

YogaOne 200 Hour Teacher Training Program

School Catalog



YogaOne Studio's Vinyasa Flow 200 Hour Teacher Training Program is a foundational yoga training based upon the deep roots of Hatha Yoga. With an emphasis on Vinyasa Sequencing and the use of Kramas (stages), this training will provide the participants the knowledge, practice and experience to become dynamic, innovative and inspiring yoga teachers. This training is open to all students who would like to become teachers or deepen their knowledge of yoga.

We welcome you to immerse and learn the art of being, guiding, and navigating the flow!

School Information

YogaOne Vinyasa Flow Teacher Training School

c/o YogaOne Studio

W61 N397A Washington Avenue

Cedarburg, WI 53012

Website – www.yogaonestudio.com

Teacher Training Information: yogaonestudio.com/teachertraining

Telephone – 262-376-YOGA

Email - meg@yogaonestudio.com

Mission Statement

YogaOne Vinyasa Flow Teacher Training School was created to provide quality instruction of Vinyasa Flow Yoga in a way that will be transformative, inspiring and creative. Our goal is to assist others locally, nationally, and globally in creating abundant communities that support the shift of consciousness, from the inner process of yoga to the recognition that yoga is everywhere.

Philosophy

At YogaOne Studio, we are proud to offer the Milwaukee area an excellent group of like-minded yoga teachers providing high quality, friendly and accessible yoga classes. By offering workshops, kirtans and teacher training, we are committed to building a supportive, inspiring, and welcoming community.

History

The YogaOne Vinyasa Flow Teacher Training program was developed in 2008. The first training was held in 2009. The school is hosted by YogaOne Studio, located in historic Cedarburg, Wisconsin. The YogaOne Vinyasa Flow Teacher Training School is approved by the Wisconsin Educational Approval Board (WEAB).

The school's curriculum follows the Yoga Alliance guidelines and is a Registered School (RYS) with Yoga Alliance. Upon completion of the program students will receive a Certificate of Completion and can apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

While the school's program is designed for aspiring yoga teachers, it also strongly recommended for individuals wanting to deepen their personal yoga practice.

Program Description

The YogaOne Vinyasa Flow Teacher Training program meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. Yoga Alliance requires 180 contact (class room) hours and 20 non-contact hours. The YogaOne program is comprised of 180 hours of contact study and 47 hours of non-contact hours of homework and self-study. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through classroom time with the Lead Trainer or other faculty member and non-contact hours are substantiated by reading assignments, online anatomy course and the completion of all required written assignments.

School Facilities and Location

The YogaOne Vinyasa Flow Teacher Training School utilizes YogaOne Studios located in Cedarburg and Milwaukee's East Side, WI:

YogaOne Studio - Cedarburg
W61 N397A Washington Avenue
Cedarburg, WI 53012
262-376-YOGA (9642)

YogaOne Studio - East Side
1437 E Brady Street
Milwaukee, WI 53202
(414) 204-8744

For directions and more information on our studios visit: www.yogaonestudio.com.

YogaOne Studio also operates a studio in Fox Point, WI. As a student of YogaOne Vinyasa Flow Teacher Training program you will be offered free unlimited yoga classes from the start of the program to the end, at all locations.

In addition to the complimentary yoga classes, you will also receive 20% of all workshops. There are no discounts to the boutique.

Catalog Changes

The YogaOne Vinyasa Flow Teacher Training School reserves the right to make changes or revisions to this catalog. Every effort will be made to ensure the accuracy of information contained in this document. However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

Admissions and Entrance Requirements

It is desired that applicants be 18 years of age. However, exceptions will be considered for individuals meeting other requirements. To be considered for the program applicants should have practiced yoga for at least one year. Applicants should be able to physically perform the techniques they will teach. This does not mean an applicant must perform all techniques (asanas) covered in the training, only those they will teach.

There is a \$100 nonrefundable application fee to be submitted with the application. The applicant must complete and submit the application form and satisfactorily complete an admissions interview. Most program correspondence will occur electronically, so applicants should be computer literate and have access to e-mail.

Upon acceptance into the program applicants must sign the Agreement & Liability Release form, the Yoga Teacher Code of Ethics form, and the Catalog Release form.

