



200 Hour Yoga Teacher Training Program Catalog

(this document is required reading prior to program application & acceptance)

Wild Abundant Life, LLC - Worldwide Yoga Teacher Trainings

Wild Abundant Life, LLC - Yoga School Catalog, Volume 21 (August 18, 2016)

136 Lincoln Circle, Kohler, WI 53044

www.wildabundantlife.com/200hour

info@wildabundantlife.com email / 630-291-4884 text

Please note that we have recently changed the format of our 200 Hour Yoga Teacher Training.

The 200 Hour Certification Program is now comprised of two modules:

Module 1: Engage, Expand, Emerge (8 days)

Module 2: Transformation (8 days)

These modules may be taken together, in a 16 day intensive, or separately in two different timeframes / locations.

If you have any questions, please text or call Kellie Lin at 617-435-8683 to set up an appointment to learn more.

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About Our School – Wild Abundant Life, LLC

Testimonials

"Such an amazing experience. I love Debbie's approach to teaching and life in general. What I've learned will help me deepen not only my practice but my outlook on life."

Kim Guenther, Middleton, WI

"I graduated ready to teach & full of excitement about a career in teaching yoga."

Candis Ogilvie, Chicago, IL

"The encouragement, the confidence that is instilled in us at students at Wild Abundant Life is enormous."

Lynn Mueller, Florence, WI

"Debbie Williamson is a one-of-a-kind yogi. I couldn't have crafted a better facilitator for a teacher training than her. Her CEO, Kellie, is an amazing addition to the program. Every interaction with them before and after the training was professional, and I always felt like I had the resources available to successfully complete the program. I love their sense of humor, teaching strategy, commitment and knowledge!"

Will Harris, Middleton, WI

"Far exceeded my expectations. Learned so much about the practice, anatomy, philosophy, safety, and space. The passion, professionalism, and drive of Deborah Williamson and Kellie Lin Knott is remarkable and contagious. Will definitely be taking more training with them in the future!"

Stephanie Lewis, Chicago, IL

"A solid, purposeful, thoughtful, empowering, educational, and inspiring experience." **Meredith Meyer, Chicago, IL**

"Debbie Williamson and Kellie Lin Knott provided a loving, nurturing, structured environment to grow. It was one of the best experiences I have had in my life."

Julianne Farrell, Chicago, IL

"... a life changing experience. Debbie is exceptionally knowledgeable on Everything Yoga. In addition, she provides a 360 degree approach to teaching Yoga classes, Yoga Personal Training, running your own studio, presenting workshops, offering life coaching and other creative sources of income to supplement your teaching of classes. She also brings to the table a depth of experience in the fitness world, athletic competition, corporate experience, as well as starting up multiple businesses covering a variety of services. Debbie is clearly most interested in the success of others – it is evident just hours into your 200 Hour training curriculum. I will, without hesitation, recommend training with Debbie to anyone considering this path."

Chris Reber, Montgomery, IL

Welcome from Director & Instructor, Deborah Williamson

It is my privilege to warmly welcome you to the global Wild Abundant Life Community.

I'm honored for the opportunity to assist you in fulfilling your personal and professional goals and delighted that you are exploring this 200 HR Yoga Teacher Training Certification Program as a means to make your passion your profession.

Please know that training with Wild Abundant Life is about much more than earning a certification. Don't train with me because you want a piece of paper to prove that you're good enough. In many states a certificate is not even required to begin teaching yoga!

Train with me because you are genuinely curious & deeply passionate about yoga. Train with me because you love to learn & grow. Train with me because you are fully committed and enthralled by the opportunity to change lives.

Transitioning from student to teacher is powerful & rewarding step. Consider this training not as a finite experience with an end date, but rather the beginning of a life-long relationship & mentorship. We are here to support you before, during & after training.

Successful completion of this program (180 contact hours including teaching practicum & written tests plus 120 additional homework or non-contact hours before & during program) will result in a 200 Hour Certification with Wild Abundant Life, LLC.

You will have the opportunity to register your teaching certification online with the **Yoga Alliance** for the status of RYT (registered yoga teacher), as well as create a free online Teacher Web Page via the Yoga Alliance website. I will assist you in this process.

My primary objective is to help you help others, and to assist you in creating a business that is both successful and part of changing the world. I will be here to assist you in getting started as a teacher, establishing your web presence via Yoga Alliance, opening a studio, leading retreats & workshops, building private lesson clientele, and continuing your education if you so choose.

To help facilitate your studies the following benefits are included in this 200 Hour Teacher Training program: Life-long Repeat Attendance at any 200 HR teacher training held in future at no additional charge (with the exception of specialty modules).

