



Advanced Studies Program
200 RYT
2023-2024 Yoga Teacher Training Catalog

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WELCOME

to the Bay Area Yoga Center Advanced Studies Program

Thank you for your interest in the Bay Area Yoga Center Advanced Studies Program. Our comprehensive program crosses the boundaries between various schools of yoga. Our program will help the practitioner develop a well formed and mature practice, focusing not just on the physical aspects of yoga but the psychological and spiritual benefits as well. Whether you intend to simply deepen your understanding of this ancient and diverse practice or you aspire to teach and share with others, our training will prepare you for your journey. With an emphasis on vinyasa flow based in the rich traditional sequences from Krishnamacharya, this training will provide participants the knowledge, practice and experience necessary to become a creative, dynamic and inspirational teacher.

Our approach to asana focuses on slowing down the various sequences of vinyasa in order to move through the postures with attention to external and internal alignment. Internal alignment brings a psychological dimension to the practice of yoga asana including drsti (eye gaze), pranayama (breathing) and bandhas (energetic flow). This method of practice refines your skills of observation of both physical and mental states. You will learn new ways to adapt to the present moment and make your practice graceful and free. As the first line from the Yoga Sutras by Patanjali states, “Now, is the practice of yoga.”

During our course of yoga study, we comprehensively explore the forms of asana, pranayama, bandha, kriya and meditation. While working with the outer understanding of these forms we will also be developing a deep interconnected mosaic of the inner workings of the yoga practice. This develops a deeper understanding for you and the tools to transmit these traditions to your students more effectively.

We are honored you are considering our program. An amazing journey into the flow of yoga and life awaits you. Our many years of practice and teaching experience will ensure you a rewarding adventure. We are looking forward to practicing with you.

Namaste

Kat Kelly E-RYT500, Continued Education Provider, IYT

International Yoga Therapist

Yoga Alliance Registered 500 Hour Experienced Level / Continued Education Provider

Director and Instructor

Bay Area Yoga Center Advanced Studies Program



MISSION STATEMENT

The mission of the Bay Area Yoga Center Advanced Studies Program is to help create a community of skilled and compassionate yoga practitioners. We wish to inspire others to live fully in the present moment through their bodies, mind and hearts.

- Enhanced body awareness through asana and pranayama practice opens the physical body through movement and breath to allow the prana (life energy) to flow freely.
- Study of the mind and heart through meditation and concentration practices allows one to remain in the present moment. The student can then explore the habituated patterns of the mind. Once he/she recognizes these patterns of thought, feeling and behavior the patterns can be released and changed.
- Bhakti yoga and community service are encouraged. We are all part of a larger community which needs the love and attention of all that live within it.

HISTORY

The Bay Area Yoga Center Advanced Studies Program was developed by Kathleen Kelly in 2011. The school is hosted by the Bay Area Yoga Center, LLC, in Green Bay, WI. Kathleen has been training teachers in the vinyasa tradition since 2008. The Bay Area Yoga Center Advanced Studies Program is approved by the Wisconsin Educational Approval Board (WEAB) and recognized by the Yoga Alliance.

Our school program is designed to educate and guide aspiring yogis into the world of teaching and sharing through personal growth and self exploration. We also strongly recommend our program for practitioners who are simply looking to deepen their personal practice and spiritual journey.

PHILOSOPHY

At the Bay Area Yoga Center, LLC, we are building a community of compassionate, aware and caring yoga practitioners. We offer the Green Bay area high quality yoga teachers with a warm, friendly and accessible yoga studio for practice. We provide workshops, kirtans and teacher training programs that nurture continuing growth of the individual yogi and the yoga community.



PROGRAM DESCRIPTION

The Bay Area Yoga Center Advanced Studies Program exceeds the minimum standards set by the Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. The Yoga Alliance requires 200 contact hours (class room time). The Bay Area Yoga Center Advanced Studies Program includes 200 contact hours and 44 non-contact hours of homework and self study making this program a comprehensive 244 hour teacher training. A certificate of completion will be awarded when all required hours are satisfied. Full attendance in classes and completion of all homework assignments will represent completion of hours.

The Bay Area Yoga Center Advanced Studies Program also offers 300 hour level studies. Contact Kathleen Kelly directly for more information on this program.

EMPLOYMENT OPPORTUNITIES

The Bay Area Yoga Center Advanced Studies Program offers strategies and suggestions for employment; however, we do not offer career counseling or job placement.