How to Apply

To apply to the program, please submit the online application form and \$100 application fee:

<http://yogaonestudio.com/teachertraining>

Once your application is received an interview will be scheduled with Meg Galarza, School Director. Please understand that application to the program does not guarantee acceptance. The interview process is an ideal opportunity to have any of your questions regarding the program discussed.

Please submit your application early and at least two weeks prior to the start of the program, as spaces are limited and filled in order as qualified applications are approved. Applicants will be notified of acceptance by e-mail.

Advanced Standing

The school does offer advanced standing for any previous training's or course work that was completed through YogaOne Teacher Training School. Hours and course work from a different school must be submitted for approval.

Non-Discrimination Policy

The YogaOne Vinyasa Flow Teacher Training School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Housing

YogaOne Studio does not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

Employment Assistance Services

The YogaOne Vinyasa Flow Teacher Training School does not offer employment assistance services. We do offer suggestions for pursuing a career in Yoga and devote class time to the business aspects of operating a Yoga Studio. Given that yoga teaching is often a part-time endeavor and that other students are participating for the purpose of deepening their own individual practice, the school does not partake in any formal measurement of program success.

Student Conduct

Ethics are at the very core of yoga and living a yogic lifestyle. Therefore, this topic is taken very seriously at the YogaOne Vinyasa Flow Teacher Training School. The ethics statement outlines our behavioral expectations. Please review the statement and be familiar with its contents. During the program the importance of ethics will be discussed several times. Students are expected to follow all school rules and policies as outlined in the catalog.

Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination from the program.

Attendance

To gain maximum benefit from the program attendance at all sessions is required. If you anticipate missing class sessions, please discuss this during your interview. Formal attendance will be conducted for each class. Please arrive 15 minutes early to adequately prepare for the class.

If a student does miss a class, they must meet with the class instructor(s) to develop and agree on a plan to learn the missed content and fulfill the required hours. It is to the Student's benefit that all missed material is made up prior to the next scheduled meeting. Yoga asana time missed may be made up by attending approved classes or those taught by teacher training instructors. Lectures and other classes that are unique to the training may be made up during the next training session (with the Certificate of Completion being withheld until all hours are completed) or through individual private instruction.

Tardiness

Please be on time and arrive at least 15 minutes early to be prepared for the start of class. Once a scheduled session commences and the Student is not present that is considered tardy. If a student is tardy more than 3 times, 1 hour will be deducted from the total contact- hours. If a student is more than 15 minutes late for a session, 1 hour will be deducted from the total contact-hours. Students must meet with the lead trainer to agree upon a plan to make up contact hours.

Leaves of Absence

Due to medical disability, a leave of absence will be granted. If a Student should have to discontinue the training and wish to continue their training at a future date, they will need to discuss and develop an agree upon plan to learn the missed content and fulfill the required hours. The refund policy will apply to unused tuition.

Probation, Dismissal and Re-Admittance

Students who are not fulfilling Student Conduct codes (see "Student Conduct") will receive a written warning. Should a second incident of conduct policy violation occur termination from the program will result. The School Co-Directors will make this decision. Students may apply for re-admission to a future class, however admission is not guaranteed.

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision by the School Co-Director's on all complaints is final.

If the complaint can not be resolved the student can contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996 or via e-mail at eabmail@eab.state.wi.us.

FinancialAid: Payment Plans, Work Study, & Scholarships

In effort to make the training accessible to all those with a strong desire to learn and study Yoga, YogaOne offers flexible payments, work study opportunities, and limited scholarships. There are limited work study positions and scholarships available.

For more details on the work study opportunity and to apply for a scholarship, please email, meg@yogaonestudio.com.

Tuition and Fees

Tuition for the entire course is \$3,500. Early bird registration discounts are available.

Please visit www.yogaonestudio.com to see the Early bird registration deadlines and discount.

There is a 3% tuition discount for paying via check or cash.

Please make all checks payable to YogaOne Studio Teacher Training.

We offer four payment options.

Choice 1 – Register and pay full amount, \$3,200 by start of program.

The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within seven days to hold a place in the class for the student. The remaining \$2,600 is due at first day of training. **Total payment \$3,200**

Choice 2 – After Early Bird Registration, pay full amount, \$3,500 by/ or on the first day of training.