I look forward to working with you and getting to know you better.
May you be blessed, and may you be a blessing unto others.

-Deborah Williamson

Approval & Regulation for Wild Abundant Life, LLC Yoga School

Wild Abundant Life, LLC is a 200 Hour Yoga Teacher Training Program regulated by the **Wisconsin Educational Approval Board** & Registered as a 200 & 500 HR Yoga School with the **Yoga Alliance**. As such, we are governed by the rules, regulations & standards 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**, and operate additional Teacher Training programs in locations around the world.

School & Program Mission

We are committed to helping you broaden your knowledge of yoga while expanding your own personal yoga practice and outlook on life. We take great care to help you isolate your unique gifts and strengths while growing as a teacher and as a person.

We will maintain an environment conducive to safe & productive learning, offering all students confidentiality and support during the course of training.

We strive to provide exceptional education and resources at all times to our students prior to, during, and after every program. We hold exceedingly high standards for our instructors and students with regards to commitment to learning, continued growth, as well as respect at all times for other students & staff members

About & Qualifications for Debbie Williamson (Program Director / Lead Instructor)

Deborah Williamson (E-RYT 500, Yoga Alliance Continuing Education Provider, Creator/Founder Wild Abundant Life), is the "antidote" to Yoga Business as usual. She has over 30 years of teaching experience, 15 years of experience teaching and mentoring yoga teachers, and has taught yoga to everyone from beginning students to professional athletes (in all sports). Debbie has also collaborated with doctors and surgeons to customize yoga programs to support recovery from injury and surgery.

She believes competition doesn't exist and greatest success comes from tangible & measurable contribution to others. With a thriving donation-based yoga studio & packed international teaching schedule, Debbie's 25 plus years of experience at the forefront of major companies (from the yoga biz to Fortune 500) & long & varied career / education fuel her own unique & booming yoga enterprise.

With extensive background in business, coaching and multiple styles of Yoga (power vinyasa, yin, himalayan, restorative, thai yoga & many more), she offers fresh perspective to bodies (and hearts) in motion. As a well-loved presenter, author, social media maven and teacher of teachers, Debbie travels the globe to help yoga professionals isolate & secure their distinct niche in an ever-growing yoga marketplace.

Learn more about Debbie's degrees and accomplishments below:

Education and Honors

M.B.A. Business/Marketing
 B.A. Business/Accounting
 B.S. Exercise/Fitness/Nutrition
 Certified Chocolate Maker
 Certified Raw Chef
 IDEA
 American Council on Exercise

Yoga Alliance

Baron Baptiste Power Yoga Institute
 Center for Thai Yoga Massage
 Multiple Yoga Certifications/Trainings
 American Red Cross
 Nuprin National Fitness Championship
 Professional Athlete
 Kohler Company

Lakeshore Technical College
 Achievement Associates

CREDENTIALS

Keller Graduate School of Management
 Lakeland College
 University of Wisconsin – Oshkosh
 Ecole Chocolat
 Organic Garden Café
 Master Rated Personal Fitness Trainer
 Gold Certified Personal Trainer
 Certified Group Exercise Instructor - Step, Aqua, Insanity, Pound, Rebound)
 Registered Yoga Teacher (E-RYT500) and Business Conference Presenter
 Registered Yoga School (Approved by State of WI)
 Education Committee (2001)
 Recognized as Continuing/Advanced Education Provider
 CEO and Master Teacher and Advanced Program Leader
 Certified Basic Practitioner
 Iyengar, Jivamukti, Kriya Yoga, Power Yoga, Baptiste Yoga, etc
 Community CPR/First Aid/Sports Training Instructor
 National Fitness Champion 1992
 Former pro cards Cycling, Bodybuilding, Inline Speed Skating
 Building Customer Loyalty
 Coaching for Performance
 Kohler Executive Leadership Program
 Signature Customer Service – Wilson Learning
 C4P – Communication for Productivity
 Train the Trainer
 Quality – Price Gibson
 Merchandise Display
 Strategic Planning Process Team

What to Know Before You Apply

In many states, a 200 Hour Yoga Teacher Certification is NOT required to begin teaching yoga as a professional.

We hope that you have decided to apply to train with us because you are passionate about learning, and excited to discover more about yoga as a tool for healing, hope & contribution.

This training is largely driven by your curiosity & passion and you will reap benefits from training in direct proportion to the energy, attention & effort that you put in. We are committed to your success as a yoga teacher & will do our part to support you in any way we can.

Curriculum & Program Details

This training is about learning to teach amazing all-levels vinyasa yoga classes. You will teach every day, sometimes in small groups, and sometimes in live classes for paying students.