LOCATION AND FACILITIES

All classes will be held at Bay Area Yoga Center, LLC, located at 1825 S. Webster Avenue, Green Bay, WI.

- Yoga mats and props will be provided; you are welcome to bring your own.
- Water and tea will be available
- Restaurants are nearby, but there is a kitchenette at the center for storing and preparing your food from home.

CATALOG CHANGES

We make every effort to make sure that the information in our catalog is accurate. Bay Area Yoga Center Advanced Studies Program reserves the right to make changes or revisions.



PROGRAM SYLLABUS, SCHEDULE AND HOURS

Yoga Philosophy and History: **UNDERSTANDING THE UNION OF YOGA**

What is yoga? This ancient system of practice leads the student on a path of expansion, growth and development in body, mind and spirit. We will be using the ancient texts and Vedic history, including the Yoga Sutras, Upanishads, Bhagavad Gita, Hatha Yoga Pradipika and the Astanga path of Patanjali, including the eight limbs as our map. The eight limbs are yama (ethical conduct), niyama (observances), asana (postures), pranayama (breath study), pratyahara (sense withdrawal), dharani (concentration), dhyana (meditation), samadi (integration).

We will be examining the five main schools of Yoga:

- Raja
- Bhakti
- Karma
- Jnana
- Tantra

Technique Training: **THEORY AND PRACTICE OF ASANA**

The Yoga Sutras refer to asana as the integration of steadiness (sthira) and comfort (sukha). We will explore energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras in order to understand the subtle movement of prana in the body through asana and pranayama practice. Following the sequencing of Krishnamacharya, we will study asana groups, supplying guidance through alignment, adjustments and variations for multiple levels of student abilities. We will break down sun salutations, standing and balancing poses, abdominal strengtheners, forward folds, backbends, twists, inversions and savasana.

Theory and Practice of Pranayama: **UNDERSTANDING AND CULTIVATING THE LIFE FORCE ENERGY**

Pranayama is the practice of using the breath to receive, generate, cultivate, distribute and store our vital life force energy. To breath consciously we need to be sensitive to the way the energy is moved by the breath and how the breath moves the body. Prana is what makes all life, mental activity and spiritual pursuit possible. We will explore ujjayi, nadi shodhanam, kappalabhati, bastrika, agni sara, balanced breath, 1:2 ration breath, sitali and viloma breathing.



Methodology: Theory and Practice of Teaching

THE FULL PRACTICE OF YOGA

The practice of yoga cultivates sensitivity, patience, compassion, awareness and bliss. Teaching yoga requires these same attributes and is a practice of yoga in itself. A teacher must encourage and inspire his or her students, bringing compassion and sensitivity to both the group and the individual. Our program will help yoga teachers do the following:

- How to make adjustments using teacher example, voice and touch
- Observing
- Sequencing, counter poses, routines, how to pace a class
- Ability to demonstrate
- Use of props
- Themes, rhythm, focus, direction
- Ethics of the student/teacher relationship
- Experiential learning through shadowing and student teaching
- Self study
- Video taped session while you are teaching for critique and self study

Anatomy and Physiology:

UNDERSTANDING MUSCULAR & JOINT FUNCTION

Yoga instructor students will receive hands-on training in:

- Planes of movement
- Directional terminology of movement
- Skeletal and muscular anatomy
- Applying knowledge of muscular function to asana

Students will acquire knowledge of muscular anatomy and muscular function as it pertains to yoga asana. Students will also understand muscular dysfunction as it pertains to restricting yoga asana. They will be able to identify contraindications/indications for hands-on adjustments of yoga asana.

Fundamentals

- Part 1: The trunk
- Part 2: The pelvic girdle and thighs
- Part 3: The shoulder girdle and arms
- Part 4: The ankle and wrist
- Part 5: Breath, Bandhas and putting it together



Meditation Practices

Students will explore the various components of seated meditation in the yogic and Zen traditions.

- Awareness meditation
- Walking meditation
- Silent mantra meditation
- Concentration practices
- Gazing techniques

Program Goals

Students will become proficient and able to teach using inflection and verbal cues, verbally breaking down the basic elements of the following. Students will be able to show use of props and effectively demonstrate and sequence all of the elements of yoga, including asana, pranayama, bhandas, dhristi, meditation. The ability to efficiently teach asana includes determining the need for modifications. Students will learn the energetic principles of pranayama, bhandas and dhristi and how to use breathing techniques to better understand and experience these principles. Meditation techniques will be explained in a manner that students will be confident to present these techniques as part of a yoga class or as a stand-alone meditation. Students will also understand base foundation of root yoga philosophy based on the teachings of the Yoga Sutra. Students will learn anatomy and physiology as it pertains to yoga asana to help teach alignment and precision as injury prevention.

