**YOGA ROOTS RACINE**

**Yoga Roots Racine**

**Teacher Training Program**

**200 Hour Level**

**School Catalog**

**Revision 01 - 12/01/2016**

**Yoga Roots Racine**

**518 College Avenue**

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**Aibp**

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# OVERVIEW

Why should a student enroll for this program?

What are the benefits from the investment of time, energy and dollars in this program?

Successful students who participate in the 200 hour level training will be able to:

* Develop new personal practices that support interests and needs in their daily life.
* Expand existing practices that similarly enhance their quality of life.
* Understand and use a broader range of terms relating to the practice of yoga.
* Learn new aspects of human anatomy as it relates to practicing yoga.
* Appreciate breath awareness and how it relates to proper yoga.
* Understand the biomechanics of yoga movements and postures.
* Develop and present movement and posture sequences specific learning outcomes.
* Utilize multi-modal yoga teaching methodology appropriate for yoga students.
* Learn and chant sutras and chants appropriate to learning yoga practices.
* Apply to be licensed as Yoga Alliance Teacher at the 200 Hour Level (RYT-200).

# MISSION STATEMENT

YRRTT is a comprehensive program focusing on teaching traditional yoga and its eight limbs as the foundation for all yoga instruction. It is an extensive program whose graduates are committed, well trained yoga instructors. Upon completion of the program the new graduates will be eligible for Yoga Alliance Certification (RYT200) and will be well equipped to lead classes with knowledge and enthusiasm. The training will enhance the practice of yoga for each of the participants.

# SCHOOL FACILITIES AND EQUIPMENT

YRR classes will held at YRR located at 581 College Avenue in downtown Racine (Wisconsin).

Yoga Roots Racine is a studio is on the second floor with convenient elevator access readily available.

The studio itself is dedicated solely to classes for yoga and other similar practices relating to physical and spiritual well-being. There are no treadmills, weight stations or other activities you might encounter in exercise facilities that also offer yoga. The studio has equipment and space for traditional yoga, chair yoga and aerial yoga. Restrooms and changing rooms are located on site.

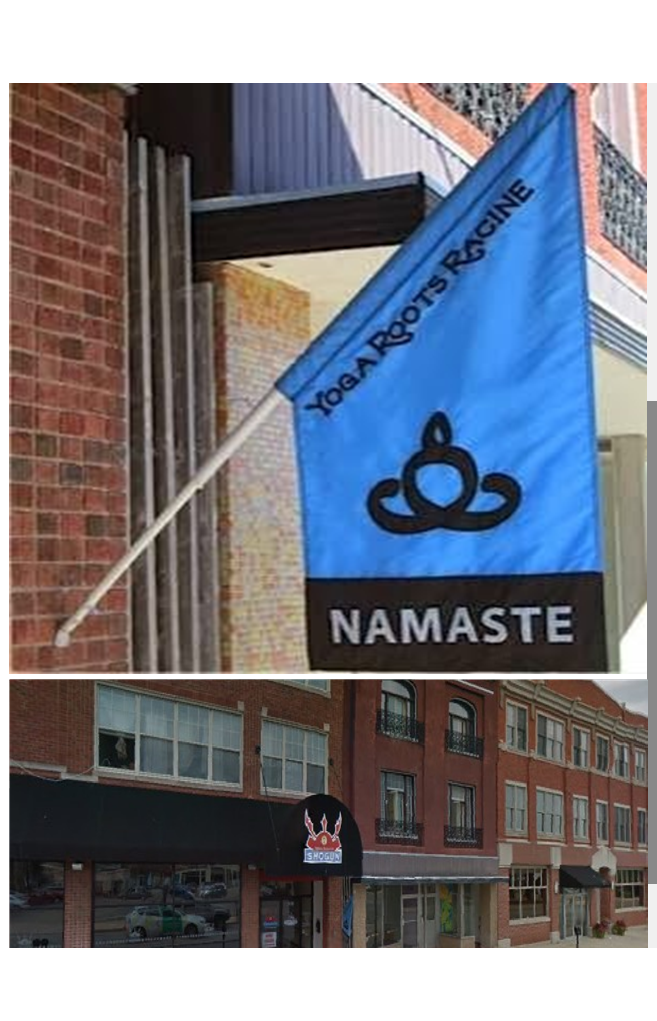
Abundant parking is readily available.