We will also study anatomy for yoga (physical & subtle bodies), yoga philosophy & history, pranayama, meditation, yoga nidra, one-on-one sessions, yoga as medicine and more. The program is as comprehensive as it is intense. You will receive a lot of information in a short time, and we recommend taking copious notes.

We will remind you often that There Is No One Right Way to think about or teach yoga. You may be asked to consider concepts that are different from previous learning.

This is to exercise your critical thinking skills & to expand your tool belt.

You'll become a relevant and skilled instructor for students of all levels.

We will give you tools to understand the purpose behind why different options exist so that YOU can purposefully choose what make the most sense for each of your students individually. Every class & student is different.

You will be expected to try all techniques and principles offered during training to demonstrate understanding, but when you leave, you alone will decide which tools you keep and use, and which you don't.

We will teach you:

- to teach off your mat (so you teach to your students' bodies, instead of your own)
- to move away from right & wrong (there is no one "right" way)
- learn to teach with purpose / sequence with intent
- to trust that your students are strong & capable & worthy of challenge
- to harness your body's natural movement mechanics to extend the life of your yoga practice

You will:

- teach & practice yoga daily (even on day one)
- be challenged to take healthy risks in your teaching and your life
- be asked to question what you already know and practice healthy skepticism
- be asked to consider new perspectives & knowledge / stay in beginner's mind
- be asked to complete outside homework assignments / study during training
- learn how to teach every class to the students in front of you (no auto-pilot)
- teach a full one-hour class and full one-hour workshop as part of your practicum

This program is not for everyone. We work long hours (7 am to 9 pm with appropriate breaks for lunch & dinner) and hold our students to very high standards of participation, conduct and timeliness.

At the same time, we laugh often and focus on isolating your natural gifts, strengths, intuition & creativity.

You will be challenged to break patterns and stay outside of your comfort zone, in the space where greatest learning & comprehension are possible, specifically in the context of teaching live students.

Curriculum Hours & Definitions

Overview of Hours & Learning Objectives

Students in training will be guided through standardized curricular categories as provided by the Yoga Alliance. While certain elements are required in Yoga Alliance standardized curriculum, other elements are elective and unique to the school that offers them.

| Curricular Category | Hours | Learning Objectives by Category |
|--|-------|--|
| Techniques, Training & Practice | 105 | <p>The Techniques, Training & Practice category involves a great deal of experiential learning.</p> <p>In addition to discussion and engaged evaluation of all techniques, students will physically practice each technique as a participant, as well as practice leading / teaching relevant techniques in partners and small groups.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Students will understand and practice basic vinyasa poses, set up & alignment, modifications, and benefits of all poses, as well as anatomy in motion and how differences in bodies (from bone shape & size to range of motion) will affect how poses look and feel for different students. • Students will understand and practice related yogic techniques, such as meditation, pranayama, yoga nidra, yin yoga, restorative yoga, the Tibetan 5 Rites, & kriyas. • Students will understand and practice teaching a safe and dynamic vinyasa flow yoga class for students of all levels. • Students will understand and practice working with students & clients safely in a one on one setting. • Students will understand and practice teaching the principles of powerful teaching, including sequencing, transitions, breath cues, silence and space, and connecting to students. |
| Teaching Methodology | 20 | <p>Teaching Methodology includes principles of demonstration, observation, assisting/adjusting, instruction, teaching styles, qualities of a teacher and the student's process of learning.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • To introduce what is needed for powerful, clear and |

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| | | <p>safe yoga instruction.</p> <ul style="list-style-type: none"> • To introduce and discuss differing learning styles and how to instruct to each. • To introduce effective communication skills for yoga teachers in and out of the classroom. • To give greater understanding of certain special populations (including seniors, children, athletes and those recovering from injury) who may need consideration in public classes and private settings. • To further develop understanding of safe and creative sequencing with intent so that teachers may begin to independently sequence classes to the needs of specific groups. |
| Anatomy & Physiology | 20 | <p>Anatomy and Physiology includes both physical anatomy and physiology (bodily systems, organs, etc.) and subtle body anatomy and physiology (chakras, nadis, etc.)</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Students will gain a basic understanding of the gross body (location & function of major muscles and bones) and how these facilitate movement in asana practice. • Students will learn the difference between muscular restrictions (tension) and skeletal restrictions (compression) as related to the body in motion in asana practice. • Students will be able to discern the difference between the sympathetic and parasympathetic nervous systems, and the role of the vagus nerve in physical and mental well-being. • Students will learn what chakras and nadis are and how these subtle body anatomical points from eastern science correspond and agree with western medicine. • Students will gain basic understanding of the major systems of the body, their function, and the benefits yoga may offer to each. |
| Philosophy, Lifestyle & Ethics | 20 | <p>Philosophy, Lifestyle & Ethics comprises yoga history, the ethics of teaching, the Yoga Sutras, a survey of Ayurveda, and an</p> |

