refinement) by the following teaching demonstrations:

- Teaching a short sequence of asanas
- Conducting a group class.

You will be given at least 2 additional opportunities to satisfactorily complete teaching demonstrations if you do not pass after the first demonstration. If you are unable to satisfactorily complete teaching demonstrations after 2 attempts, a corrective action plan will be developed between you and the lead instructor. 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.



Final Project

A requirement for completion of the 240 hour River Flow Yoga Teacher Training is the development, marketing, implementation and evaluation of a final project that includes teaching yoga classes or workshops (Complete/Incomplete). The final project is an opportunity for you to deepen, refine and demonstrate your understanding of how to plan and teach a yoga class series. The final project may also help you further the direction for your own work as a yoga teacher.

This project should be completed before the final session of the training. **The final project focuses on general yoga teaching, not yoga therapy.** The project should demonstrate your ability to plan for, market, conduct and evaluate a yoga class series or workshop(s).

To guide you in the development of your final project, we have developed three possible project formats:

- 1) Series of classes (6) for a specific student population. Examples of specific populations include athletes, workers in manufacturing, elderly people, men, office workers, college students, prisoners, teens, etc.
- 2) Series of classes (6) with a specific theme. Examples of specific themes might include: intro to yoga series, directions of movement or a direction of movement such as backbending, leg balances, morning energizing, yoga for athletes, or evening de-stress.
- 3) A workshop or series of workshops (6 hours total) for a specific student population or a specific theme such as: introduction to yoga for beginners, starting a personal practice, yoga for boomers and beyond, and yoga de-stress for college students.

NOTE: If you are a health professional who plans to incorporate yoga into your existing professional practice, we can mutually decide on a project that may work in your practice that incorporates development of a concept, an outline, 6 sequences and 6 total hours of teaching.

Your mentor will discuss your project with you prior to beginning it. **You will be given a final project format for the outline, sequences, written summary and presentation.** Your mentor will help you refine your ideas about audience or theme and provide feedback on your proposed sequences/class or workshop outline(s). This will be part of the home-study assignments and will be assessed as part of your progress in the program (Pass/Needs More Refinement). Students will be given 2 additional opportunities in a 2 month period to convert "More Refinement Needed" into "Pass". Students will receive specific information about what to review to improve their understanding to develop and teach a yoga class series or workshop(s).

Please remember that the project you choose should demonstrate your understanding of the principles and practices taught in the River Flow Yoga Teacher Training program.

Your final project (final sequences plus summary) will be due at Weekend #9 so that the lead instructor has adequate time to review and provide feedback (Complete/Incomplete). You will be asked to do a brief (5-7 minute) project presentation during Weekend #9 or Weekend #10.

Tuition and Fees:

Application Fee

There is a \$100 application fee. Once you have submitted a paper application, a link will be provided to pay the application fee. Applications are due by February 1, 2018. The application fee is **non-refundable**. If you miss the deadline, please contact Mary at mary@riverflowyoga.net to see if there are an additional openings in the program.

Tuition

Early Discount Tuition is \$3200 if paid 8 weeks in advance of the start of training (March 4, 2018).

Tuition is \$3400 if paid between March 5 and April 15, 2018.

Payment plans: \$3600 total paid between May 4, 2018 and April 15, 2019. A payment of \$1200 must be made by April 15, 2018. Twelve (12) additional monthly payments of \$200.00 will be required. Payment plans are done automatically from a credit or debit cards on the 15th of each month starting May 15, 2018. All payment plans must be completed before certification is granted.

Missed Sessions

Any missed sessions must be made up with the primary instructor or a designee at \$50/hour. If you know that you will miss an entire weekend due to a prior commitment, please contact Mary in advance of signing up for the program to discuss options.

Additional Mentoring Required

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 \$50/hour.

Late Home-Study or Final Project

Students who don't complete home-study and a final project within 2 months of the completion of the training due to extenuating circumstances will be required to pay a \$75 re-entry fee to River Flow Yoga. Any home-study or final project review done after the last session will be billed (including make-up mentoring calls and phone calls for home-study feedback) at \$50/hour.

