

{ Application }

for 200 Hour Yoga Teacher Training Program

Ashtangasana Yoga Studio Training at 448 High Pointe Circle. Grand Junction, CO 81507

Franchisees will edit to make appropriate to their address



Are you ready to take your practice to a whole new level? Our Yoga Alliance Credentialed 200 Hr Yoga Teacher Training will prepare you for the role of Yoga Instructor. Maybe you are more interested in deepening your personal practice.

Acceptance to this program will be contingent upon [____YOUR WISCONSIN YOGA STUDIO NAME HERE____] receiving the application and the \$100 application deposit. We also require a signed Liability Agreement and Enrollment Agreement.

Personal Information

NAME:

ADDRESS:

PHONE/EMAIL:

OCCUPATION:

EMERGENCY CONTACT INFORMATION:

LIST ALL INJURIES, PAST AND PRESENT:

DESCRIBE YOUR FAMILY... MARRIED, CHILDREN?

MAJOR COMMITMENTS:

HOW DID YOU HEAR ABOUT THIS PROGRAM?

Your Practice

HOW LONG HAVE YOU BEEN TAKING YOGA CLASSES OR PRACTICING?

WHY DO YOU WANT TO TAKE THIS TEACHER TRAINING PROGRAM?

DO YOU PLAN ON TEACHING YOGA AFTER THE PROGRAM ENDS?

DO YOU HAVE A HOME PRACTICE?

{ Enrollment Agreement }

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This document explains the various aspects of the program and its requirements.

Admission Requirements

1. Submit application
2. Sign Agreement to Expectation of Program
3. Sign Enrollment Agreement
4. Include \$100 Application deposit.
5. Minimum 2 years consistent yoga practice.

Course Description

There are 12 main modules to this curriculum. This is a general yoga curriculum. Upon completing this program, Trainees will understand the 8 Limbs of Yoga, how to develop an effective and safe class, understand what it means to be a Yoga Teacher, have exposure to Ayurveda and Chakras, and much more!

The program is a 200 hour Yoga Alliance approved curriculum. It is designed as a 16 week, one 3-hour class and one 5-hour class.

Each class includes meditation and pranayama practices. The 5-hour day includes an opening Asana practice. This in time, will be the timeslot for Trainees to practice teaching. This curriculum allows for Trainees to get in front of the class very quickly, to start vocalizing and hearing their voice as a teacher. This will include rotating thru students, leading meditation, pranayama and asana.

Trainees start building a Toolbox of meditations and sequences throughout the program. When they leave the program, they will feel comfortable leading a class through Asana, Meditation and Pranayamas. They will also practice hands on adjustments and cueing throughout the program.

Module 1. Yoga History

- Who was Patanjali?
- Explore what is meant by classical yoga and the timeline of Yoga in history
- What are the origins of Yoga
- Introduction to the studies of the Yoga Sutras and how they relate to the 8 Limbs of Yoga
- Trainees will read Desikachar and Iyengar's texts to gain a deeper understanding of the philosophy and history. As this module can be studied for years to gain true understanding, the text books are an important support to the lead teachers!
- Who are some of the great masters of Contemporary Yoga?

Module 2. Yoga Philosophy

- What are the different types of yoga: Hatha, Raja, Bhakti, Jhana and Karma
- Western vs Classical Yoga
- What are the 8 Limbs of Yoga

- What are the various forms of Hatha Yoga? Ashtanga, Bikram, Partner, Iyengar, Kundalini, Kripalu, Sivananda, Vinyasa, are discussed yet not an all-inclusive list as that list keeps growing each year with the popularity of Yoga in the U.S.!
- Understanding the Teacher-Students Relationship and what it is to be a Yoga Teacher

Module 3. Meditation

- We will learn and practice meditation
- There are many forms of meditation: breath, mantra, movement, transcendental, Buddhist forms, prayer, mindfulness, guided imagery, and creative visualization.
- What is the difference between meditation and relaxation and how it effects the brain/mind.
- Learn various styles- it's not just a blank mind!! Thank goodness
- What are mala beads and mudras used for?