The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within seven days to hold a place in the class for the student. The remaining \$2490 is due by the first day of training. **Total payment: \$3,500**

Choice 3 - Two payment option. There is a **\$100 fee** for this option. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within seven days to hold a place in the class for the student. Pay \$1,500 on your first day of training or before. Pay \$1,500 by designated date.

Total payment : \$3,600

Choice 4 - Four payment option. There is a **\$150 fee** for this option. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within seven days to hold a place in the class for the student. Pay \$800 on your first day of training or before, \$750 due at designated date, \$750 due at designated date, and final \$750 at designated date.

Total payment : \$3,650

Cancellation and Refund Policy

The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period. The student will receive the refund within ten business days.

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

After completion of at least:	But prior to completion of:	The refund will be:
	The first day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%		No refund

As part of this policy, the school may retain a one-time application fee of no more than \$100. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.

A written notice of withdrawal is not required.

The required textbooks are:

Teaching Yoga; Essential Foundations and Techniques by Mark Stephens

The Heart of Yoga by T.K.V. Desikachar

Functional Anatomy of Yoga: A Guide for Practitioners and Teachers by David Keil

In Your Elements: A Blooming Ayurvedic Guide to Creating Your Best Life by Monica Bloom

Textbooks can be purchased online at amazon.com.

Optional Online Anatomy Course with David Keil

an at home anatomy program to be taken through out the training program - Cost \$55

Other Recommended Reading:

Scientific Keys Vol. II : Key Poses of Hatha Yoga by Ray Long

Yoga & Ayurveda by David Frawley

Chakras by Harish Johari

The Key Muscles of Hatha Yoga by Ray Long MD

Yoga and the Quest for True Self by Stephen Cope

Yoga of Heart by Mark Whitwell

Ayurveda and the Mind by David Frawley

The Yoga Tradition by Georg Feuerstein

Yoga for Transformation by Gary Kraftsow

Yoga for Wellness by Gary Kraftsow

Path of Fire and Light – Volume 1 and Volume 2 by Swami Rama

Living With the Himalayan Masters by Swami Rama

The Royal Path – Practical Lessons on Yoga by Swami Rama

At The Eleventh Hour by Pandit Rajmani Tigunait

Touched by Fire by Pandit Rajmani Tigunait

Autobiography of a Yogi by Parmahansa Yogananda

Prana Pranayama by Swami Satyananda Saraswati

Four Chapters on Freedom by Swami Satyananda Saraswati

Hatha Yoga Pradipika by Swami Muktibodhandanda

Student Progress Reports

Three book reports, a written final exam, and a teaching demonstration (practicum) will be used to assess the Student's understanding of the material presented. The written exam and book reports will show the Student has obtained an understanding of the information presented during the training. The practicum allows the Student to demonstrate they have learned to teach a Vinyasa Flow class in a safe and sound manner.

The written exam will cover: Teaching Methodology, Anatomy and Physiology, and Yoga Philosophy/ Lifestyle and Ethics for Yoga Teachers. Scores of 70% correct or higher will constitute passing the exam. The written exam will be handed out sometime prior to the last weekend and will be due within two weeks of the last class session. Corrected exams will be returned within two weeks of completing the exam.

A practical exam will cover Teaching Techniques and be graded pass/fail. It will occur during the final month of the training. A written evaluation of the practicum will be given to the student. The practicum is graded pass/fail. Within two weeks of completing the written exam and practical exam students will be notified in writing regarding their certification status.

Three written book reviews will be required. Here are the guidelines. One will be from the *The Heart of Yoga* the others will be the students' choice from the required or recommended reading list. Book reviews will be graded pass/fail and are due by the end of the training. Students are encouraged to submit book reviews in a timely manner. For each book review please:

1. Write a 1-2 paragraph overview/synopsis on the material covered.
2. Write one paragraph on each of the three most compelling (to you) points of the reading. This may include topics that are most relevant in regards to your teaching (either current or future) or topics relevant to your practice or life at the present time.

Students may retake exams one time and re-write book reports one time if they do not pass on the initial attempt, for a total of two attempts per exam or book report.

Students are expected to maintain a daily journal of their personal Sadhana (practice). Some meeting time will be devoted to journaling.

Students are asked to attend a minimum of two classes per week.

