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| **The Yoga Hohm 200 Hour Teacher Training and Advanced Yoga Studies Program Catalog** |
| April 12, 2019-March 21, 2020 |
| **9/27/2018** |
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**Mission Statement**

The Yoga Hohm 200 Hour Teacher Training and Advanced Yoga Studies Program is designed to give sincere yoga students a working knowledge of the traditional, authentic aspects of yoga in order to become not only knowledgeable yoga teachers, but also harmonious human beings by deepening his or her own personal practice. The teachings are from a centuries old lineage. Through a process of self-study and self-exploration, students are given tools to bring the yogic teachings into their daily lives to develop inner strength and discover the true Self.

# Location, Facility and Amenities

Yoga Hohm is a traditional yoga studio located at 117 Park Place, Delavan, WI. The studio is located one street parallel to Hwy 11, about a mile and a half from the 43 freeway. Coming from the north, students can exit onto Hwy 50; from the south, exit onto Cty Rd X. The studio is wheelchair accessible. Mats, blocks, blankets, straps and bolsters are provided. Chairs will be provided for lecture portions of training.

Local restaurants and lodging are available within walking distance.

Yoga Hohm is owned by Yoga Hohm, LLC and operated by Renee Downing, E-RYT 500, YACEP.

# Lead Instructor Bio

**Renee Downing E-RYT 500, chief administrator**

Born and raised in Delavan, I moved to Southern California in 1998 to pursue a career in art. Having dealt with chronic pain and mental illness since age 12, I knew from the advice of doctors that managing my overall health would be crucial to living a fulfilling life.

My career in the health and fitness world started in 2002 when I became certified as a personal trainer with the National Academy of Sports Medicine. Throughout the years I worked with multiple special conditions and developed a strong working knowledge of injury prevention and rehabilitation. Working in a gym was fulfilling for quite some time, but I started craving something beyond physical health. I wanted emotional and spiritual health as well.

I started practicing yoga in 2009 but didn't take it seriously until 2011 when I found Yoga Shakti in Huntington Beach. Every time I walked through the doors of the studio I felt a sense of peace and joy. I felt like I had found what was missing in my holistic health management. I completed Yoga Shakti’s 200 hour teacher training program with Diana Pipaloff and Jnana Nanda Bharati in May of 2013 and began Yoga Shakti’s 300 hour training a few months later, completing my 500 RYT in December 2014.

Throughout my teacher training, the connection of mind, body and spirit, experiences of death and birth, and just plain growing up led to a desire to be back with family and to bring what I found so uplifting and healing to the people in my hometown. My home studio, Yoga Shakti, was more than just a yoga studio. It was a community of students and teachers striving to be better people, treating each other, the environment and all creatures with respect and love, and working to create greater awareness all around. This is what I am working hard to recreate in Delavan.

The training I received at Yoga Shakti was intense. My ego and my Self was completely disassembled and rebuilt on a stronger and more compassionate foundation. That may sound like fluff to some people but for me, yoga is a lifestyle. I feel calmer, stronger, more confidant and clear minded than I ever have before because of what yoga has taught me. It is so powerful that I have to share this experience with as many people as possible.

# Admissions and Entrance Requirements

Applicants to the Yoga Hohm 200 Hour Teacher Training Program must be 18 years of age or older. No previous experience necessary. Yoga Hohm does not discriminate based on age, gender, race, sexual orientation or religious beliefs. There is a $100 application fee. Students must complete the Yoga Hohm application to be accepted into the program. Once a student is accepted, he or she will be notified via email or telephone.

## Advanced Standing

Yoga Hohm does not grant advanced standing for prior education and training.

## Student Progress

Written exams will be graded during the weeks after the test is taken and the results will be given to the students during the following training weekend. Written feedback on the student’s practicums will be handed to the student after all feedback is given orally. If a student’s progress is not meeting the standards set forth by the lead instructor, the student will be put on academic probation following a conversation with the lead instructor, at which time a performance improvement plan will be put into place. If the student is not able to meet set criteria by a set date, the student may be dismissed from the program. If additional training is required as part of the improvement plan, the training ay be subject to the $45/hour rate.

**Certification**

Upon completion of the program graduates will receive a Yoga Hohm Yoga Teacher Certificate registered at the 200 Hour level with Yoga Alliance.