Some of the topics to be covered in weekly meetings will include discussions of book/reading assignments and other assignment review. Besides breaking down asana, discussing philosophy and applying anatomy to yoga, students will discuss ethics of teaching yoga and of yoga as a discipline. Students will learn how to plan a class to incorporate many different elements of yoga, including pranayama and meditation. The Sutra and Bhagavad Gita will provide metaphor and history to the learning of the practice of yoga, allowing for discussion and comparison of yoga systems. Student teachers will have the opportunity to practice teach with volunteers.



REQUIRED READING MATERIALS

Order of books being read is clarified in the syllabus, page 10.

- *The Heart Of Yoga: Developing a Personal Practice* by TKV Desikachar
- *The Inner Tradition of Yoga* by Michael Stone
- *The Language of Yoga* by Nicolai Bachman (this includes a CD for Sanskrit pronunciation)
- *The Yoga Sutra* by Chip Hartranft
- *The Secret Power of Yoga* by Nischala Joy Devi
- *The Yamas & Niyamas* by Deborah Adele
- *Moving Inward* by Rolf Slovik
- *Ashtanga, The Practice Manual* by David Swenson
- *The Yoga Matrix* by Richard Freeman (CD set)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hatley Aldous
- *Teaching Yoga* by Mark Stephens
- *The Pillars of Ayurveda* by Mona Warner

Recommended Reading

- *Yoga, The Spirit and Practice of Moving Into Stillness* by Erich Schiffman
- *The Heart of Zen* by Junpo Denis Kelly and Keith Martin-Smith
- *The Shambhala Encyclopedia of Yoga* by George Feuerstein, PhD
- *Yoga Sequencing* by Mark Stephens
- *Happiness the Real Medicine* by Blair Lewis
- *The Mirror of Yoga: Awakening the Intelligence of Body and Mind* by Richard Freeman
- *Yoga for a World Out of Balance: Teachings on Ethics and Social Action* by Michael Stone

Estimated Cost of Reading Materials

- Expect to pay ~\$275 for required textbooks if purchased new.
- All textbooks are also available in used condition
- Textbooks may be purchased at any retailer where they are available.
- Textbooks are also available through Amazon.com. Group order may reduce shipping costs.



TIMETABLE OF ADVANCED STUDIES PROGRAM TEACHER TRAINING 200 HOUR

Weekends of Study (144 Hours), one weekend per month

- Saturday: 8:00 am–6:00 pm
- Sunday: 8:00 am–6:00 pm

Bi-Weekly meeting held on Wednesday evenings from 5-9pm a (68 hours)

- October 11 & 25, November 8 & 29, December 13, January 3, 17 & 31, February 14 & 28, March 13 & 27, April 10 & 24, May 8 & 22, J

Weekend 1: October 6-7

- Introduction to the course. Overview of expectations.
- Practicing the Primary Series
- Sun Salutations A, B & C (practice teaching)
- Samskaras and how they unfold in the body/mind
- Anatomy introduction

Books used:

- *Ashtanga, The Practice Manual* by David Swenson
- *The Yoga Matrix* by Richard Freeman (CD #1)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hatley Aldous
- *Teaching Yoga* by Mark Stephens
- *The Inner Tradition of Yoga* by Michael Stone

Weekend 2: November 3-4

- Pranayama and Meditation, review of reading material.
- Ashtanga system.
- Practicing the Primary Series
- Standing postures.
- Chitta vritis, drishti, kleshas, atman and brahman
- Anatomy study

Books used:

- *The Heart of Yoga, TKV Desikachar*
- *The Yoga Matrix* by Richard Freeman (CD #2)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hatley Aldous
- *Teaching Yoga* by Mark Stephens

- *Moving Inward* by Rolf Slovik
- *The Inner Tradition of Yoga*, Michael Stone

Weekend 3: December 2-3

- Sequencing and modifications. Use of props.
- Primary Series breakdown
- Anatomy
- Hip Openers and forward folds
- Ashtanga system
- Prana/Apana, Bhandhas, nadis

Books used:

- *The Heart of Yoga*, TKV Desikachar
- *The Yoga Matrix* by Richard Freeman (CD #3)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *Teaching Yoga* by Mark Stephens
- *The Inner Tradition of Yoga*, Michael Stone