Metered parking is available on the street in front of the studio.

The cost is 25 cents for 20 minutes and is free after 6pm.

Parking lots located behind the building charge 25 cents for 50 minutes.

Equipment, including blocks, straps & blankets, are provided.

Clean water and restroom facilities are available at YRR.

Stores, restaurants, etc., are within easy walking distance.

# OWNERS AND ADMINISTRATORS

Mary Totero, Cindy Westman

# FACULTY MEMBERS

Mary Totero, ERYT200

Cindy Westman, ERYT200

# HOLIDAYS AND VACATION PERIODS

Classes will not meet on major holidays

unless agreed otherwise by the students

and the instructors.



# DESCRIPTION OF THE TRAINING

The training will be the Ashtangasana 200 hour Yoga Teacher Training Curriculum approved by Yoga Alliance.

Upon completing the program:

Students will be able to perform the asans and guide a student into the asana covered in the program. For the various postures, the student will learn how to enter and exit the posture, benefits and cautions, and how to perform hands on adjustments for the proper alignment.

Students will be able to engage in seated meditation and understand the benefits and concerns of meditation.

Students will learn the eight limbs of Yoga as defined in The Yoga Sutra, the difference between Tantra Yoga and Classical Yoga, and the relationship between Yoga and Ayruveda.

Students will learn the major bones and muscles of the body, the primary systems of the body, the energetic body, and basic nutrition. They will also understand how to use the information movement and how to avoid injuries during guided practice.

Students will be able to properly sequence, construct and instruct a safe class.

Students will most likely also experience personal growth in the areas of yoga practice, communication, and the understanding of personal and business ethics.

# School Admission Policy

Participants be at least 18 years old with at least 6 months experience with yoga.

Participants must complete the application form and schedule a brief personal interview with the instructor to provide an opportunity to address any questions or concerns about the program.

A short personal essay is required. The paper should express why they are pursuing the program, and give a short summary of instructors or experiences that had the greatest impact on their lives. The instructors and experiences need not just be limited to yoga. The paper can include other fields of pursuit.

The program application must be completed, liability waivers must be signed (p. 10), and the $100 application fee be paid before the student can participate in class.

YRR will never discriminate on the basis age, gender, marital status, nationality, ethnicity, sexual orientation, political orientation, color, race or religion.

The upcoming session will run from January 2017 through April 2017. Applications are accepted through the first day of class. Students will be contracted within three weeks of application to schedule an interview.

# STUDENT PROGRESS

Satisfactory student progress will be measured by:

1. Class participation

Class participation includes arriving prepared and on time, and engaging in group discussions as well as asking questions. Students ability to work in small groups and with a variety of partners, including work practicing poses and sharing verbal and non-verbal cues for postures and sample classes.

1. Reading and homework assignments

Each week new reading and homework assignments will be handed out. Worksheets will be based on the material studied that week.

1. Journals

Students will be required to keep a weekly journal on their experiences and observations that arise from their involvement with the 200 Hour Yoga Teacher Training. Students will also maintain a weekly journal of their personal asana practice and meditation practice. The journal will be reviewed by the instructor at least at mid-term and near the end of the class.

1. Practice Instruction

Practice instruction includes assisting a teacher with an actual class. Students will also be required to teach at least two community classes.

1. Quizzes

Quizzes will be given, graded and discussed in class.

1. Tests

Tests will be given in class and returned by the following class period.

1. Final Paper

Students will select a topic of personal interest with approval of the instructor and prepare a written paper on this topic. Students will provide a brief oral summary of their paper to the full class.

1. Final Written Exam

The final written exam will cover the full content of the course. It will include teaching methodology, anatomy and physiology, yoga philosophy and lifestyle and ethics for yoga teachers. Scores of 70% or higher will be considered passing.

1. Final Practical Demonstration

The final practical exam will cover teaching techniques including the use of proper sequencing in creating a class, proper cuing for safe instruction, proper language, effective time management and general best practices in structuring a class. The practical exam will be graded on a pass / fail basis.

Satisfactory progress requires: (a) actively participating in all contact hours and training, (b) completion of all homework, (c) journaling as described, (d) passing the final paper, (e) passing the written final exam and (f) passing the final practical demonstration.

Students will be given reasonable opportunities to address unsatisfactory ratings.

Final results will be shared within two weeks of the final class.