Module 4. Pranayama

- Discussion on the importance knowing how to use your breath in effective ways
- Self Quiz: How do you breathe?
- What are common breathing patterns?
- Explore the 10 different exercises of breath control
- What is the Darth Vader Breath?
- How do yogis make their stomach move in a wave???!?
- What are Nadis and how do they relate to breath work?
- What are bandhas? How are they integrated into a yoga practice? Why are they used?

Module 5. Asana

- The study of the poses (over 100 poses)
- What makes up a pose?
- Adjustments vs. assists
- Cueing – specific cueing skills are so important
- Be aware of contraindications of poses
- Category of poses
- Alignment is essential to keep poses safe
- Asana manual includes Independent Worksheet on the breakdown of poses such as benefits, description, directions, counterpose, contraindications, cautions, etc. The Group Worksheet is to be completed as a class during the Workshop of poses.
- Sanskrit Posters are included and can be posted up upon completion of pose.
- Pose exercises to facilitate learning such as “Name the Pose” game and “Talk Thru Poses” exercise.

Module 6. Teaching the Poses

- Learn the different kinds of poses that make up a rounded sequence
- There are many components of a pose...learn what makes up a pose
- How do I use cues to help direct a pose?
- What is the objective of my pose?
- What is the focal point of a pose?
- How do I create a level 1 versus level 2 class?
- How do you prepare the class for more challenging poses?
- Variations and modifications are essential for mixed classes
- Adjustments- learn how and know when!
- Includes Worksheets and exercises such as: Focal Point, Level of Pose, Objective of Pose and Category Sort Pose game.

Module 7. Class Creation

- Sequencing and Construction of Poses
- How do I think about the Progression of a Class?
- What are the 3 Elements of a Pose?
- Why do creative transitions make a better class?
- How to develop a class
- How to create a style that is an expression of you?
- What, there is a logic to the sequence of a class??
- How do you build a class to a “peak pose”?
- Excite your class by creating theme classes
- Let’s develop opening and closing sequences!
- You will have a Toolbox of various sequences upon completion of program

Module 8. Qualities of a Yoga Teacher

- What qualities make a good yoga teacher?
- Boundaries in the classroom
- Discuss Code of Ethics
- What are your Personal Parameters on Your Teaching?
- Teacher/Student Relationship
- Your role as teacher
- Role play Questions & Answers you may get as a Teacher
- Private sessions and how to prepare for them
- Agreement and liability Release for your Students

Module 9. Anatomy

The Anatomy Coloring book is a very effective way to expose Trainees to Anatomy. The process of coloring gives them time to look at the layers and origins/insertions of muscles. This anatomy coloring book includes the study of bones, muscles, nerves, etc. It is an effective learning tool!

I also encourage the use of Ray Long’s various books to help support the Lead Teacher in the presentation of poses. Long is an orthopedic surgeon who spent a few years in India studying with Iyengar. He loves yoga and found that many yoga teachers were speaking/cueing/sequencing without a true understanding of anatomy.

Cues that we often learn to use often do not make anatomical sense. Or teacher ask students to do things with their body without giving them effective directions...how does one root through their feet? How does a new yoga practitioner even understand what that means?

Why do teachers cue you to soften your hip flexors when folding forward? We need the hip flexors to help fold us forward. That is their job! Open your hip in triangle...we need to cue them to tighten their top gluteal muscles to help make that happen...otherwise the cueing means nothing. He makes you understand how to use your muscles to help get you into the pose.

Having these books while talking through the Group Pose work during the Workshop, can help Lead Teachers discuss the poses more effectively. True integration of Anatomy and Pose.

Module 10. Wellness

As yoga teachers, we exemplify to our students health, balance and wellness. This can be a hard role to live up to. We need to be able to enter a studio grounded and calm, no matter what is going on in our personal life. If we are able to maintain a flowing level of balance, this comes more easily. You will have them Trainees fill out the Wellness Wheel and assess what things are or are not in balance in their lives. A discussion will follow on the various aspects of the wheel.

Module 11. Business Planning Workshop

As a soon to be Yoga Instructor, you need to start thinking about how you will use this investment. What niche do you want to create for yourself? What population would you like to work with? How are you going to promote yourself? How are you going to keep track of your finances? These are all things you should be thinking about now, not once you complete your training. Create a strategy and plan and start implementing today.