Weekend 4: January 6-7

- Yoga history, review of reading material
- Asana review. Series breakdown and practice teaching
- Arm balancing, flight lessons (jumping)
- Practice Teaching
- Anatomy review
- Bhavagad Gita, Tantric yoga

Books used:

- *The Heart of Yoga*, TKV Desikachar
- *The Yoga Matrix* by Richard Freeman (CD #4)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *Teaching Yoga* by Mark Stephens
- *The Inner Tradition of Yoga*, Michael Stone

Weekend 5: February 3-4

- Spinal Twisting
- The finishing sequence
- Inversions
- Asana review with modifications.

- Series breakdown and practice teaching
- Mental distractions
- Working with diverse populations
- Anatomy
- Yoga Sutra study

Books used:

- *The Heart of Yoga, TKV Desikachar*
- *The Yoga Matrix* by Richard Freeman (CD #5)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *Teaching Yoga* by Mark Stephens
- *The Inner Tradition of Yoga*, Michael Stone
- *The Secret Power of Yoga* by Nischala Joy Devi

Weekend 6: March 9-10

- Ayurveda weekend
- Mona Warner, guest instructor extraordinaire
- Anatomy study

Book used:

- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *The Three Pillars of Ayurveda* by Mona Warner

Weekend 7: April 6-7

- Mondo Zen practice.
- Pranayama and Meditation, review of reading material.
- Asana review with modifications and props
- Practicing the Primary Series
- Practice teaching
- Anatomy study

Books used:

- *Moving Inward* by Rolf Slovik
- *The Yoga Matrix* by Richard Freeman (CD #6)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *Mondo Zen Manual* (on line PDF file)

Weekend 8: May 4-5

- The business of yoga
- Asana review.
- Meditation and pranayama
- Series breakdown and practice teaching
- Receive take home test (review and breakdown)
- Practicing the Primary Series
- Practice teaching

Books used:

- *The Heart of Yoga, TKV Desikachar*
- *The Yoga Matrix* by Richard Freeman (CD #6)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *Teaching Yoga* by Mark Stephens
- *The Inner Tradition of Yoga*, Michael Stone

Weekend 9: June 1-2

- Asana review
- Meditation and pranayama
- Sequencing and modifications. Use of props
- Practicing the Primary Series
- Practice teaching

Books used:

- *The Heart of Yoga, TKV Desikachar*
- *The Yoga Matrix* by Richard Freeman (CD #3)
- *The Key Poses of Hatha Yoga* by Ray Long MD FRCSC
- *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC
- *Anatomy and Asana, Preventing Yoga Injury* by Susi Hately Aldous
- *Teaching Yoga* by Mark Stephens



Required Teaching Practice

During the course of your program you will be required to observe, assist and teach in Kathleen's classes. These times will be scheduled between you and Kathleen.

- 5 Classes: Observing Kathleen's classes
- 5 Classes: Assisting in Kathleen's classes
- 2 Classes: Teaching with observation by the group and Kathleen with critique

Self Study Requirements (30 hours)

Documentation of 30 one-hour personal yoga practices, including asana and pranayama. As a participant in this program you will be required to keep a weekly log of your private practice times. This log will be turned in at each weekly meeting. Your time will be recorded in a master log for all participants. Weekly participation is required for graduation. Your log can include weekly yoga classes at the center.



POSTURE/ASANA NAMES

The following is a list of postures that will be explored during teacher training.

ENGLISH	SANSKRIT
Arm Balance with Split Legs Pose	Ekapada Koundinyasana
Arm Pressure Pose	Bhujapidansana
Big Toe Standing Hold	Padangusthasana
Boat Pose	Navasana
Both Feet Big Toe Pose	Ubhaya Padangusthasana
Bound Hands Headstand Pose	Baddha Hasta Sirsasana
Bound Lotus Pose	Baddha Padmasana
Bow Pose	Dhanurasana
Bridge Pose	Setu Bandhasana
Camel Pose	Ustrasana
Cat Pose	Marjaryasana
Child's Pose	Balasana / Adho Mukha Virasana
Circle / Wheel Pose	Chakrasana
Cobbler's Pose	Baddha Konasana
Cobra Pose	Bhujangasana
Corpse Pose	Savasana
Cow Face Pose	Gomukhasana
Crocodile Pose	Nakrasana
Cross Beam of a Gate Pose	Parighasana
Crow / Crane Pose	Bakasana
Dancer Pose	Natarajasana
Dolphin Pose	Salamba Sirsasana
Double Pigeon	Dwi Pada Raja Kapotasana
Downward Bow Pose	Adho Dhanurasana
Downward Facing Dog	Adho Mukha Svanasana
Duck Pose	Karandavasana
Eagle Pose	Garudasana
Ear Pressure Pose	Karnapidasana
Easy Pose w/ Ankles Crossed	Sukhasana
Eight-Angle Pose	Name of Sage Aṣṭavakrasana
Embryo Pose	Pindasana
Extended Angle Pose	Utthita Parsvakonasana
Extended Hand Big Toe Pose	Uttihita Hasta Padangusthasana
Extended Leg Pose	Uttana Padasana
Fierce/Chair Pose	Utkatasana
Fire Log Pose	Agnistambhasana
Firefly Pose	Tittibhasana



