



T NOLAN YOGA

LIVE YOUR TRUTH • LOVE YOUR LIFE

T Nolan School of Yoga
Yoga Life Training w/200-RYT Certification
Northwoods Immersion
Camp Jorn YMCA - Manitowish Waters, WI

T Nolan Yoga - Mission Statement

Mission Statement:

The mission of T Nolan Yoga is to spread more goodness in the world, build community, encourage each individual who chooses involvement to find great fulfillment in every aspect of their life and improve health of body, mind and spirit. Attendees will learn to share this mission with others through the spread of yoga, and be able to teach safely structured, powerful asana classes that inspire others to live a life they love.

Belief:

To begin a true impact on changing our world, I must start with "myself." If there is conflict in one's life, then there is war and we begin spreading and creating war on the planet. If we find peace, joy and love, that is what we create on this planet and the energy that spreads and has a profound impact on our entire world, without even the notion as to how powerful our energy can be.

"I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy." — Kahlil Gibran

What can you do?

If you relate to the top two paragraphs and want to contribute to this endeavor, then please join in the T Nolan School of Yoga and see how you can have an impact and help this mission to grow and affect more people. You will need to show up with an open mind and be ready to start with work on yourself. Yoga is the tool to help you find greater meaning in life and T Nolan Yoga School of Yoga will prepare you to apply to your own life and have the necessary skills to effectively share this gift with others.



Tara Nolan, Founder/Owner

Tara, ERYT-500, CYLC - Certified Yoga Life Coach, SUP Yoga Certified, writer and spiritual enthusiast, founded T Nolan Yoga in 2008, after completing her 200-RYT certification in Bali, Indonesia with Radiantly Alive Yoga Vinyasa. Tara left the US after the sudden loss of a dear friend, forfeited the battle with corporate America, leaving behind a high-level executive position in Chicago/Milwaukee, and a relationship she had struggled with, all in search of something, without having any idea what that was.

After traveling South America, SE Asia, New Zealand and Australia, she changed her plane ticket yet again, as she was drawn to a yoga teacher training back in SE Asia, in Bali. With no interest of being a yoga teacher, she followed her intuition here and wasn't sure exactly why she wanted to do this, but she did and that was all that mattered. It was nothing short of a calling.

Today, Tara leads retreats and teacher trainings around the world and has since 2008 when she returned committed to dedicating to this practice and sharing it with others. Tara is a smart, savvy business woman, with a lust for life, fun and adventure. She has learned she is a part of something larger in this world, something that truly matters and there is no going back.

Tara has studied yoga and done several teacher trainings since, finding influence from the following styles and teachers such as Jivamukti Yoga, Seane Corn, Baron Baptiste Power Yoga, Anna Forest, Deborah Williamson, Sadie Nardini, Tripsichore Yoga and many more. She will bring you a class that makes you sweat and inspires you to new levels physically and mentally, so you discover the strength you have both on and off the mat.

Guest Teachers



Victoria Fuller and Dennis Hawk

Thunderhawk Tribe

Dennis is a yoga instructor, storyteller and musician, Victoria is a yoga instructor, body-worker (Rolfer) and musician. They were drawn together by a mutual love for Bhakti Yoga/Kirtan. For over two years, Dennis and Victoria have been combining their time and talents to co-create and record music, and travel extensively throughout the upper Midwest doing Kirtan events, live music and yoga, and Yoga Teacher Trainings. They created Thunderhawk Tribe because, as they travel, they invite other musicians to join them to create a tribe of musicians and Song Carriers for events. Thunderhawk Tribe Kirtan ties elements of the Native American tradition with Sanskrit of the Vedic tradition--creating a unique world music blend of sound and story. You will find their recordings on Spotify, Apple, Amazon etc., under "Thunderhawk Tribe".