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| | | <p>introduction to the business of yoga.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Students will gain an understanding of the various yogic lineages that split off into the styles most recognized in the western world. • Students will experience, discuss and practice the guidelines set forth in the Yoga Sutras, most particularly the Yamas & Niyamas. • Students will explore the ancient science of Ayurveda and understand the different doshas and recommendations for each. • Students will understand the Koshas and how they apply to the path of a student, as well as how they can be related to every day life. • Students will understand and practice Desikachar's theory of Human Being / Higher Being. • Students will understand the difference between employee / independent contractor and learn about setting up and establishing a yoga business (from owning a studio to leading retreats around the world). |
| Learning Practicum | 10 | <ul style="list-style-type: none"> • Students will demonstrate understanding in all areas of course curriculum via section quizzes, practical teaching and leadership opportunities, and a final written exam. |
| Homework | 30 | <ul style="list-style-type: none"> • Students will complete all required reading assignments, essays and quizzes from course textbooks, as well as study for final practical and written exams to further cement in class learning. |

Program Holidays & Vacations

This school operates only at designated days and times during the year and does not run on any major holidays. Updated program dates are available at www.wildabundantlife.com/teacher-training-application.

Advanced Standing / Credit Transfers

Because every teacher training program is different and has different emphasis, our school does not offer Advanced Standing or partial credit for previous study with another school or yoga style.

However, we believe your previous training provides valuable experience and we welcome students looking for new perspective and focus to apply for the Wild Abundant Life teacher training program.

Many yoga teachers obtain more than one 200 Hour Yoga Teacher Training over time. Instructor, Deborah Williamson, has five different 200 Hour trainings under her belt, and is herself always in pursuit of continued learning.

Admission Requirements

1. Be at least 18 years of age or 16 years of age with written + verbal permission from parent or guardian.
2. Hold a high school diploma or its equivalent or have special permission.
3. Submit a \$100.00 non-refundable application fee plus refundable \$495 pre-program fee (as deposit).
4. Complete application for admission. Application to the program does not guarantee acceptance. Candidates are evaluated for academic and physical ability, personal character, motivation and ability to manage time & meet tuition obligations.
5. Have practiced yoga for at least 6 months.
6. Complete admission interview after submitting application (parents take part for students under 18).
7. Payment in full prior to first date of training.
8. Students must have a Facebook account (private/secret account is ok).

Admission requirements must be completed prior to first day of class.

Notification of admission will be sent by email. If you do not receive a response, please email info@wildabundantlife.com or call or text 617-435-8683 for a status update.

Preparing for Training

Once you are accepted to teacher training, you will be sent a link to join the private training Facebook Group, **(required, but limited to training participants only)**, and a guide on how best to begin preparing for the training event. This guide will include the pre-event homework assignments, due on Day One of training. Pre-event homework assignments include:

- 300 word essay on Journey into Power by Baron Baptiste (required textbook)
- 300 word essay on Yamas & Niyamas by Deborah Adele (required textbook)
- Familiarize yourself with Sun Salutation A & B (provided in Prep Guide)
- Completion of Yoga Sutras Chapter 1 questions (provided in Prep Guide)
- Begin studying the questions and answers for the final written exam

In addition to these required but non-graded assignments, we encourage you to practice vinyasa or power yoga as often as you can prior to your training start date. This experience will only help you once we get started.

These are required assignments for training, but as long as you complete these assignments and submit them, you will receive credit for them towards completion of the course.

If you are applying close to the start of training, email kellie@wildabundantlife.com for revised due dates for your pre-event assignments.

Refund & Cancellation Policy

We offer trainings in locations all around the world. Please choose your **training location** to determine the refund & cancellation policies that apply to you.

Refund Policy: Tuition payments (excluding the \$100 application fee, which is non-refundable unless student is not accepted into training) may be returned in full if student decides not to complete the program. If student prefers to attend a later session, any payments made towards training may be moved forward as a credit for future programs.

Once training is in session, refunds will be pro-rated based on amount of time in training. Once 60% of entire 200 Hour training is complete, no refunds will be granted for any reason (including student withdrawal or dismissal).

If students are dismissed, a refund will be granted within 40 days from the date of dismissal via check.