ENGLISH	SANSKRIT
Fish Pose	Matsyasana
Flow	Vinyasa
Foot Behind Head with Forward Fold	Sage Skandasana
Forearm Stand	Pincha Mayurasana
Forward Facing Hero	Virabhadrasana A (1)
Four Limbs Staff Pose	Chaturanga Dandasana
Free Hands Headstand Pose	Mukta Hasta Sirsasana
Frog Pose	Bhekasana
Full Boat Pose	Paripurna Navasana
Half Bound Lotus Western Intense Stretch	Ardha Baddha Padma Paschimottanasana
Half Bow Pose	Ardha Dhanurasana
Half Hero Pose	Ardha Virasana
Half Lord of the Fishes Pose	Ardha Matsyendrasana
Half Lotus Bound Forward Fold	Marichyasana B
Half Lotus Bound Spinal Twist	Marichyasana D
Half Moon Pose	Ardha Chandrasana
Half Split	Ardha Hanumanasana
Half-Way Lift–Standing Half Forward Bend	Ardha Uttanasana
Handstand	Adho Mukha Vrksasana
Happy Baby Pose	Ananda Balasana
Head to Knee Pose / Half Forward Fold	Janu Sirsasana A
Headstand	Sirsasana A
Hero Pose	Virasana
Heron Pose	Krounchasana
Horse Pose	Vatyanasana
Knees to Chest Pose	Apanasana
Legs Up The Wall Pose–Shoulder Stand Prep	Viparita Karani
Little Thunderbolt Pose	Laghuvajrasana
Locust Pose	Shalabhasana
Lotus	Padmasana
Lunge / Crescent Moon	Anjaneyasana
Lying twist with Knees Together	Jathara Parivartanasana
Mountain Pose	Samasthiti
Mountain Pose	Tadasana
Name of Sage Pose	Galavasana
Noose Pose	Pashasana
One Foot to Head Forward Fold Pose	Eka Pada Sirsasana B
One Foot to Head Seated Pose	Eka Pada Sirsasana A
One Foot to Head Seated with Tolasana Pose	Eka Pada Sirsasana C
One Legged Bound Forward Fold	Marichyasana A



ENGLISH	SANSKRIT
One Legged King Pigeon Pose	Eka Pada Raja Kapotasana
Peacock Pose	Mayurasana
Pigeon Pose	Kapotasana
Plank	
Plow Pose	Halasana
Pyramid Pose	Parsvottanasana
Reclined Angle Pose	Supta Konasana
Reclined Big Toe Pose	Supta Padangustasana
Reclined Bound Angle Pose	Supta Baddha Konasana
Reclined Hero Pose	Supta Virasana
Reclined Stomach Twisting Pose	Parivartanasana
Reclined Tunderbolt Pose	Supta Vajrasana
Reverse Plank or Table	Purvottanasana
Reverse Warrior Pose	Parsva Virabhadrasana
Revolved Extended Angle Pose	Parivritta Parsvakonasana
Revolved Half Moon Pose	Parivrtta Arda Chandrasana
Revolved Hand to Toe Stand	Parivrtta Hasta Padangustasana
Revolved Head to Knee Pose	Parivrtta Janu Sirsasana
Revolved Side/Angle Pose	Parivrtta Parsvakonasana
Revolved Triangle Pose	Parivritta Trikonasana
Revolved Wide Legged Forward Fold	Parivrtta Prasrita Padottanasana
Scale Pose	Tolasana
Scorpion Pose	
Seated Forward Fold	Paschimottanasana
Seated One Legged Bound Spinal Twist	Marichyasana C
Seated Wide Legged Fold	Upavishta Konasana
Shoulder Stand	Savangasana
Side Plank Pose	Vasistasana
Sideways Bow Pose	Parsva Dhanurasana
Sideways Crow Pose	Parsva Bakasana
Simple Seated Pose	Siddhasana
Simple Seated Twist	Bharadvajasana
Sleeping Raised Foot Thunderbolt Pose	Supta Urdhva Pada Vajrasana
Sleeping Tortoise Pose	Supta Kurmasana
Spinal Twist–Half Fish Lord Pose	Ardha Matsyendrasana 1
Splits–Name of Monkey God	Hanumanasana
Staff Pose	Dandasana
Stand Hand	Padahastanasana
Standing Forward Fold	Uttanasana