Included in the Course

240 hr River Flow Yoga Teacher Training Student Manual materials are provided in PDF format electronically one week in advance of each session. It is your option to print the materials or to store and use those materials on a laptop or tablet. We will provide guidance on how to organize a printed version of the manual.

Electronic files will use a naming convention so that you can easily organize your electronic storage.

Required Materials

Students can expect to pay approximately \$75-200 for the required materials. Included in the expected expense is the cost of printing the student manual (approximately \$60 for black ink).

1. *Yoga for Wellness* by Gary Kraftsow (available as print or e-books).
2. *Yoga for Transformation* by Gary Kraftsow (available as print or e-books).
3. *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews, 2012 edition (hard copy recommended).
4. Journal for keeping personal practice notes
5. Electronic files or printed version of the student manual (sections provided 1 week in advance of each weekend session).
6. At least one translation of the Yoga Sutra-s of Patanjali such as:

Liberating Isolation by Frans Moors (available at 5 Koshas Yoga & Wellness)

The Yoga Sutras of Patanjali by Sri S. Satchidananda

Yoga Sutras of Patanjali: With Great Respect and Love by Mukunda Stiles

The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga by Nicolai Bachman

The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy by Nicolai Bachman, spiral bound.

Inside the Yoga Sutras by Reverend Jaganath Carrera.

Highly Recommended Resources

Gary Kraftsow's DVDs:

- *Viniyoga Therapy for Low Back, Sacrum and Hips,*
- *Viniyoga Therapy for Upper Back, Neck and Shoulders,*
- *Viniyoga Therapy for Depression,*
- *Viniyoga Therapy for Anxiety.*

*These videos are a great way to review how to teach foundational yoga postures and common adaptations for those postures.

Gary also had produced 2 different e-courses through the Himalayan Institute that are really excellent:

Meditation Unlocked: <https://yogainternational.com/ecourse/meditation-unlocked>

Pranayama Unlocked: <https://yogainternational.com/ecourse/pranayama-unlocked-a-practice-based-intensive>

Additional resource suggestions will be provided in program overview given at the 1st weekend of training.

You will have an opportunity to view yoga resources from the lead teacher and guest faculty that may be helpful to you as you study and teach.

Admission Policies:

Admission Requirements

1. Applicants must be 18 years or older. Exceptions will be considered if the applicant has written permission of their parent or guardian and a letter of recommendation from a school counselor, teacher or other community leader who can attest to their ability to apply themselves in an educational or cooperative learning community environment.
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. Applicants must have a willingness to develop a regular yoga practice that is appropriate for their health, interests and needs.
4. 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.
5. Complete and submit the 240 hr River Flow Yoga Teacher Training application form which details your educational background, professional background and current employment, yoga educational background/certifications, yoga personal practice, any teaching experience, your interest and goals, and your agreement with the training requirements and ethics policy.
6. Pay the application fee (you will be sent a payment link). Once your application fee has been paid, your application will be reviewed. Mary Hilliker may request a phone call with you to clarify any application information and to discuss any of your unique learning needs.
7. Once your application is approved, you can enroll in the training program. See Tuition section for fees and deadlines.

How to Apply

1. Contact Mary Hilliker at mary@riverflowyoga.net for the application form or download from the website.
2. Complete the application form and submit electronically to mary@riverflowyoga.net.
3. Pay the \$100 application fee through the link provided.

Applications are due by February 1, 2018. Early application is encouraged because spaces in the course are filled as qualified applications are received and accepted. No more than 18 students will be accepted into the program. If the program does not have at least 6 students, the program will be cancelled and students will receive a full refund of any tuition or application fee.

Acceptance and Notification

You will be contacted within 5 working days upon receipt of your application. You will be provided a link to pay the application fee. An admissions call will be scheduled if needed once your application fee is received. You will be notified within 2 weeks of your acceptance into the program.