For graduation each teacher trainee must meet the following conditions:
- Complete all required hours of the training
- Pass written exam with a B or higher and both practicum exams. Students who do not pass with a B or higher will have the opportunity for make-up exams.
- Have all dues paid in full
- Demonstrate competence in the areas covered including teaching ability, class sequence development, professionalism, knowledge of anatomy & physiology for yoga, appropriate adjustments and modifications and a proper attitude. Students will be made aware of what is expected during each coinciding training module. Competence will be determined by the lead instructor based on course material studied throughout training.

# Students Records

Student records, including absences, tardiness and progress are stored electronically for 6 years after the student leaves the training program. An electronic copy of the student’s completion certificate will be kept on file with Yoga Hohm indefinitely. Records will be kept private and accessible only to the chief administrator of Yoga Hohm. Records will be released to former students upon their request or to a designated third party upon written consent from the student.

# Student Conduct

Students are expected to show respect for one another as human beings. Any harassment or bullying during training hours and any other time spent at Yoga Hohm will not be tolerated and may result in dismissal from the program if the behavior is not stopped immediately. Any criminal activity associated with the training program will result in the immediate dismissal from the program, to be implemented by the chief administrator/lead instructor. Students who have been dismissed may apply for rea-admission but acceptance is not guaranteed. Refunds will be given per the refund policy.

# Leave of Absence

Yoga Hohm does not grant leave of absence for the 200 Hour Teacher Training Program.

# Attendance

Commitment and Attendance:

The Yoga Hohm Teacher Training and Advanced Yoga Studies Program is designed as an experiential study in the oral tradition of the ancient yogis. You are expected to be present for each and every hour of the training.

Respect your practice and your study by fully dedicating your time, your energy and your mental focus to the program.

Students are required to complete 100% of the required 200 hours of training before receiving certification. All missed hours must be made up with the lead instructor at a fee of $45/hour prior to the start of the following course weekend and prior to receiving the Yoga Hohm Teacher Training Certificate.

# Academic Probation, Dismissal and Readmittance

Students are required to maintain 100% attendance throughout the length of the training. If a student falls below 100% at any point throughout the duration of the course, he or she will be put on attendance probation. The student will remain on attendance probation until he or she is caught up to 100% of the hours the entire course has completed. Students may be dismissed from the program if he or she has not made arrangements with the lead instructor to make up missed hours within 30 days of being put on attendance probation. Students who have been dismissed may apply for rea-admission but acceptance is not guaranteed. Refunds will be given per the refund policy.

## Tardiness

Attendance is taken at the start of each session and end. If you are more than 15 minutes late for a session, coming back from any breaks, or leave 15 minutes early, one hour will be deducted from your total contact hours.

All missed hours must be made up with the lead instructor at a fee of $45/hour prior to the start of the following course weekend and prior to receiving the Yoga Hohm Teacher Training Certificate.

# Student Complaints

If a student has a complaint about the lead trainer, the program or another student, students must contact Renee Downing as soon as possible via telephone (714) 932-6479 or email renee@yogahohm.com to discuss and work toward resolution. If a resolution cannot be found, students can contact the Wisconsin Educational Approval Board for assistance at:

431 Charmany Dr. Suite 102

Madison, WI 53719

(608) 266-1996

EABmail@eab.wisconsin.gov

Eab.state.wi.us

# Tuition and Fees

There is a $100 application fee. Once your application is submitted you will be emailed a link to pay the $100 fee. Applications must be submitted by December 2. Once you are accepted, you will be notified via email.

Tuition for the Yoga Hohm 200 Hour Teacher Training and Advanced Yoga Studies Program can be paid using the following payment plan:

* One payment of $2900, to be paid prior to the start of the program;
* Two payments of $1550 each = $3100

the first payment to be made prior to December 8,2016 the second payment to be automatically charged to a debit or credit card prior to June 8, 2017;

* Three payments of $1100 each = $3300

the first of which to be made prior to December 8, 2016, the second of which to be set up to automatically charge prior to March 8, 2016, the third of which to be set up to automatically charge prior to July 12, 2017;

* 10 payments of $360 each = $3600

the first of which to be paid prior to December 8, 2016, the remainder of which to be paid prior to each Thursday before weekends 2-11

Tuition includes free unlimited yoga classes for the duration of the program.

Students using a payment plan must have the payment plan set up as automatic payments using a debit or credit card one week prior to the start of the program.

Cost of tuition includes the Yoga Hohm 200 Hour Teacher Training Manual but does not include cost of additional required texts. Additional required texts and any other necessary materials (pends, paper, etc.) may be purchased from sellers of the students’ choosing. Additional required texts are the following:

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

The Key Muscles of Yoga by Ray Long

Light on Yoga by B.K.S. Iyengar

# Cancellation and Refunds

**Yoga Hohm’s Cancellation and Refund Policy is as follows:**

Students who wish to use the refund policy and cancel within a 3 business day cancellation period will receive a full refund of all money paid within 10 business days.