ENGLISH	SANSKRIT
Sun Salutation A	Surya Namaskara A
Sun Salutation B	Surya Namaskara B
Sun Salutation C	Surya Namaskara C
Swing-Dangling Pose	Lolasana
Three Limbs Face One Foot Western Intense Stretch	Trianga Mukhaikapada Paschimottanasana
Thunderbolt Pose	Vajrasana
Tortoise Pose	Kurmasana
Tree Pose	Vrksasana
Triangle Pose	Utthita Trikonasana
Twisting Chair Pose	Parivrtta Utkatasana
Twisting Head Knee Pose	Parivrtta Sirsasana
Two Feet to Head Pose	Dwi Pada Sirsasana A
Upward Bow / Wheel Pose	Urdhva Dhanurasana
Upward Facing Dog	Urdhva Mukha Svanasana
Upward Facing Western Intense Stretch	Urdhva Mukha Paschimottanasana
Upward Lotus Pose	Urdhva Padmasana
Warrior Posture 2	Virabhadrasana B (2)
Warrior Posture 3	Virabhadrasana C (3)
Wide Legged Standing Forward Fold	Prasarita Padottanasana
Wind Relieving / Psoas Stretch Pose	Pavanamuktasana
Womb Embryo Pose	Garbha Pindasana
Yogic Squat-Garland Pose	Malasana
Yogi's Sleep Pose	Yoganidrasana



SCHOOL POLICIES

Non-discrimination

Bay Area Yoga Center Advanced Studies Program does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race or religion.

Attendance and Tardiness

- Attendance in all sessions is strongly advised. If you foresee absences, please reconsider your participation in this course.
- Attendance is noted at each class.
- You are expected to be prepared. Homework and reading assignments are expected to be completed prior to the next session.
- In the event of an absence, all students must confer with the instructor to develop a strategy to learn the course content and fulfill the required hours.
- Conferences, make-up (including make-up exams), and review resulting from absences will be charged \$75 per hour.
- Punctuality is expected. More than 10 minutes late for a session deducts one hour from your contact-hours total.
- It is expected that missed course material will be reviewed prior to the next class. Arriving to classes ill-prepared is not fair to you, the instructor and particularly, your classmates.

Leave of Absence

We offer no leave of absence from the Bay Area Yoga Center Advanced Studies Program. In the event a participant must discontinue the training and wishes to complete their advanced studies program, they will need to start anew in a future class.

The refund policy will apply to unused tuition.

Advanced Standing

We do not offer advanced standing for previous training or course-work.

Graduation Requirements and Make-up Hours

- Meeting the program goals as outlined in this catalog.
- 244 hours of training including a minimum of 200 contact hours.
- Bay Area Yoga Center, LLC, staff are available to fulfill deficit contact hours at \$95 per hour.
- All homework and tests completed and passed
- All fees paid and up to date



FACULTY



Kathleen Kelly, E-RYT500, YACEP

**Program Director and Main Instructor
Kat is a yoga teacher, meditation practitioner/
leader and an internationally registered yoga
therapist.**

Kathleen (Kat) Kelly is the founder and director of the Bay Area Yoga Mindful Movement and Healing Center. For over 40 years, she has studied the disciplines of yoga, meditation and movement.

Kat is passionate about helping people feel better physically, mentally and emotionally.

Throughout her career, Kat has sought to learn from the best teachers of yoga, pranayama, meditation, stillness, yoga therapy, Ayurveda, Yoga Nidra, and movement. Kat is a perpetual student who never stops learning and continues to regularly take courses, workshops and training. A few of Kat's teachers include: Susi Hatley, the late Michael Stone, and Junpo Denis Kelly. Kat is passionate about sharing her knowledge with her students.