Module 12. Bonus Workshop- Ayurveda and Chakras

- **A full day with four yoga sessions and lunch**
- 4 Yoga classes centered around the Chakras, building from Root to Crown.
- Ayurveda
 - What is this form of Medicine?
 - What type am I? Trainees will be asked to fill the questionnaire out before class to determine their predominant Ayurvedic Dosha Type
- Chakras
 - What are Chakras?
 - How can we use our yoga practice to balance our chakras
 - Through the yoga sequences, the emotional and physical manifestations of imbalances will be explored.

As per Yoga Alliance's Standards for a 200 Hour Yoga Teacher Training Curriculum the following categories of learning are required:

1. Techniques, Training and Practice: 100 hours
 - a. Asana, pranayams, kriyas, chanting, mantra, meditation and other traditional techniques.
2. Teaching Methodology: 25 hours
 - a. Communication skills
 - b. How to address needs of specific individuals and special populations
 - c. Principles of demonstration, observations, assisting and adjusting
 - d. Qualities of a teacher
 - e. Student learning process
 - f. Business aspects of teaching yoga
3. Anatomy and Physiology: 20 hours
 - a. Applying the understanding of anatomy to pose work
4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours
 - a. Study of yogic philosophy and traditional texts
 - b. Yoga lifestyle
 - c. Ethics for teachers
5. Practicum: 10 hours
 - a. Practice teaching as the lead teacher
 - b. Receiving and giving feedback
 - c. Observing others teaching
 - d. Assisting students while someone else is teaching
6. Remaining Contact Hours and Elective Hours:

The categories above detail that all trainees of this 200-hour program receive instruction and training in 5 educational categories for at least 185 hours, of which are 125 contact hours with a Lead Instructor. All remaining non-contact hours (which is defined by outside course work chosen by trainee or self-study) are to be allocate by the discretion of the student.

Agreement to Expectations of Program

- ✓ **Class time is 8 hours a week.**
- ✓ **Outside time commitment will be 10-15 hours a week**
- ✓ **1 x week minimum – YogaGlo assigned class.** When you go thru backbends, assign a backbend oriented class. They experience a class that has a focus and intention. They need to write down what they liked, how things progressed and lead to the intended
- ✓ **Daily Meditation and/or Journaling**
- ✓ **1 Weekend Workshop** – This is outside of the program. This can be a Workshop your studio hosts or one that they go to, a conference, workshop, etc at another studio. This gives them experience of an intensive emersion.
- ✓ **4 Assisting Classes** – this can be assisting/adjusting or just observing a class at your studio. Very important learning experience to observe a class.
- ✓ **4 Teaching Class** – This can be done during the class time slots for group yoga class on the 5-hour session days. You can also do a Community class at your studio where your Trainees can teach.
- ✓ **2 Private Sessions** – These both can be done with you or another Senior Teacher in your studio. Trainee needs to do the prep intake at time of set up – asking goals, contraindications, experience, etc. Then a one-on-one yoga session that can last 60-90 minutes. This is to be a mock-private session giving them experiences of the difference between a group class environment and a private session.
- ✓ **No more than 2 absences are permitted.** Trainee needs to read all contents to the lectures out of the Student Manual and meet with Lead Teacher if necessary and gather missed materials.

DATE OF PROGRAM

The dates of the program are at the discretion of the Wisconsin studio franchisee. All hours of the 200-hour program must be met within the timeframe the studio selects.

ACADEMIC REQUIREMENTS

Grading System

This is a pass/fail program. Attendance, assignments, tests, quizzes, outside requirements, practical hours are all required to pass and gain certification. In the event the student is not able to maintain the required PASS standing, the student will meet with the Studio Lead Teacher to discuss the circumstances that prevented them from maintaining satisfactory expectations. If the Trainee does not meet the agreed requirements, they will have the opportunity to repeat the Training and be charged a repeat fee.

Academic Probation

If you fail to turn in homework, have 3 or more excused absences; 5 or more unexcused absences, or chronically late, Trainee will be put on academic probation. Once Trainee has turned in homework, made up all required work and tests, Trainee will meet with the Lead Teacher. They can be removed from probation upon approval by Lead Teacher.