Code of Conduct & Program Policies

Student Conduct Regulations

Students will be expected to behave in a professional manner at all times. Students are required to follow all school rules and procedures, including those outlined in the Wild Abundant Life, LLC Ethics Statement and the Yoga Alliance Code of Conduct (as supplied below).

Standards 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).

Failure to comply with the standards of conduct in this document may result in the following ramifications: Conduct warning, suspension or program dismissal.

We require all Yoga Teacher Training students to abide by the Wild Abundant Life ethics statement, mission statement and code of conduct as well as the Yoga Alliance Code of Conduct.

Wild Abundant Life, LLC Ethics Statement

We have a highly engaged team of people, who are emotionally, intellectually, and energetically committed to achieving something significant; empowering (and in some cases saving) the lives of thousands of people from our local communities and from around the globe.

In our team's eyes, our workplace culture stands for treating each other with respect and dignity, and for making everyone feel valued. In turn, our team members, at every level, give their all, which is evident by how they treat our students and program participants. We have been and continue to be committed to helping people rediscover the best in themselves.

Whether a new participant or a returning friend, we offer an experience that will positively impact peoples' lives. We love taking on new challenges that test the core of who we are, and bring out our best as people.

We understand that we are here for people as a catalyst, and not as the center of the story.

Yoga Alliance Code of Conduct (Code of Conduct)

While in training with Debbie & WAL, students are required to abide by the Yoga Alliance Code of Conduct, which is as follows:

- Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- 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.
- Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
- Respect the rights, dignity, and privacy of all students.
- Avoid words and actions that constitute sexual harassment.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

If at any point in time you feel that you are in conflict with these rules, please ask to speak with Debbie or Kellie Lin for support. Remember that violations of Code of Conduct (as indicated in your teacher training application and waiver) may result in your dismissal from the program.

Attendance & Tardiness

One hundred percent attendance is required. Any missed hours must be made up before graduation or by special arrangement at a future training. Student hours are logged by school staff during the program.

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 \$125.00 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.

Repeated Tardiness of 5 minutes or more (more than 4 events) and absences (without prior communication and review) will not be tolerated and will result in dismissal.

If student has encountered an emergency or circumstances beyond his or her control that causes Tardiness or Absence, the school will, of course offer consideration and attempt to support the student in appropriate make-up options as outlined in this catalog.

Please note: All classes will start on time and students are expected to be present and ready to participate at the appointed starting time. It is not fair to students who arrive on time daily to wait for students who are perpetually late. If you struggle with timeliness, please let us know so we can support you with solutions resulting in on time arrival and readiness.

Students are highly encouraged to notify school if they intend to withdraw from the program. Any student who fails to attend a full session without communication is assumed withdrawn and will be afforded a pro-rated refund based on their last date of attendance.

Cancellation of classes due to weather may occur. 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 a cancellation was necessary.

Leaves of Absence

Due to medical disability, a leave of absence will be granted, along with the appropriate pro-rated refund. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition.

Grading Scale & Make-up Hours

The following grades are given for work completed at Wild Abundant Life, LLC:

Excellent 93-100% = A

Very Good 85-92% = B

Satisfactory 75-84% = C

Unsatisfactory Below 75% = F

To graduate, a student must complete all requirements with a cumulative grade of 75% or above. Students who are not meeting the standards of practical experience will be notified and given opportunity to explore methods for improvement.

Grading criteria includes: class participation, exams, hands-on techniques, written and practical assignments, homework, special extra credit projects, attendance and timely completion of all assignments.

Make-up Hours:

Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the director. Make up class fees are \$125 per hour unless make-up takes place during another regularly scheduled training event.

Student Records

Student records will be kept for a period of seven years. Records are accessible to students by appointments only. The school maintains confidentiality by keeping records locked. Students may obtain transcripts by sending \$15.00 with a request in writing.

Probation, Dismissal, and Re-admittance

Students who have an average grade below C or 75%, (see grading policies, below), will be considered to be on academic probation. Student may submit an additional essay assigned by the director to be lifted from probation. Students who are on academic probation and continue to fail one more month will be dismissed from the program and offered a pro-rated refund based on the amount of time the program was attended as outlined in the cancellation policy in this catalog. Any student who is

dismissed may not reapply for one year. Following one year, students may reapply, and upon acceptance, submit tuition payments for the next term.

School reserves the right to refuse admittance to students who were dismissed if the dismissal was based on student conduct that resulted in harm to other students or staff in the program.

Students who engage in inappropriate, unsafe, disrespectful or disruptive conduct in the manner described above in the Student Conduct Regulations, are subject to warning, suspension and/or program dismissal.