In 2005, Kat became a priest in the [Hollow Bones Zen Order](#), an American Zen Buddhist Community. She combines the practice of Ashtanga Yoga and Zen Meditation and practice in both her teaching and her life. Her teaching style is a blend of fluid movement, breath and postures. She pays close attention to alignment and proper function of the joints.

After five years of study with [Susi Hatley](#), in 2021, Kat became an International Certified Yoga Therapist. As a yoga therapist, Kat helps people move and feel better so they live with less pain. Are you looking for relief from pain? [Kat can help.](#)

Kat is registered with the [Yoga Alliance](#), a national non-profit organization designed to support quality yoga instruction for the public, at the Experienced level, which allows her to train teachers and students. She developed the Advanced Yoga Studies Teacher Training Program in 2009. She is registered with the Wisconsin Board of Education and has trained more than 70 yoga teachers in Green Bay and the surrounding communities.

Her passion for yoga and continuous learning is reflected in her warm and friendly teaching style. She is a native of Green Bay, and graduated from the University of Wisconsin Green Bay.

Kat is currently studying the broad and amazing science of Ayurveda with Mona Warner of Kingston, Canada. She will completed her initial study in December of 2022.

“In order to heal our body, we have to feel our body. We all have to deal with stuff in life that we don’t like or that we feel like we can’t face. Let me walk with you on your healing journey. I will help you discover your authentic self, the parts of yourself that will help you heal. I’d love to help you feel and move better!”

EVALUATION OF STUDENT PROGRESS

- Mid-term anatomy exam, take-home
- All written homework assignments will be part of your evaluation. All assignments must be complete. Work may be re-submitted until it is satisfactory.
- Class plans written to satisfaction
- Class teaching
- Final exam, take-home. 70% pass score or higher is required.
- Final skills test, teaching an hour long class with review

COMPLAINT PROCEDURE

- Students with concerns of complaints are encouraged to bring them to the attention of the director of Bay Area Yoga Center, LLC. The Director's decision on all complaints is final.
- If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

STUDENT CONDUCT AND DRUG POLICIES

- Participants are expected to behave maturely. Students displaying disruptive behavior will be terminated from the program.
- Disruptive behaviors include, but are not limited to: harassing other students, possession or being under the influence of drugs or alcohol, or abusive language.
- The ethics statement outlines our behavioral expectations. It is expected that teacher trainees will be familiar with these issues and strive to uphold their essence.

TERMINATION POLICIES

- Students who behave inappropriately will receive a verbal warning first, second offense will be given a written warning and the third offense will result in termination from the program.
- Lack of attendance without prior notification will result in termination
- Non-payment of fees will result in termination from the program
- No reinstatements



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 pro rated refund as follows:

After completion of at least:	But prior to completion of:	The refund will be:
The first day of class	5% of the Program	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	

ADMISSION INFORMATION

Admission requirements

- Applicants should have attained 21 years of age (exceptions will be considered upon submission of additional application materials).
- **Submit a \$100.00 application fee, upon which applicant will be offered one week unlimited pass so their practice can be observed by Kathleen Kelly.**
- Complete a satisfactory admissions interview
- Applicants are expected to have a regular yoga practice
- Candidates must have a mature understanding of themselves and others. This could be acquired through activities including college coursework, workshop, individual or group psychotherapy, or a regular contemplative practice.
- Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites. Most course materials and correspondence will occur electronically.



How to apply

- After receiving the completed application along with the \$100.00 application fee, an admissions interview will be scheduled. Application to the program does not guarantee acceptance.
- All applicants are required to have an interview with Kathleen Kelly, Director of Bay Area Yoga Center Advanced Studies Program. Applicants are encouraged to bring any questions you have about the program to the interview.
- Applications are due by September 16, 2023. Students are encouraged to submit applications early, as spaces in the course are filled as qualified applications are received.

Certification

Upon successful completion of the course, you will receive teacher certification from Bay Area Yoga Center, LLC. You will also qualify for Yoga Alliance 200 hour certification.

Students' Records

Student records are maintained by Kathleen Kelly in computer and paper files. Records will be stored for a period of seven years from the date of graduation. Records are private and students must contact Bay Area Yoga Center Advanced Studies Program, attention Kathleen Kelly in writing to obtain a replacement certificate of completion. Records will only be sent to the participant. There is a \$25 fee for replacement certificates.