Louise Konrath

Louise became a 200-RYT certified instructor in 2012 and hasn't stopped adding knowledge in her curiosity and exploration of yoga. It is with this continued passion that she decided to embark on her formal 500 RYT training. As Louise continues to study and attend weekend advanced workshops on everything from the Sutras to alignment intensives, she shares her knowledge and yoga wisdoms with a personal passion with each student in her class. Our members love their yoga practices with her as she exudes a love for yoga in each and every class here at Equilibrium Evolution. Louise considers yoga a form of self-care and places emphasis on yoga's health benefits both physically and mentally. Besides loving to teach yoga, Louise is a docent at the Milwaukee Art Museum. She enjoys cooking meals for her family, shopping at local farmer's markets and walks through her neighborhood and along the lake. Although healthy eating has always been a priority, Louise can't resist a yummy, homemade fruit cobbler with a cup of herbal tea. Remember all is good in moderation.



Cyndi Guzman

Yoga Instructor/EMT/Intuitive Reader

Cynthia Guzmán is a certified yoga instructor, Quantum Touch Practitioner, Star Medicine Healer, Reiki Master, psychic, and chakra reader. She moved from the inner city of Chicago to Wisconsin's Northwoods ten years ago seeking balance and rejuvenation. While homeschooling her two children and guiding them on their individual journeys, she found the soulful energy of the Forest and the waters in sync with her personal energy. Currently, she serves her community as a volunteer EMT and holds the elected position as the Town Clerk.

She has studied with energy workers nationwide and practices in alignment with nature and Spirit. Her passion is bringing peace in life through gentle healing techniques. Cyndi enhances her energy work as an herbalist, essential oil aficionado, and practitioner of Bach Flower remedies. After one of her sessions, you will feel a deeper sense of peace and connection with self.

**Guest Teachers may be added or changed.*

Location, Schedule & Curriculum

The T Nolan Yoga 200-hour Immersion Yoga Life Training will be held at Camp Jörn YMCA, located at 28 Red Feather Rd., Manitowish Waters, Wisconsin 54545.

Schedule: June 8th - 24th

17-Day Immersion

Friday, June 8th 4:00pm-7:00pm Meet & Greet

Saturday, June 9th - Saturday, January 16th 8am-8pm

Sunday, June 17th 9:00am-2:00pm

Monday, June 18th - Friday, June 22nd 8am-8pm

Saturday, January 20th 8am-4pm ; 6pm-? Graduation

Sunday, June 24th 9:00am-12:00pm

Program Curriculum ~ 200-Hour Level:

- *Techniques, Training & Practice ~ 100 hours*
 - *Morning Sadhana*
 - *Daily Meditation, Chanting, Pranayama*
 - *Practice Asana & Discuss structure*
 - *Practice, learn and memorize sun salutations A & B*
 - *Structure of a class / Understanding the Arc*
 - *Posture breakdown (alignment, amplifications and modifications)*
 - *Working w/specific issues, such as injury, pregnancy, kids, elders*
 - *Pranayama (breathing disciplines)*
 - *Yoga Nidra, Yin & Restorative Yoga*
- *Teaching Methodology - 20 hours*
 - *Language (proper cuing / minimal relevant wording)*
 - *Voice / Projection*
 - *Your Style / Core Passion - teaching from the true YOU*
 - *Styles of Yoga, such as Iyengar, Bikram, Ashtanga & the evolution of Vinyasa*
 - *Sequencing / how to build a class / class themes*
 - *Peak poses: what they are and prepping the body appropriately*
 - *Adjustments for correction of alignment and enhancing postures*
- *Anatomy and Physiology ~ 20 hours*
 - *Physical and metaphysical body*
 - *Muscles and Bones, muscles used for variable postures and different body types*
 - *Chakras / Koshas / Nadis*
 - *Relating subtle energy to physical, illness and mental well-being*
 - *How to read our students physical & energetic bodies*
 - *Ayurveda, medicine and working with Doshas*
- *Philosophy/Ethics/Lifestyle ~ 20 hours*
 - *Student vs. teacher; what it means to be a good student, as well as your relationships/role with students*
 - *Yoga Sutras*
 - *8 Limbs of Yoga & application to modern life/your life*
 - *"The Work" by Byron Katie*
- *Practicum ~ 10 hours*
 - *Practice teaching, with personal and group feedback*