A student who withdraws or is dismissed after attending the first class but before attending 60% of the program in the current enrollment period, minus a one-time $100 application fee, is entitled to a pro-rata refund of tuition as follows:

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| Withdrawal | Refund amount |
| Prior to the start of the program | Full refund (minus the application fee) |
| After start of program 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 60% completion | 40% refund |
| After 60% completion or more | No Refund |

Students who use the 3-day cancellation policy will receive the refund within 10 days. Students who withdraw after 3 business days or are dismissed from the program will receive their refund within 40 days of dismissal or notification of withdrawal. Students who wish to withdraw from the program can do so via written notice, email, or voicemail. Students who do not attend for 2 course weekends in a row without any notice are considered withdrawn and are entitled to the refund policy. Refund will be based on the student’s last attended day.

Deposit:
A $500 deposit is required to register; full payment must be received prior to the start of the program unless a payment plan has been established.

Payment Plans:
Yoga Hohm offers payments plans. Payment plans must be established prior to the start of the program. All payment plans must be set up on a weekly or monthly basis through automated charges to a credit or debit card. The tuition must be paid in full prior to receiving the Yoga Hohm Teacher Training Certificate.

A $25 returned check fee will be assessed for any returned check.

# Program Curriculum

The Yoga Hohm 200 hour Teacher Training and Advanced Yoga Studies Program provides students with the skills to teach an entire class sequence to an individual or group class, the knowledge to modify and adjust their own yoga practice to suit their own needs as they change and evolve and an understanding of the yogic lifestyle and how to apply ancient yogic teachings to their daily life. Students will know how to create an environment for classes they teach that is safe and comfortable. The program will include the following topics:

**Techniques, Training and Practice 104 hours**

Students will learn techniques for teaching asanas, pranayama and mantras, along with how to apply these techniques to their own personal practice. The modules of this topic will cover the fundamentals of gentle/restorative, beginner and intermediate asanas (poses). Students will learn about alignment of poses, injury prevention, energetic actions, benefits and contraindications. Students will also learn to develop their own practice and to keep it consistent.

**Teaching Methodology 31 hours**

The learning objective of this portion of training is to develop teaching skills to create safe and cohesive classes. This topic will include verbal vs visual demonstration and hands-on adjustments. Students will learn how to create sequences, manage time throughout class, and how to address the specific needs of individuals and special populations.

**Anatomy and Physiology 27 hours**

By the end of the training program, students will have a solid understanding of musculoskeletal anatomy as it relates to yoga. Students will be presented joint actions and muscle functions in a comprehensive format. The respiratory system will also be explored as it relates to pranayama (breathing practices). We will also touch upon the nervous and digestive systems. Students will learn how to apply this knowledge practically and beneficially to their classes and to their own personal practice.

**Yoga Philosophy/Lifestyle Ethics 33 hours**

This topic will include Ayurveda and Yogic Lifestyle as well as Yoga History and Philosophy.

- *Ayurveda and Yogic Lifestyle*

This course is designed to be a comprehensive study of Ayurveda and yogic diet. It will provide an understanding of the three doshas, or fundamental energies: vata, pitta and kapha. Students will learn ancient Ayurvedic principles to enhance the immune system, develop stronger digestion, decrease stress, increase vigor and remove toxins.

Students will be given tools to find better health and balance using foods, herbs, exercise, rest and behaviors based on one’s natural constitution (body and personality type).

- *Yoga History and Philosophy*

The history portion of this section covers the origins of yoga and key sages who developed and passed down the practice

The philosophy portion covers Samkhya philosophy (the foundation for yoga and Ayurveda), the Vedas, the Yoga Sutras of Patanjali, the 8 Limbs of Yoga (steps to reach bliss), Pranayama (breath practice), mantras, the four paths of yoga (raja, karma, bhakti, jnana) and many other aspects of yoga philosophy.

**Practicum 18 hours**

Each student will be required to write sequences for 2 full 90 minute classes and teach these classes to the group of other students in the program during training hours to receive feedback from the lead instructor. Other students in the program can choose to participate or observe these classes. All students will have the option to give feedback to the student being evaluated once the class is finished. Students will be graded on their practice classes by the lead instructor on a pass/no pass basis.