# Probation, dismissal and re-admittance

Reasons for placing students on probation can include:

1. disruptive behavior

Students will be expected to behave and participate in a fashion that is not disruptive to learning. Disruptive behavior includes actions or behaviors that fail to respect the other students, the teachers, and the learning environment.

1. failure to pay fees
2. incomplete homework
3. failure to make up instructional hours missed

Students will be allowed to miss up to three classes during a session. Students will be expected to schedule make up sessions with the appropriate instructor.

1. poor performance in class

If a student is struggling to understand the material the instructors will make every effort to assist the student in keeping pace with the other students. Students can be dismissed for unsatisfactory work only in extreme cases.

1. poor performance on exams or quizzes

Same as (e)

1. violations of the code of ethics (see p. 10)

Students who violate the code of ethics will receive a written warning and will discuss with the lead teachers a plan for corrective action. If a second violation occurs within the length of the teacher training, the student will be dismissed from the program.

1. other issues relating the criteria listed in the STUDENT PROGRESS section above

Any criminal or illegal activity by a student in the teacher training program will result in immediate dismissal. 

Re-admittance will be based on an appeal to the instructor.

The appeal may be granted after the student submits written support that issues related to the initial grounds for dismissal have changed in a significant fashion. Re-admittance will not be guaranteed.

A student would automatically be considered in a probationary period if they have an UNSATISFACTORY status for any of the criteria for STUDENT PROGRESS (p. 7) by the final day class.

The student will have two additional months to complete the work to change the unsatisfactory to satisfactory.

A student who is unable or unwilling to attend class, complete assignments, practice teaching, complete final research project, will be dismissed from the program after the probationary period is over.

Refunds will be issued per the refund policy.

# STUDENT RECORDS

The school will file and hold all paper and electronic student records on site. Records will include grades, attendance records and copies of all evaluation documents (tests, quizzes, papers, etc.) as required by the instructor.

Records will be kept for a minimum of 6 years. YRR will keep a permanent record of student transcripts.

Records will be kept in locked file password protected computers and not be disclosed to anyone other than the student and the staff without written permission from the student.

# student complaints

Students will be expected to meet in person with instructors outside of class time to discuss complaints.

If the complaint is not resolved satisfactorily, students may contact the Wisconsin Educational Approval Board by email (EABMail@eab.wisconsin.gov) , by calling (608-266-1996) , or in writing EAB, 431 Harmony Drive, Suite 102, Charmany Drive, Madison, WI, 53719).

Minor complaints may be discussed with the instructors in person or via email, text or telephone.

# C:\Users\Mary\Dropbox\yoga\yoga pictures\class 2.jpgATTENDANCE

Each student is expected to notify instructors for all absences and notify instructors at their earliest convenience. Absences will be recorded in a traditional attendance book maintained by the instructors.

Makeup work will should be completed within two weeks of returning to class. The instructors can grant exceptions to this.

# leave of absence.

Instructors may recommend and approve a leave of absence based on the volume of instruction missed.

If a student needs to suspend the completion of their program they would be allowed to re-enter in a subsequent offering of the program. Decisions will be made on a leave on case by case basis based of the needs of the student. A student on leave will be expected to re-enter the program the next time it is offered after the student has resolved the issues leading to the leave of absence.

# TARDINESS

Instructors will record the late arrivals of students in minutes for arrivals over ten minutes after the start of class. Students will be expected to make up missed time for arrivals over ten minutes after the start of class.

Attendance and tardiness can result in probation or dismissal based on lack of proper class participation. Students will be expected to make up time missed to absence and tardiness. Instructors may charge up to $40 per hour for make-up sessions.

# TUITION AND FEES

schedule of all charges:

There is a $100 refundable deposit.

Tuition is an additional $2600 which may be paid in full prior to the start of class.

Alternatively, payments can be made in two equal payments each equal to half the tuition plus $50, with the first payment is due at the start of class and the second payment due on the 15th of the second month of class.

# CANCELLATION AND REFUNDS

Per state of Wisconsin Education approval board policies Wis. Adm. Code EAB 8.05 (partial refund) will be followed, Yoga Roots Racine, will use the following refund policies:

If a student wishes to withdraw from the program, depending on when the request for withdrawal is made, anywhere from 0% to 100 would be refunded.