- Video footage of teaching
 - Teaching "on the spot"
 - Preparing your own classes
- Homework and Exams ~30 hours
 - Demonstration of Understanding take-home quizzes throughout
 - Ongoing readings including articles & handouts
 - Reading required books & submitting book reports listed under requirements
 - Determining your own dosha type
 - Writing your bio
 - Asana Final Exam
 - Written Final Exam

No Advanced Standing

- All 200 hours must be completed with T Nolan Yoga
- Experience prior to training is recommended

Yoga Life Training - Module Breakdown

Module 1: What it Means to be a Yoga Teacher

Theme: How to Let Go & Move Forward (Live with Authenticity)

How to Build a Class, Sequencing, Cueing, Principles of Vinyasa, Ethics of a Yoga Teacher

Module 2: History of Yoga

Guest Teachers: Dennis Hawk & Victoria Fuller

Theme: What You Think You Become

Mythology, Historical Timeline, 8 Limbs, Yoga Sutras, Bhagavad Gita, Language of Yoga (Sanskrit)

Module 3: Yoga Anatomy - The Physical Body

Guest Teacher: Louise Konrath

Theme: Strength & Vulnerability

Yoga Anatomy Discussion, Postural Analysis, Adjustments & Alignments, Yin & Yang

Module 4: Living Yoga: The Art of Ayurveda, Eating for Spirituality, Detox & Juicing

Theme: The Law of Attraction

Ayurveda, Juicing, Detox Your Life: Finding Transformation

Module 5: The Subtle Body

Guest Teacher: Cynthia Guzman

Theme: The Key to Love, Power & Transformation

Chakras, Koshas & Nadis

Module 6: Seeing Your World from a New Perspective

Theme: Find Your Higher Purpose

The Business of Yoga, Group Teach, Test Review, Practice teach your final

Written Final Exam & Asana Final

Requirements

3 Book Reports: The reports must be 500-700 words double-spaced. Books are purchased on your own.

- “Loving What Is” by Byron Katie

Your choice on two of the following suggested readings:

- “Yoga Anatomy” by Leslie Kaminoff
- “Living Your Yoga” by Judith LaSater
- “Journey Into Power” by Baron Baptiste
- “Jivamukti” by Sharon Gannon & David Life
- “Yoga: the Spirit and Practice of Moving Into Stillness” by Eric Schiffman
- “The Heart of Yoga” by Desikachar
- “Light on Yoga” by BKS Iyengar

You are welcome to propose another book that interests you for one of your reports. It must be approved ahead of time by lead trainer, Tara Nolan.

Attendance & Tardiness

- Tardiness is not permitted. Tardiness is defined as even a minute late for the start of any class or program. This is a school of ethics in practice of what you will teach to others and is an opportunity to display integrity and commitment. Repeated unexcused tardiness (more than 3 times) will result in termination of the student’s participation. Verbal warning will be given for each tardiness and final written warning will be given after the 3rd time.
- A leave of absence is not permitted since each module is short and necessary. However if absence occurs due to the following bullet points, make-up opportunities are outlined below.

- **Illness:** If you are ill or not feeling well, you need to come to the training anyway, but will be allowed to not participate in asana or anything that compromises your health in any way. You can lay on the side of the room with a blanket and pillow, but your attendance is still required.
- **Emergency or Serious Illness:** If you must miss class due to an unavoidable circumstance you must discuss with your teacher prior to the absence and you will be required to make up the work you have missed before you receive your certification for completion. This must be completed within 6 months of program's end date. This can be done by attending a similar workshop at another location, written essay, time with Tara to review or a combination of the previous. There will be a charge for extra time with Tara, at \$40/hour.

Graduation Requirements

- Student must receive a minimum of 75% to pass written exam.
- Student must receive a minimum of 75% to pass physical exam (teaching asana class).
- You will receive take-home exams along the way considered your "Demonstration of Understanding". These exams will be given to you at the end of two weekends and will need to be turned in before the next Tuesdays' class. You will then receive your grade before the following weekend.
- If a student does not pass, there will be an option to re-take the exam up to two additional times, and/or other requirements may be given such as additional study in one particular area. There may be an individual plan with due dates if necessary.