If a student is dismissed prior to the completion of 60% of the full program, that student will be given a pro-rated refund based on last date of attendance. If a student is dismissed or withdraws AFTER 60% of the entire 200 Hour training is complete, no refund will be due.

Student Concerns & Conflict Resolution

If a student has questions or wishes for conference with School Director to discuss decisions, an appointment may be made.

If student wishes to appeal any decision made about continued enrollment by School Director, he/she may file a written statement with the Wisconsin Educational Approval Board:

Wisconsin Educational Approval Board, 431 Charmany Drive, Suite 102, Madison, WI 53719 or EABmail@eab.wisconsin.gov or www.eab.wisconsin.gov.

Tuition, Materials, Fees & Financial Aid

Tuition, Application & Manual Fees

Application & Manual/Pre-program Fee:

\$100.00 nonrefundable application fee due at time of application.

\$495.00 refundable manual/pre-program fee due at time of application

Pay in Full Discount \$3495 (does not include non-refundable \$100 application fee):

Payment in full 1 month prior to start of Module 1: Engage, Expand, Emerge. (Savings of \$895 off ala carte rates for Module 1 and Module 2 by purchasing both together). Includes \$3,000 for tuition and \$495 for manual/pre-program curriculum. *(If student does not complete training and is due a refund – see refund policy - \$100 application fee is non-refundable).*

Regular Tuition \$2195 per module (does not include non-refundable \$100 application fee):

200 Hour Teacher Training consists of two modules (M1: Engage, Expand, Emerge & M2: Transformation) which are sold ala carte at \$2195. Includes \$2,195 **per module** for tuition and \$495 for manual/pre-program curriculum. *(If student does not complete training and is due a refund – see refund policy - \$100 application fee is non-refundable).*

Required Textbooks & Supplies

Required Texts: (student will purchase these at own expense)

- *Journey into Power* by Baron Baptiste
- *The Yamas & Niyamas* by Deborah Adele
- *Light on the Yoga SUTRAS of Patanjali* by B.K.S. Iyengar

Recommended Materials (student will purchase these at own expense)

This item is not required, but strongly recommended as it will enhance student's experience in the training: DoTerra Family Physician Kit (for Yoga as Integrative Medicine curriculum contained within the 200 Hour teacher training). Please await further instruction on how to purchase this kit.

All other materials (including training manual & online pre-program curriculum) will be provided.

Incidental Administration Charges

All fees are payable by cash or credit card. Credit card is always preferred. **We do not accept checks.**

- Application Fee \$100 (non-refundable unless student is not accepted)
- Manual / Pre-program Fee \$495 (refundable tuition deposit)
- Transcript Request \$15
- Practical Retake \$150
- Make up Sessions \$125/hr.

Financial Aid: Scholarships, Grants & Payment Plans

Payment Plans & Discounts

We do offer highly flexible, customized payment plans for most trainings as long as you are paid in full by day one of your scheduled training. We offer significant discounts to those who can complete payment plans by one or more of the early bird discount dates.

Early Bird Discount: If you complete all payments for training 1 month prior to start date of your training, you will receive \$500 off tuition on pay only \$3495.

Payment Plan Options: Students wishing to participate in a payment plan may designate their own increments of payment and date. Students who complete a payment plan on or before 1 month prior to state date of training will pay a total of \$3495 which is our early bird rate. Students who complete a payment plan that ends after this deadline of one month out will pay a total of \$3995, our regular full price tuition rate.

With questions on payment plans & discounts, email kellie@wildabundantlife.com.

Scholarships, Grants & Other Creative Options

While we do not currently offer program scholarships for adults, we have very successfully helped some of our past students fundraise or acquire sponsors to help cover training costs. If you are looking for financial support, consider using a combination of the following options to cover all or part of your training costs:

(1) CROWD-SOURCING: Look into a crowd-sourcing option (example: www.gofundme.com) and create a campaign that clearly expresses how you will contribute to your community as a yoga teacher.

We encourage you to connect with a cause you care about (example: Boys & Girls Club) in order to volunteer your time as a teacher after your training is complete, so that friends and family who support your campaign not only help you live your dream, but have the assurance that you will pay it forward by contributing your talents and skills to make a difference for others who might benefit from yoga. *(Make sure you get permission to use this organization's name in your campaign before you mention them).*

Invite your friends, family and colleagues to contribute to your campaign via personal invites (phone, email, cards, etc). Post your campaign often on social media.

(2) COMMUNITY SPONSORS: Consider approaching any businesses or organizations that you have ties to (schools, colleges, businesses, etc) and offer them an opportunity to sponsor all or part of your training costs in exchange for your time as a teacher for their employees, students or clients for a period of time after training.