Completion Requirements and Policies:

Completion Requirements

- 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 (A minimum of 180 direct contact hours are required.)
- 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.*
- Development of a regular yoga practice which is integrated into a majority of the home-study assignments
- Completion of Biomechanics of Asana worksheets/take-home anatomy test on basic terms used in anatomy, major muscles and skeletal structure involved in 6 key foundational yoga postures and how to prepare the body to do these postures. (Pass = 75% correct/More Refinement Needed <75% correct). Students will be given 2 additional opportunities in a 2 month period to convert "More Refinement Needed" into "Pass".
- Plan and teach a short sequence of yoga postures and teach a yoga class to fellow classmates and faculty (Pass/Needs More Refinement). *Students will be given 2 additional opportunities within a 2 month period to pass this requirement.*
- A final project that involves planning and teaching a yoga series 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 2 additional opportunities within a 2 month period to refine their class outlines and sequences if needed.*
- Completion of 3 mentoring phone calls with the lead instructor or other assigned faculty for personal practice, home-study review and final project sequence review. (Complete/Incomplete)
- Payment of application fee, tuition and any make-up hours or additional mentoring required to meet completion requirements. (Complete/Incomplete)

Home-Study and Final Project Completion Deadline

Students who don't complete home-study and a final project within 2 months of the completion of the training as a result of extenuating circumstances will be required to pay a \$75 re-entry fee to the River Flow Yoga. Any home-study or final project review done after the last session will be billed (including phone call feedback time) at \$50/hour.

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, the River Flow Yoga Teacher Training School will issue a certificate that can be used to apply for registration with Yoga Alliance. River Flow Yoga Teacher Training School will also notify Yoga Alliance of students who have completed their training requirements.

The River Flow Yoga Teacher Training School is a Registered Yoga School with Yoga Alliance with an approved 240 hour yoga teacher training program. **Any fees associated with applying for registration with Yoga Alliance are the responsibility of the student.**

What River Flow Yoga, LLC Will Do for You Upon Completion

- Provide a certificate of completion of the training program requirements
- Notify Yoga Alliance of students who have completed all program requirements.
- Keep you informed about continuing education opportunities for yoga teachers.

Employment Services

River Flow Yoga, LLC does not offer job placement services. We will help you progress in your knowledge of and ability to teach 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

River Flow 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 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.
- 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 \$50/hour.
- Please see **Probation, Dismissal and Re-Admittance** policy for how un-excused absences are handled.

Audit

- Some students may not pursue certification or registration as a teacher but are interested in deepening their personal practice and study of yoga. Please talk with Mary Hilliker 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 mitigating 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. River Flow Yoga, LLC is 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 River Flow 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 River Flow Yoga, LLC indefinitely. A duplicate certificate fee may be charged. Records are private and can be accessed only by the teacher trainee or River Flow Yoga staff/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/lead instructor 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 2 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. If they

have home-study in that time that “Needs Additional Refinement”, they will have up to 2 additional opportunities within a 2 month period to convert a “Needs Additional Refinement” to “Pass”. 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. A student who is 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 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

River Flow 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, the lead instructor will request review with a Complaint Review Panel of faculty members/former students/collaborating studio staff. The contact for the Complaint Review Panel is Jay Coldwell, jay@5koshasyoga.com. If resolution cannot be made with the review panel, the student may contact the Wisconsin Educational Approval Board for assistance at 431 Charmany Drive, Suite 102 · Madison, WI 53719 Phone: (608) 266-1996 Email: eabmail@eab.wisconsin.gov or at www.eab.wisconsin.gov.

Refunds for Withdrawal or Dismissal

Per State of Wisconsin Education Approval Board policies, River Flow Yoga, LLC will use the following refund policies.

If a student wishes to use the withdrawal policy, the student will receive a full refund of all money paid if the student cancels within a 3 business day cancellation period after acceptance, minus the application fee of \$100. The student will receive the refund within 10 business days.