Students will also be given a written exam with multiple choice questions and one essay question on the material studied in the teacher training manual and under each curriculum category.

**Direct Contact Hours 183 hours**

Direct contact hours are with lead instructor, Renee Downing.

**Non-Contact Hours 26 hours**

This includes participation in regularly scheduled asana classes at Yoga Hohm and optional group study.

# Course Schedule

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| Day | Date | Time | Topic |
| FridaySaturdaySunday | 4/12/20192/10/20182/12/2018 | 5:30-8:30pm11am-5pm11am-5pm | Introduction and OrientationBreath, Bandhas, Prana, Sun SalutationsAssisted Practice Sun Salutations; Classical, A & B |
| FridaySaturdaySunday | 3/9/20183/10/20183/11/2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice Sun SalutationsSkeletal & Muscular System, Joint ActionsAsst. Pr. Sun salutations, Stand Poses Ant & Phys |
| FridaySaturdaySunday | 4/13/20184/14/20184/15/2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice Standing PosesAnatomy & Physiology, Seated Poses AnatomyAssisted Practice Seated Poses, Backbends Antmy |
| FridaySaturdaySunday | 5/4/20185/5/20185/6/2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice BackbendsGentle/Restorative Anatomy and Assisted PracticeArt of Teaching, Inversions Anatomy & Physiology |
| FridaySaturdaySunday | 6/8/20186/9/20186/10/2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice InversionsProfessionalism as a Teacher, Assisted PracticeArt of Sequencing, Assisted Practice Teaching |
| FridaySaturdaySunday | 7/13/20187/14/20187/15/2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice TeachingAyurveda CourseAyurveda Course |
| FridaySaturdaySunday | 8/10/20188/11/20188/12/2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice TeachingInjuries, Asst. Practice Teach.Special Populations, Assisted Practice Teaching |
| FridaySaturdaySunday | 9/14/20189/15/20189/16/2018 | 5:30-8:30pm11am-5pm11am-5pm | History of YogaPhilosophy CoursePhilosophy Course |
| FridaySaturday Sunday | 10/12/201810/13/201810/14/2018 | 5:30-8:30pm11am-5pm11am-5pm | Other Body Systems, Assisted Practice TeachingPrinciples of Demonstration, Ana/phys. Sequencing, Assisted Practice Teaching |
| FridaySaturdaySunday | 11/9/201811/10/201811/11/2018 | 5:30-8:30pm11am-5pm11am-5pm | Written ExamAssisted Practice TeachingAssisted Practice Teaching |
| FridaySaturdaySunday | 12/7/201812/8/201812/9//2018 | 5:30-8:30pm11am-5pm11am-5pm | Assisted Practice TeachingAssisted Practice TeachingPracticum, Receive Feedback, Observe Others Teach |
| FridaySaturdaySunday | 1/4/20191/5/20191/6/2019 | 5:30-8:30pm12pm-5pm11am-5pm | Practicum, Recve Feedback, Observe Othrs TeachPracticum, Recve Feedback, Observe Othrs TeachPracticum, Recve Feedback, Observe Othrs Teach |
| Saturday | 1/12/2019 | 1-3pm | Graduation |

**Employment Services**

Yoga Hohm does not offer employment placement services. Yoga Hohm does not guarantee employment upon completion of the program.

Student referrals to prospective employees are not based on direct contact with the employer regarding current job offerings.



YOGA TEACHER TRAINING AND ADVANCED STUDIES 200 hr PROGRAM APPLICATION

Please complete the following application and email to renee@yogahohm.com or drop off in person at 117 Park Pl, Delavan, WI. You may use additional pages if needed.

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact:­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am enrolling in this program for:

□Yoga Hohm 200 Hr Yoga Alliance Teacher Training Certification.

□The enhancement of my own personal yoga practice only and am not pursuing a certificate.

1. How long have you been practicing yoga?

2. Describe your yoga practice- practice on your own, group classes (who is/are your primary teacher/s), how often, what intensity, etc?)

3. What motivated you to start practicing yoga and why do you do it today?

4. What are the challenges in your own yoga practice?

5. Why do you want to take this training?

6. What has inspired you to want to teach yoga?

7. What are your expectations of this program?

8. Medical History: Do you have any injuries or conditions your teacher should know about (physical or mental)?

9. Do you already teach yoga? If so, please describe the style and duration of teaching and certification(s)

10. How did you hear about the Yoga Hohm teacher training and advanced studies program?

11. Please list any other training or experience that might be relevant.