1. If the student wishes to withdrawal after acceptance and payment have been made, within three days the student will receive full refund minus the non-refundable deposit fee.
2. If a student wishes to withdrawal or is dismissed after one class, but before completing 60% of the course, they would be eligible for a prorated refund amount as detailed below.

Withdrawal prior to the start of class               100% refunded

After the start of course but before 10%               90% refunded

After 10% but before 20% completion                   80% refunded

After 20% but before 30% completion                   70% refunded

After 30% but before 40% completion                   60% refunded

After 40% but before 50% completion                   50% refunded

After 50% but before 60% completion                 40% refunded

After 60% completion or more                             no refund

Student who use the refund policy will receive a refund within 10 days.  The withdrawal/ cancellation notice can be electronic, written, or other appropriate forms of communication. The fee refunds appropriate to this notice will be provided with no further requirements. Refunds will be issued for students who withdraw without notice based on their latest day of attendance.

# books, materials and supplies

**Required materials include:**

2 ½ “ three ring binder with 10 dividers a subscription to YogaGlo (go to yogaglo.com)

a blank journaling book

**Required texts (available at amazon.com):**

The Heart of Yoga (Desikachar) Light on Yoga (Iyengar)

Power Yoga (Bender) Yoga: Spirit and Practice of Moving Into Stillness (Schiffman)

Teaching Yoga (Farhi) Anatomy Coloring Book (4th ed.) (Kapit and Elson)

**Optional texts:**

Find Your Happy Daily Mantras (Kaiser) Teaching Yoga: Essential Foundation Techniques (Stephens)

Anatomy Trains (Myers)

# Yoga Teacher in Training Code of Ethics

A code of conduct is a set of ethical and professional actions by which all yoga teachers and yoga teacher in training agree to conduct themselves, within teaching in the classroom as well as the business of yoga. At Yoga Roots Racine we create an atmosphere of respect for each teacher as well as them for each other and a learning environment helpful to the development of each student.

As a Yoga Roots teacher in training, I agree that I will:

* Conduct myself in a professional and conscientious manner in my training and in my teaching.
* Refrain from the use of substances that impair learning or judgement and associations while in the classroom.
* Listen to and respect the other students in the training.
* Refer students to alternative instruction, advice, treatment or direction when appropriate per my limitations.
* 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.
* Respect all 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 or gossip or actions that may harm another student.
* Follow all local government and national laws that pertain to my yoga teaching and business.
* Adhere to the traditional yoga principles as written in the yamas and nimas in my relationships with the other students in the training, the instructors, in my teaching and in my yoga business relationships.

# Copyright Acknowledgement

All student materials provided in this training, are for my personal use only.

I acknowledge all items in my manual are copyrighted by Ashtangasana.

# Photo, video, audio guidelines and release

I give my consent to be photographed without any monetary claim against Yoga Roots Racine or its staff:

* I understand that my photo, video, audio may be taken for future use in marketing efforts by Yoga Roots Racine.
* Students who do not wish to have their image used must inform the lead instructor.
* Students may take photos as long as the students in the photos consent and it is not distracting to the class.
* Recordings by the students are not permitted.

# Liability Waiver

I agree to a full and unconditional waiver of liability claims against Yoga Roots Racine and its staff:

* I acknowledge that yoga is a physical activity which can cause physical stress or injury.
* It is my responsibility to obtain and respect a physician’s opinion regarding my participation in yoga in advance.
* I have no medical condition that would preclude my taking yoga.
* I agree in advance to assume full responsibility for any risks, injuries, or damages from participating in this program.
* I knowingly, voluntarily and expressly forever waive any claim by myself, family, heirs and legal representatives against Yoga Roots Racine or its staff for injury or damages due to participating in this program.

Print name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# MISCELLANEOUS

No employment services will be offered to help students locate positions relevant to the course content, nor is there any implied expectation that the studio or the staff will guarantee employment for the students. Instructors may choose to supply references for individual students at their discretion.

There will be no granting of advanced standing for credit(s) or course work taken elsewhere. Vocational credits do not play any role in this certification program.