Termination

If a Trainee is to be terminated due to failing to meet requirements and not rectifying the situation, they can be terminated by the Studio, in writing.

Graduation Requirements

To obtain your Certification you must meet all requirements below.

1. Must have passing grades in homework assignments, tests and quizzes.
2. Completed Assisting, Teaching and Private Sessions
3. Completed Workshop Requirement
4. Paid for Program in Full

Attendance Policy

Illness: Must contact Studio at least 60 minutes before class begins.

Excused absences are legitimate issues such as illness, work conflict, family issues. 1 excused absence does not require a make-up session. 2 -5 require a meeting with Lead Teacher. After 5 Trainee will be put on probation. There are no refunds due to extended absences. After 3 unexcused absences, trainee will be put onto academic probation. There are no refunds under these circumstances.

TUITION AND FEES

[___EACH FRANCHISEE DETERMINES THIS___]

Payment of Tuition

Payments may be made by credit card, checks or cash. Payment arrangements must be made ahead of time, prior to the start of the Training. If paying by check, there is a \$35 NSF should that happen.

Tuition includes:

- ✓ Student and Asana Manuals
- ✓ All Teacher Training classes
- ✓ Ayurveda and Chakra Workshop
- ✓ Business Plan Workshop

Tuition does NOT include:

- ✓ Weekly yoga classes at the Studio
- ✓ Yogaglo subscription
- ✓ Additional textbooks that are required reading
- ✓ Journaling book
- ✓ Additional Workshop requirement
- ✓ Props (mats, straps and blocks)

Tuition Payment Options

- ✓ Special Discount: \$XXXXXX if paid in full 6 weeks before registration deadline
- ✓ Early Bird Discount: \$XXXXXX if paid in full 4 weeks before registration deadline
- ✓ Regular Tuition: \$XXXXXX if paid in full 2 weeks before registration deadline
- ✓ Payment Plan: \$XXXXXX if paid partial or full after registration deadline

Refund Policy: Buyers Right to Cancel

If your application is rejected, you will receive a full refund of all tuition, fees, and other charges. You will be entitled to a full refund of tuition, fees, and other charges if you give written notice that you are cancelling your contract within three business days after the contract or enrollment agreement is considered effective. A contract or enrollment agreement will be presumed to be effective on the date of that the institution notifies you that you have been accepted into the institution and you have signed the contract or enrollment agreement. If the notification of acceptance into the institution is sent by mail, then the effective day of being accepted is the postmark on the acceptance letter.

This three-day refund policy applies regardless of when the program starts. If you give notice more than three days after you signed the contract, but before the start of the program (or first lesson for an online distance education program), you will receive a refund of all tuition, fees, and other charges minus 15%, up to \$50, of the total cost of the program. You will be provided a prorated tuition, fees, and other charges refund minus a 25%, up to \$100 administrative if you provide written notice of your withdrawal after your program has begun, but before 75% program has completed. If you withdraw from your program after 75% of the program has completed, you are not entitled to a refund of tuition, fees, and other charges.

You will receive written notice acknowledging your withdraw request within 10 business days after receipt of the notice and you will receive a refund of any tuition, fees, and other charges within 40 business days of receipt of your withdrawal. Written notice is effective of the date of the postmark if sent by mail or the day it has been hand-delivered to the institution. If you do not withdraw in writing or contact the institution about your absence, and you have not attended your program for 21 consecutive days, you will be considered to have withdrawn from the school as of your last date of attendance. Institutions must include this clause if your institution's student catalog, contract, or enrollment agreement includes a separate statement on the fair market of the equipment and any of the equipment can be reasonably resold.

You may be entitled to a refund of your equipment and supplies costs if you return your equipment and supplies within 10 days of withdrawing if your supplies in a condition suitable for resale. If you do not return your equipment and supplies or the supplies are not in a condition suitable for resale, this cost will be deducted from your tuition, fee, and other charge refund that you may be eligible for.

Wis. Admin. Code s. SPS 408.05 (partial refund).

Employment Policy

There are no employment services provided by Franchisee or Ashtangasana. Ashtangasana nor Franchisee guarantee employment. Franchisee nor Ashtangasana may provide referrals to potential employers, yet are not based on direct contact with the employer regarding current job openings.