You may even be able to find a yoga studio or fitness facility willing to cover your costs in exchange for a specific time commitment of teaching. In this scenario, it's always a good idea to outline all expectations and obligations in a clearly worded contract prior to accepting any funds. It is common for the sponsoring organization to specify what you will owe should you not fulfill your entire teaching commitment.

The key to any successful sponsorship campaign? Communicate very clearly about how you will **contribute and make a difference for others** should supporters help you reach your goal.

4) NO INTEREST CREDIT CARD: Many of our students who would like to extend payments over time (beyond the date that training begins) will procure a no-interest or rewards credit card to cover tuition and materials costs. If you choose this option, you can then pay your balance off more leisurely, over time. Only investigate this option if you are confident you can meet the minimum monthly payments and pay responsibly to avoid unnecessary fees. This is an excellent way to pay for training.

5) 3RD PARTY GRANTS & SCHOLARSHIPS: Depending on your eligibility criteria, you may have access to Federal Grants to help cover training costs.

Read more here: <http://mygrantadvisor.com/is-financial-aid-for-yoga-teacher-training-a-possibility/>

6) PAYPAL CREDIT: www.paypal.com/credit - paypal offers 6 months interest free with no payments for a credit account (not credit card). You may use your paypal account to pay us only if using paypal credit. Additional fees may apply to cover the paypal fees.

Additional Funding Opportunities:

<http://healthyliving.azcentral.com/grants-yoga-training-13232.html>

<http://givebackyoga.org/projects/grant-information>

http://www.ehow.com/list_7222179_grants-yoga-teachers.html

<http://grantsguys.com/yoga-grants/>

Completing Program / Final Certification

Graduation & Certification

Paying for / attending teacher training does not guarantee a final certificate.

Students must successfully complete (and pass) all training requirements & final exams (written & practical teaching exams), in addition to attending all hours and participating fully.

All expectations will be fully reviewed and explained on day one of training, and further instruction will be given over the course of the training event to ensure comprehension & understanding.

Once all program requirements and hours are complete, you will be awarded a certification (CYT-200) from Wild Abundant Life, LLC.

Yoga Alliance Registration & Online Teacher Profile

Our yoga teacher certification is designed to fulfill the 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 professional bio and marketing copy to display on this teacher page to ensure that instructors leave training with a complete & professional beginning web presence.*

Beyond Graduation

Free Repeat Attendance & Lifetime Access to Primary Instructors

Continuing Education can prove expensive in the yoga world, and Yoga Alliance requires 30 hours of continuing education every three years. To assist our graduates, we allow free repeat attendance, which can count towards continuing education hours.

If you would like to attend all or part of any of our 200 HR trainings after you have graduated, please contact Kellie Lin Knott at kellie@wildabundantlife.com for details and next steps. Students may attend any 200 HR curriculum with the exception of Specialty Modules & Events. Ask Kellie for details.

Upon graduation, you will be given contact information for Debbie and any primary instructors so that you may continue to ask questions and get support for the rest of your life!

Employment Opportunities

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that over 22 million Americans are practicing yoga today.

While we can not guarantee employment after program completion, continuing education and employment postings will be offered as an ongoing service to all program graduates.

We're also happy to help connect you with other yogis we know around the world if you are traveling or looking for work as a teacher.

Many of our students begin teaching professionally while still engaged in teacher training with Wild Abundant Life, LLC.

How To Apply & Application Support

Applying for teacher training is easy. You will fill out our online application with all pertinent details, upload a photo & resume, and pay the non-refundable \$100 application fee + refundable \$495 Manual / Pre-program fee.

Please allow 1-3 days to hear back on the status of your application. Most students receive notification of acceptance or request for further information prior to acceptance in 48 hours or less.

If you have additional questions, please contact us directly at info@wildabundantlife.com, or via text message at 617-435-8683 to schedule an appointment to talk.

We are often leading other training groups, and text is often the best way to secure a time to connect and help you determine if our program is the best fit for your needs & interests.

We do not accept all students. We try to select and accept only the students who fully understand the rigors and joys of our program so that all who are accepted have an opportunity to succeed.

You may apply for training, at any time, at: www.wildabundantlife.com/teacher-training-application

Please make sure to indicate the dates & location you are applying for.

Commonly Asked Questions

Will I be certified after successfully completing this training?

Yes, if you complete all required program components, assignments and attend all required hours. **WILD ABUNDANT LIFE** is a Yoga Alliance Registered Yoga Teacher Training School. You will be awarded a certificate from a nationally recognized certification program, with the designation of CYT, or Certified Yoga Teacher.