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

Withdrawal	Refund will be:
Prior to the start of the program	100% refund (minus the application fee)
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

Students who use the withdrawal policy will receive the refund within 10 days. A student who is dismissed from the program will receive a refund within 40 days after dismissal or notification of withdrawal.

Refresh for Sages

Alumni from past trainings may attend on some weekends to refresh their understanding, deepen their practice and teaching, and connect with sangha. Their presence enriches the learning environment and provides an opportunity for you to network with teachers who have developed their yoga teaching careers. Sages attending any weekend will be expected to prepare for the weekend.

School Information:

River Flow Yoga, LLC

Mailing Address: 661 Falling Oaks Lane, Wausau, WI 54401

River Flow Yoga, LLC Website: www.riverflowyoga.net

River Flow Yoga, LLC Phone: 715.218.7120

Email: mary@riverflowyoga.net

River Flow Yoga, LLC Owner and School Administrator: Mary Hilliker, RD, E-RYT 500, Certified Viniyoga Teacher and Yoga Therapist



River Flow Yoga Teacher Training School
Application for 240 hour River Flow Yoga Teacher Training
Wausau, WI

How to Submit Your Application: Please fill out this form and save a completed copy. E-mail the completed application to Mary Hilliker at mary@riverflowyoga.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 (position, focus of your work):

Are you interested in incorporating yoga teaching and yoga techniques into your current professional work? Yes No.

If yes, please let us know more about how you would like to incorporate yoga into your existing work.

Yoga Practice and Teaching Experience

When did you start practicing Yoga? What type of classes do you take? Do you have a home practice?

Have you participated in yoga classes, events or workshops with River Flow Yoga or 5 Koshas Yoga & Wellness? ☐ Yes ☐ No

If **Yes**, please provide more information about what you've participated in.

Yoga Educational Background for Yoga Teachers

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

If you are a yoga teacher, how long have you been teaching Yoga? What type(s) of classes do you teach? Do you work with students on a one-to-one basis?

Interest and Goals

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!

Questions: Contact Mary Hilliker at mary@riverflowyoga.net or call 715.218.7120



Student Enrollment Agreement

240 hour River Flow Yoga Teacher Training

Copyright Acknowledgement

I acknowledge that all student materials provided in this training, including print and audio, are the copyright of River Flow Yoga Teacher Training and are provided FOR MY PERSONAL USE ONLY. I acknowledge that I cannot alter or distribute in any way without written permission from Mary Hilliker or the respective guest faculty and the River Flow Yoga Teacher Training School.

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, please advise the lead instructor. Students are permitted to take photographs as long as it is not distracting to the class. A student should ask classmates if they have their permission to be in personal photographs, especially if those photographs will be used on social media sites.

Recordings are not permitted without permission from the lead instructor.

I consent to being photographed and recorded, and grant River Flow Yoga, LLC and 5 Koshas Yoga & Wellness, LLC, its assignees, employees, and agents, the unrestricted and absolute right to use the photographs or recordings by any means now known or to become known. I hereby release & discharge River Flow Yoga, LLC and 5 Koshas Yoga & Wellness, LLC, its assignees, employees, and agents any & 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. We will foster an atmosphere of respect for each other and a learning environment conducive to the development of each student. As a River Flow Yoga Teacher-in-Training, 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 judgment 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
- Avoid words or gossip or actions that may harm another student
- Adhere to the traditional yoga principles as written in the *yamas* and *niyamas* in my relationships with the other students in the training, the instructors, in my teaching and in my yoga business relationships
- Follow all local government and national laws that pertain to my yoga teaching and business

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 240 hour River Flow Yoga Teacher Training.

Liability Waiver

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Mary Hilliker of River Flow Yoga, LLC and the business and staff of 5 Koshas Yoga & Wellness, LLC.

I agree to the following:

1. Copyright Acknowledgement
2. Photo-Video-Audio Guidelines and Release
3. Yoga Teacher-in-Training Code of Ethics
4. Catalog Release
5. Liability Waiver

Print Name: _____

Signature: _____

Date: _____