Post Graduation / Completion of Program

- You will be emailed a certificate of completion of the 200hr program to keep and submit to Yoga Alliance.
- Once you submit your completion of the program to Yoga Alliance, T Nolan Yoga is notified and will confirm for your registration.
- T Nolan Yoga will hold your certification for a minimum of 7 years.

- You can participate in future 200-hr training programs free of charge if chosen to mentor future trainees. As each training varies and guest teachers change, this is an excellent opportunity for continuing your education and immersing yourself in the world of yoga.
- There is no guarantee for placement after training. While T Nolan Yoga does not provide employment services, we want to support you in reaching your goals, so please talk to lead trainer, Tara Nolan in group session or personally.
- If you should wish to continue a mentoring program with us to provide support after training, we provide a coaching program at a cost of \$75/session for weekly or bi-weekly calls/meetings.

Confidentiality

- Each student must agree to keep confidentiality on all that is shared by fellow students in regards to personal and emotional issues that may arise.
- T Nolan Yoga agrees to confidentiality of all personal growth unless the student agrees to a release to share with others.

Student Conduct

- There is a no tolerance policy for drugs or alcohol before or during class times.
- Students will show respect to the teacher as well as other students, without judgments or disruptions. We want to foster an environment of openness and kindness towards one another, with an open mind to learn.
- If a student shows disruptive, resistant or controversial conduct, there will first be a discussion giving them an option to leave or make the necessary changes. After another event, the student will be dismissed.
- The training will bring challenge to you, both physically and mentally, but with an open mind and trust in the process, this journey can be transforming for your entire life and future beyond teaching asana.

Dismissal from the Program

- Criminal activity associated with the training program such as theft or illegal drug use will result in immediate dismissal from the program.
- Incompletion of “Demonstration of Understanding” Exams, disruptive behavior in class or refusal to participate, unexcused absence, disrespect to other students or repeated tardiness will result in a personal verbal and written warning. The student is then on probation. If this warning occurs a second time, the result will be dismissal.
- If dismissed from the program, a refund will be given, per the refund policy.
- A student cannot be readmitted to the same program after dismissal.
- Readmittance is possible for the next training.

Student Complaints

- If a student has a complaint, there is an open door policy to discuss with the program director, Tara Nolan. This can be done in a private personal meeting or email. There is no tolerance for spreading negativity to other students.
- If student complaints are not met, the student can contact the EAB (State of WI – Educational Approval Board), 201 West Washington Ave., 3rd Floor, Madison, WI 53703, Phone: (608) 266-1996, Website: eab.state.wi.us, Email: eabmail@eab.wisconsin.gov

Tuition & Fees

- Tuition Cost: \$3500 (Includes Meals & Juicing)
- Payment Plans Available. \$100 Application Fee & \$500 deposit must be paid up front. After 4/15, add 10% to tuition cost for unpaid amount.
- Lodging Available: Private Room \$750. Shared bunk room \$375 top bunk / \$400 bottom bunk; Shared Group Cabin Bunk-style \$200 or \$25/night

Cancellation & Refunds

- Students can receive a full refund within a 3-business-day cancellation period after acceptance. Refund will be given within ten business days.
- A \$500 deposit is required to hold your place in the training.
- There is a maximum of 20 spots.
- 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:
 - At least 1 class, but less than 10% completion - 90% refund
 - At least 10%, but less than 20% completion - 80% refund
 - At least 20%, but less than 30% completion - 70% refund
 - At least 30%, but less than 40% completion - 60% refund
 - At least 40%, but less than 50% completion - 50% refund
 - At least 50%, but less than 60% completion - 40% refund
 - At least 60% completion or more, no refund is given

As part of this policy, the school will retain a one-time application fee of \$100.

Contact Information

T Nolan School of Yoga

www.tnolanyoga.com

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