At the completion of training, we will assist you in registering with the **Yoga Alliance** (international teacher registry) for the designation of RYT (registered yoga teacher). This is optional but recommended.

Can I start teaching before I complete Module 2?

Yes. You will be ready to begin teaching after completing **Module 1: Engage, Expand, Emerge**. We encourage to take time to teach as often as possible between completion of Module 1 and the start of **Module 2: Transformation**.

What if I want to take the training but don't want to be a teacher?

We have many students who come to teacher training because they want to learn more about their own yoga practice. Know that you will teach daily in the training, but beyond training, you will decide what comes next. It is perfectly acceptable to come to learn more about yourself, your life and your yoga practice.

Does this program offer employment assistance & networking support?

Yes. We are delighted to say that most of our teachers in training begin teaching well before training is complete. We keep tabs on our hundreds of graduates from around the world and connect you with other yogis that we know in your area. While we can not guarantee your successful employment at the completion of training, we will continue to share contacts, job openings & resources for teaching opportunities before, during & after training.

Many of our graduates are successful studio owners looking for teachers and interested in mentoring young teachers. We will continue to share resources & connections whenever we can, especially if you are connected with us on Facebook so that we can see what you are up to and what is most relevant to your yoga business.

What resources & continuing education are available to graduates?

Debbie offers free lifetime mentorship to all graduates (see below), as well as free repeat attendance in any 200 Hour teacher training. As the trainings continually evolve, it is very common for grads to come back for "refreshers" during trainings. You will likely meet graduates during YOUR training who are back to stay connected and contribute.

Are meals and housing included in the cost of tuition?

No. Meals and housing are your responsibility, however, we can often assist you with logistics for both. Know that you may also bring in a small cooler to the training location if you prefer to bring your own food.

What housing resources are available for out of town participants?

We do our best to work with the studios hosting Debbie to help provide you with access to low-cost or free housing during trainings. In many cases, we have locals who come forward and offer their homes to teachers-in-trainings during program weekends or the two week intensive programs. For housing availability & options, email kellie@wildabundantlife.com with the training dates you are interested in.

How many students come in from out of town to train with Debbie?

The two week intensive programs are generally 75% out-of-towners, meaning that the majority of participants fly in from another location in order to have the opportunity to train with Debbie.

If I already have my 200 Hour Certification, can I attend Module 1 or 2 anyway?

Absolutely. We have a large population of previously certified teachers who attend this program to refine teaching skills, or just to experience the trainings as a yoga retreat. Debbie herself has multiple 200 Hour Certifications in different styles. No education is wasted. If you have previously completed a training, let us know at time of application and tell us how we can mentor you into what's next. What do you wish to accomplish in your career? We will support you with customized curriculum and also coach you in leadership, if you so choose.

What will I need to bring to training?

Here is a sample packing list to use when determining what to bring. **It is highly recommended that you bring something to sit on** (meditation cushion, lawn chair, etc) as we will be on the floor for discussions.

- yoga mat, block, strap (have your name on all)
- sunglasses
- journal and pens
- raincoat / rain hat / slicker (may need for daily meditation walk)
- swimsuit / beach towel (we may need!)
- water bottle & snacks
- electrolyte powder (optional - gatorade or emergen-c, etc)
- 2 pairs of yoga clothes per day
- yoga towel (yoga rat or yogi toes are great options)
- sunscreen (we might practice outside or do some lectures in the park)
- sun hat or sun visor
- something to sit on (yoga block, small lawn chair, or meditation cushion)
- baby wipes (they come in handy when we're sweating a lot)

Additional Information About Our School

Facilities and Equipment

Wild Abundant Life Yoga School offers our programming at locations pre-approved by the state of Wisconsin.

2017 locations include: Milwaukee Power Yoga

Milwaukee Power Yoga is a medium sized yoga studio located near the lake in Milwaukee at 1924 N Farwell Ave, Milwaukee, WI 53202. The facility hosts 2 bathrooms, 3 changing rooms, a medium sized lobby and yoga studio with capacity of 40 students.

Students are expected to bring all of their own equipment to training as listed above in the what to bring list. The only equipment supplied specifically by the school is the program Teacher Training Manual.

Name of School Owner / Controlling Entity

Wild Abundant Life Yoga School is owner and operated by the Wild Abundant Life, LLC.

School Administrator

The current school administrator for all locations is Kellie Lin Knott. Should you have program questions, concerns or need support of any kind, you may reach out to Kellie directly at 617-435-8683.

Program Dates

All program dates are listed on our website at www.wildabundantlife.com/teacher-training-application. The school does not operate all year round, but instead operates only at specific times during the training.