Should Student progress not be satisfactory at any point during the training, students will be notified immediately to schedule a meeting with the School Co-Directors to discuss ways to improve performance and complete past requirements.

Students may continue to attend classes, regardless of their exam performance. However, they will not receive certification unless meeting the requirements stipulated below.

Certification will not occur if the student fails to demonstrate safe instruction, the student fails to demonstrate understanding of the material presented, or the student violates the Code of Ethics.

Certification

To receive a certificate of completion from The YogaOne Vinyasa Flow Teacher Training School students must pass all exams, complete all book reviews satisfactorily, and meet course contact hour requirements as required by Yoga Alliance. At that point students are eligible to apply for Yoga Alliance 200 Hour Recognition. See “Graduation Requirements” for definition of successful program completion.

Students’ Records

Student records are maintained at YogaOne Studio in computer and paper files. The records maintained include the application, book reviews and exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of six years from the date of graduation. Certificate of Completion and Transcripts are kept permanently. Records are private and students must contact YogaOne Studio in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25 fee for replacement certificates.

Graduation Requirements

Graduates will meet the program requirements as outlined in this catalog. In order to receive a Certificate of Completion the Student is required to have 180 contact hours and a minimum of 72 non-contact hours. 3 completed Book Reviews, completed and passed written final exam and practicum.

If a Student has not met the required hours they will need to discuss and develop an agreed upon plan to learn the missed content and fulfill the required hours.

Program Curriculum

The YogaOne Vinyasa Flow Teacher Training Program includes five program disciplines. The full program consists of 252 hours, 180 hours are considered “contact” hours and 72 hours are considered “non-contact” hours. As defined by Yoga Alliance, a contact hour is a classroom hour in the physical presence of a faculty member. Non-contact hours are reading and homework assignments.

1. Techniques, Training and Practice (T) consists of learning how to teach and practice traditional yoga techniques including asana, pranayama, kriya, mantra, meditation, bandha, and mudra. This discipline includes 80 contact hours and 22 non-contact hours.
2. Teaching Methodology (TM) consists of the principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, the student’s process of learning, and business aspects of teaching yoga. This discipline includes 35 contact hours and 5 non-contact hours.
3. Anatomy and Physiology (A&P) consists of human physical anatomy and physiology (bodily systems, organs, etc.) and Yogic energy anatomy and physiology (chakras, nadis, etc.) This discipline includes

16 contact hours and 24 non-contact hours. It includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers (PLE) consists of the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. This discipline includes 23 contact hours and 21 non-contact hours. The philosophy portion of the training will include the reading and discussion of ancient yoga texts. Text commentaries are discussed in a group setting to explore the core philosophies of Yoga and how they can be applied to everyday life (“yoga off the mat”). Students are encouraged to explore their own personal connection to the teachings and examine the integration of yogic philosophy into their classes.

5. Practicum (PR) consists of practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. This discipline consists of 26 contact hours.

Program Goals

Asana: Upon completion of the program the student will be able to perform the following asanas or guide a student into that asana. For each posture listed below the student will be able to describe how to enter and exit the posture; the benefits, cautions, and contraindications; the proper alignment of; and perform the hands-on adjustments.

Postures:

Adho Mukha Svanasana	Downward Dog
Adho Mukha Vrksasana	Handstand
Anahatasana I	Variation of child pose
Anjaneyasana	Lunge
Apanasana	Knees to Chest Pose
Ananda Balasana	Happy Baby Pose
Ardha Chandrasana	Half Moon Pose
Ardha Hanumanasana	Half Split
Ardha Dhanurasana	Half Bow Pose
Ardha Uttanasaa	Half-Way Lift
Ardha Virasana	Half Hero Pose
Baddha Konasana	Bound Angle Pose
Bakasana	Crow Pose
Balasana	Child’s Pose
Bhujangasana	Cobra
Chaturanga Dandasana	Four Limbs Staff Pose
-----	Crescent
Dandasana	Staff Pose
Dhanurasana	Bow Pose
Dwi Pada Rajakopotasana	Double Pigeon
Garudasana	Eagle Pose
Gomukhasana	Cow Face Pose
Halasana	Plow Pose
Jathara Parivrttiasana	Reclined Stomach Twisting
Janu Sirsasana	Head to Knee Pose