A sample of the curriculum is provided below:

|  |  |  |
| --- | --- | --- |
| **Session /Topic #** | **Title** | **Description** |
| **Week 1-Day 1** | **What is Yoga?** | Discussion as a group what yoga is to you and Westerners perception of what yoga is to themselves personally. Lecture on the classical definition of yoga. Lecture on yoga's 3500 year historical timeline. Introduction to the sutras. |
| **Week 1-Day 1** | **What Makes Up A Pose** | Discussion on the 9 major components of what makes up a pose. |
| **Week 1-Day 1** | **First Pose: Tadasana** | Breaking the first pose down. This sets the foundation of how we will be looking at and evaluate every pose thoughout this training. Using the Asana Book, students will prepare poses for class ahead of time, go through the 12 points: description, benefits, directions, etc. In class, the Group Pose sheet in the Asana book, will be walked through together. |
| **Week 1-Day 1** | **Meditation Basics** | Introduction to the basics of meditation. Discussion of what meditation is, how it is different from "relaxation", and various forms of meditation. |
| **Week 1 - Day 2** | **Meditation** | Every class will begin with a meditation, different styles will be rotated throughout the program. Lead teacher will lead this meditation. |
| **Week 1 - Day 2** | **What is Yoga - Patanjali** | Discussion on Patanjali and the development of yoga, historically. |
| **Week 1 - Day 2** | **Discussion on Sanskrit** | Introduction to sanskrit. Discussion of how to break the sanskrit terms and the poses. |
| **Week 1 - Day 2** | **8 Limbs of Yoga** | The beginning lecture and introduction into the 8 Limbs of Yoga |
| **Week 1 - Day 2** | **Discussion Yoga Terms** | List of yoga terms a-z that will be required to know. The first a-m will be discussed in class, over the next few weeks. This particular group is an important group. Alignment, Adjustment and Cues are in great detail discussed here. |
| **Week 1 - Day 2** | **Anatomy Discussion** | Lecture on why understanding the details of how the body moves through anatomy is essential to keeping yoga safe. |
| **Week 1 - Day 2** | **Anatomy Plates Reviewed** | see above. Individual plates above discussed |
| **Week 2 - Day 1** | **Meditation** | Every class will begin with a meditation, different styles will be rotated throughout the program. Lead teacher will lead this meditation. |
| **Week 2 - Day 1** | **Types and Styles of Yoga** | Discussion of the differences between types and styles. Exploring each fully. |
| **Week 2 - Day 1** | **Great Yoga Masters** | Lecture on the Yoga Master's: Krishnamacharya, Desikachar, Iyengar, Jois and Devi |
| **Week 2 - Day 1** | **Sequencing Fundamentals** | This is the introduction to the concepts behind creating a class. The fundamentals of an asana practice, how to outline and structure a class are explored. |
| **Week 2 - Day 1** | **Types of Poses** | There are 8 categories of poses. Each one is explored in detail, which is essential knowledge when building a sequence. |
| **Week 2 - Day 1** | **Sun Salutations - Discussion** | Through discussion, active demonstration, and use of the trainee handbook, we will identify alignment and cuing for stable, safe movement through Sun Salutations A & B. We will identify how key muscle groups affect flexibility and strength in these poses and apply this to teaching modifications for different ability levels. Conversation will focus on how to cue based on the energetic effects of the sequence of these postures and the risk factors inherent to practicing the sequences incorrectly. |
| **Week 2 - Day 1** | **Poses- Down Dog & Chatterunga** | Break down of poses. Using the Asana Manual, the breakdown will be reviewed and then as a group, the group pose sheet will be filled out. Discussion of benefits of the pose, contraindications, cuing verbal and non-verbal, energy lines, counter poses for this pose, the gaze, how to prepare for the pose, variations that are useful, where to place in the sequence, cautions, alignment of all major joints. This is done in a group first with lead teacher demonstration and then follows with students working in partners to experience the pose and to experience adjustments. |
| **Week 2 - Day 1** | **Yoga Terms** | Review all "A" terms. |
| **Week 2 - Day 1** | **Discussion of Gratitude** | Discussing the concept of gratitude. This concept will be journaled and used in meditation and asana practices. |
| **Week 2 - Day 2** | **Meditation** | GRATITUDE: Every class will begin with a meditation, different styles will be rotated throughout the program. Lead teacher will lead this meditation. |
| **Week 2 - Day 2** | **Discussion Journaling Gratitude** | Discussion centers on all the different ways to practice gratitude in your daily life. |
| **Week 2 - Day 2** | **8 Limbs of Yoga - Yama** | The first in the 8 limbs of yoga will be explored-Yama |