Notice of Disclaimer

Studio reserves the right to change, edit, amend, add and delete requirements, subjects, programs and policies with or without prior notice. Classes and programs can be cancelled due to low enrollment and refunds will be issued.

Yes_____ No_____

Signature and Date

Notice of Disclosure

Ashtangasana Yoga Studio Training is licensed as a private career school with the State of Wisconsin Educational Approval Program pursuant to Wisconsin Statutes. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Yes_____ No_____

Signature and Date

Notice of Legally Binding Instrument

This is a legally binding instrument upon written acceptance of the student unless cancelled pursuant to the Buyer's Right to Cancel, upon acceptance of the student by the school unless the student cancels the enrollment agreement within 3 business days of acceptance by the school day cancellation period.

I have read and accepted the terms and conditions of the Expectations of the Program and the Enrollment Agreement.

Yes_____ No_____

Signature and Date

Notice of Cancellation

What is the program you want to cancel? _____

When did you sign up for this program? _____

If you no longer want to take this program you may cancel by sending and dated copy of this or any similar cancellation notice to:

(Franchisee School name and address)

Not later than the midnight of the third business day following the post-marked date of the school's letter of acceptance. If you cancel, any payments made by you under the contract or sale will be returned within 30 business days following the post-marked date of the Notice of Cancellation. Any property traded in and any instrument executed by you will be returned within ten business days following receipt by the seller of your cancellation notice and any security interest arising out of the transaction will be cancelled.

If you cancel, you must make available to the seller at your residence, in substantially as good condition as when received any goods delivered to you under this contract or sale; or you may wish, comply with the written instructions of the seller regarding the return shipment of the goods at the seller's expense and risk.

If the seller does not pick up the goods within 20 days of the date of our Notice of Cancellation, you may retain or dispose of them without further obligation.

I HEARBY CANCEL THIS TRANSACTION

Date

Buyer's Signature

THIS DOCUMENT CAN BE USED BY ENROLLEE IN THE EVENT OF THE DESIRE TO CANCEL THEIR ENROLLMENT AND PARTICIPATION IN THE YOGA TEACHER TRAINING

LIABILITY RELEASE, ACKNOWLEDGMENT & ACCEPTANCE

Voluntary Participation

Before participating in this or any other exercise program, individuals should consult with a physician. I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the yoga class, workshop, event, or activity sponsored by _____.

Release

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to _____, for injury or damage resulting from my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity.

Agreement

I have carefully read this agreement 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 _____ and all such hosts, instructors, organizers, and participants.

Acknowledgment

I am aware that participation in the yoga class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities. I hereby acknowledge receipt of _____ enrollment agreement which contains information describing the _____ offered, and equipment/supplies provided. Also, I have carefully read and received an exact copy of this enrollment agreement. I understand that the School may terminate my enrollment if I fail to comply with attendance, academic and financial requirement or if I disrupt the normal activities of the _____ Teacher Training Program. While enrolled in the _____ Teacher Training Program, I understand that I must maintain Satisfactory Academic Progress as described in the _____ Teacher Training program catalog and that my financial obligation to _____ must be paid in full before a certificate may be awarded. I also understand that this institution does not guarantee job placement to graduates upon program/course completion or upon graduation.

Contract Acceptance

I, the undersigned, have read and understand this agreement and acknowledge receipt of a copy. It is further understood and agreed that this agreement supersedes all prior or contemporaneous verbal or written agreements and may not be modified without the written agreement of the student and the director of the _____ Teacher Training Program. I also understand that if I default upon this agreement I will be responsible for payment of any collection fees or attorney fees incurred by _____. My signature below signifies that I have read and understand all aspects of this agreement and do recognize my legal responsibilities in regard to this contract.

Please sign and date this Enrollment, Liability and Release Agreement. This includes your application.

NAME OF PROGRAM:

[_____]

START DATE OF PROGRAM:

[_____]

STUDENT SIGNATURE / DATE

[_____]

STUDIO OWNER SIGNATURE / DATE

[_____]

PRINTED NAME OF STUDENT

[_____]

PRINTED NAME OF STUDIO OWNER

[_____]