Kapotasana	Pigeon Pose
Lolasana	Swing
Malasana	Yogic Squat
Matsyasana	Fish Pose
Natarajasana	Dancer Pose
Padangusthasana	Toe Stand
Paripurna Navasana	Full Boat Pose
Parivrtta Arda Chandrasana	Revolved Half Moon Pose
Parivrtta Hasta Padangustasana	Revolved Hand to Toe Stand
Parivrtta Janu Sirsasana	Revolved Head to Knee Pose
Parivrtta Parsvakonasana	Revolved Side/Lateral Angle
Parivrtta Prasara Padottanasana	Revolved Wide Legged FF
Parivrtta Trikonasana	Revolved Triangle Pose
Parivrtta Utkatasana	Twisting Chair Pose
Parsva Virabhadrasana	Reverse Warrior Pose
Parsvottanasana	Sideway Intense/Pyramid Pose
Paschimottanasana	Seated Forward Bend
-----	Plank Pose
Prasara Padottanasana	Wide Legged Forward Bend
Salabhasana	Locust Pose
Sarvangasana	Shoulder Stand
Savasana	Corpse Pose
Setu Bandhasana	Bridge Pose
Sirsasana	Head Stand
Supta Baddha Konasana	Reclined Bound Angle
Supta Padangustasana	Reclined Big Toe Pose
Tadasana	Mountain Pose
Tolasana	Scale Pose
Upavishta Konasana	Seated Angle Pose
Urdhva Dhanurasana	Upward Bow, Wheel Pose
Urdhva Mukha Svanasana	Upward Dog
Urdhva Prasara Eka Padaasana	Standing Split
Ustrasana	Camel Pose
Utkatasana	Chair/ Fierce Pose
Uttanasana	Standing Forward Fold
Utthita Parsvakonasana	Extended Side Angle
Utthita Trikonasana	Extended Triangle
Vajrasana	Thunderbolt Pose
Vasistasana	Side Plank Pose
Viparita Karani	Legs Up the Wall Pose
Virabhadrasana I	Warrior I Pose
Virabhadrasana II	Warrior II Pose
Virabhadrasana III	Warrior III Pose
Virasana	Hero Pose
Vrksasana	Tree Pose

Pranayama and Bandha: Upon completion of the program the student will be able to perform and guide and describe the benefits, cautions, and contraindications of the pranayamas and bandhas.

Pranayamas: Diaphragmatic, 1:1, Dirgha (Three Part), Ujjayi, Nadi Shodhana, Kapalabhati, Sama Vritti

Bandhas: Mula bandha, Uddiyana bandha, Jalandhara bandha

Meditation: Upon completion of the program the student will be able to engage in a seated meditation practice and describe the benefits and cautions of these practices.

Meditations: Awareness Meditation, Movement Meditations, Breath (So Hum), Silent Mantra, Japa

Philosophy: Upon completion of the program the student will be familiar with the eight limbs of Yoga as defined by Patanjali; the classic texts of Yoga - The Yoga Sutra; and understand the relationship between Yoga and Ayurveda.

Anatomy and Physiology: Upon completion of the program the student will be able to correctly identify the major bones and muscles of the body, understand movement and how to prevent injuries from occurring during asana practice, understand the primary systems of the body, understand the energetic body (including the Chakras).

Teaching Methodology: Upon completion of the program the student will be able to properly sequence, construct, and instruct a safe class.

Personal Growth: In addition to the skills directly related to teaching yoga, the student is likely to enhance their own personal yoga practice, improve their communication skills, and understand personal and business ethics.

Course Manual and Syllabus

Students will receive a teacher training manual on the first day of training. This manual will have a program syllabus with detailed information regarding, dates, course topics, reading and homework assignments. It will also include articles, pictures and sequencing to be used and discussed in the training program.



Ownership and Governance

Meg Galarza is the owner of YogaOne Studio, director and Lead Trainer.

Faculty

Meg Galarza, Director of Teacher Training

Subjects: Techniques Training/Practice, Teaching Methodology, Anatomy & Physiology, Yoga Philosophy/Lifestyle/Ethics, and Practicum

Meg Galarza, E-RYT 500, founder of YogaOne Studio with locations in Cedarburg and Fox Point, Wisconsin. She began teaching in 2000 and opened YogaOne Studio in 2004. She has lead retreats both nationally and internationally. Meg leads students in vinyasa flow classes that are powerful, creative, and ever changing. Blending music, clear instruction and multi-dimensional sequencing in a way that assist students to let go and drop into the flow. Meg was born into a family that practiced daily meditation and yoga. She

was first initiated into Transcendental Meditation (TM) at the age of 5. She attended Maharishi International University, from 1989-1991, studying Vedic Science, Ayurveda, and Sanskrit. She later attended University of Iowa where she completed her B.B.A. in Finance. Meg was selected as "Top Milwaukee Practitioners" in Yoga Instruction by Milwaukee Magazine, February 2011 survey of peers in their respective fields.



Ali Modell, E-RYT500 Faculty & Senior Teacher at YogaOne

Subjects: Techniques Training/Practice, Teaching Methodology, Anatomy & Physiology

Ali has been a student of yoga for 15 years, and teacher for nearly 10. She continues to study closely with Tias Little, director of Prajna Yoga based in Santa Fe, New Mexico and now teaches on his behalf. She believes yoga to be an evolutionary art and science that honors the whole person. For further information, check out alimodell.com



Catherine Aiello RYT- 500, Faculty & Senior Teacher at YogaOne

Subjects: Techniques Training/Practice, Teaching Methodology, and Practicum

Catherine was introduced to yoga in 2002 to help strengthen her back and core due to back pain. After finding the wonderful benefits of Vinyasa style, she let yoga into her life and started practicing regularly in 2003. In 2005, Catherine became a certified yoga instructor through Feel Your Best yoga and began teaching Vinyasa style with an emphasis on alignment and having fun. She attends workshops lead by Meg Galarza, as well as internationally known Seane Corne, Shiva Rae and a variety of others. Catherine enjoys teaching private one on one sessions and group classes. Her public classes offer diversity for all ages, levels and experience. She also enjoys working with young athletes and has specialized classes for high school cross country and gymnastics teams. Her hope is that students can bring the many benefits of yoga into their own lives, both on the physical and mental level.

YOGAONE VINYASA FLOW TEACHER TRAINING SCHOOL AGREEMENT & LIABILITY RELEASE

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Meg Galarza, Bernard Rosen, or YogaOne Studio.

I have carefully read this agreement and the entire contents of the YogaOne Vinyasa Flow Teacher Training School Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Bernard Rosen, Meg Galarza, The YogaOne Vinyasa Flow Teacher Training School and YogaOne Studio and all such hosts, instructors, organizers, and participants.

SIGNATURE: _____ DATE: _____

PRINTED NAME: _____

YOGAONE VINYASA FLOW TEACHER TRAINING SCHOOL CATALOG RELEASE

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the YogaOne Vinyasa Flow Yoga Teacher Training Program.

Name (printed)

Date

YOGAONE VINYASA FLOW TEACHER TRAINING SCHOOL
YOGA TEACHER CODE OF ETHICS

As a Yoga teacher, I recognize that it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Therefore I agree to abide by the following ethical code:

Relationships with Students

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the highest interests of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student. The required protocol for beginning a personal relationship with a one-time student is the following:
 - Once an attraction arises with a current student I am obliged to commence a 3-month period where I will not (personally) see or teach the student. At the end of 3 months, I am free to see the person socially. For the next 3-6 months, I will have contact on a personal basis only. After which if it is mutually agreeable to be both parties I can resume a "teaching" relationship with the student concurrent with our personal relations.
 - If circumstances arise where an appropriate course of action is unclear to me, I agree to first to discuss the issue openly and honestly with one of the YogaOne Vinyasa Flow Teacher Training School of Yoga faculty members before becoming involved with a student and thus violating the spirit and letter of this provision.
- I fully acknowledge that this Ethics Protocol is intended to support the best interests of my students and the Yoga Profession.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician's advice.
- Take continuing education in yoga teaching on a regular basis.
- Be honest, straightforward, fair, and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practice.
- Avoid speaking negatively about other teachers, styles, and/or Yoga traditions other than my own.

Advertising

In brochures, advertising, and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, or endorsement by any organization.

I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature_____ Date_____

Print Name_____