Application for Admission

- To enroll in the Bay Area Yoga Center Advanced Studies Program, please submit an application letter, reference letter, resume and the \$100.00 deposit.
- Applicants will be notified of acceptance into the program by email notice.

Tuition Fees and Terms

- Tuition for the entire 200 hour RYT course is \$3500.
- Payment options: Check (made payable to Bay Area Yoga Center, LLC), cash, Visa and MasterCard is accepted for payment an Venmo. (See payment options on the following page).
- Consultation with faculty to make up deficient program hours will be charged at \$95.00 per hour.



BAY AREA YOGA CENTER, LLC.

ADVANCED STUDIES PROGRAM PAYMENT AND PARTICIPATION AGREEMENT FORM

I, _____ (print name), agree to pay Kathleen Kelly and the Bay Area Yoga Center, LLC the amount of \$3500.00 for the Bay Area Yoga Center Advanced Studies Teacher Training Program dated from September 27, 2023 to August 31, 2024. By signing this agreement below, I make my payments on time and in full.

- Payment schedule: Payment in full of \$3500.00. Payment due September 27, 2023.
- Payments of 2 installments of \$1775.00. First installment due September 27, 2023. Second installment of \$1775.00 due February 1, 2024.
- Payments of 4 installments of \$900.00. First installment of \$900.00 is due September 27, 2023. Second installment of \$900.00 is due November 1, 2023. Third installment of \$900.00 is due March 1, 2024. Fourth installment of \$900.00 is due May 1, 2024.
- Payments of 10 installments of \$365.00. Installments are due each month, September 27, 2023 to June 27, 2024, for a total of ten installments.
- Payment option chosen: _____

Late payment will be charged a \$25 late fee. Continuation of non-payment will result termination from the program.

Payment method: Cash Charge

Name: _____

Address: _____

Phone: _____ Email: _____

CC Number: _____ CVV# _____ Expiration date: _____

SIGNATURE: _____ DATE: _____

PRINTED NAME: _____



Bay Area Yoga Center Advanced Studies Teacher Training Program Application

(200 hour RYT certification)

Date: _____

Name: _____

Address: _____

Phone numbers: _____ E-mail: _____

Date of birth: _____

Please respond to the following questions and requests for information. Include the original question with your response. This is your opportunity to express to me who you are and where you are going. Please include an electronic photo (.jpg or .tiff) with your application via e-mail to kat@bayyoga.com.

What is your current occupation?

Resume: Summarize your educational and employment history.

Letter of recommendation: Send a letter of recommendation from a teacher, colleague or friend who is supporting your application.

Essay Questions:

1. How long have you been practicing yoga?
2. Do you currently teach yoga? If so, where have you been trained and what style(s) do you teach? Describe your current teaching.
3. If you do not currently teach yoga, why do you want to teach yoga?
4. What teachers have influenced you the most? Give a detailed overview of your yoga background including all workshops and trainings you have attended. Who are your current teachers?
5. Why do you want to be a part of this apprentice program? What do you hope to gain, learn or improve?
6. Describe some of your other interests and hobbies.
7. Describe your physical health.
8. Have you ever been injured in your yoga practice? If so, please describe in detail.
9. Have you studied other Eastern systems of philosophy?
10. Who can we call in case of an emergency?



Agreement and Liability Release

Bay Area Yoga Center, LLC 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. Using the guidelines given to us in the Ashtanga system of practice I agree to abide by the following ethical code:

Relationships with Students:

Using the philosophy of body, mind and speech, I agree to:

- Show my students only the highest regard for their beliefs and values.
- Offer my teachings to all regardless of age, gender, race, sexual orientation, political affiliation or social status.
- Avoid taking unfair advantage of students, sexually, romantically, financially or emotionally.
- Refrain from any romantic or sexual involvement with a current student, even if invited by the student.

The required protocol for beginning a personal relationship with a student is as follows:

- Once an attraction arises with a current student I am obligated to bring this to the attention of Kathleen Kelly, the studio director. At this point I am no longer allowed to instruct the student or interact with this person for a 3 month period. For the next 3-6 months, I will have only personal contact with the person involved. After the 6 month period has passed I can return to a teaching relationship with this person as a student if all parties mutually agree to the arrangement.
- If at any time I feel that the course of action to be taken regarding a personal relationship is unclear to me, I agree to discuss the issue with Kathleen Kelly prior to continuing with a course of action.
- I fully acknowledge that this Ethics Code is designed to support the best interests of my students and to support my growth and commitment as a yoga professional.

Professional conduct:

In conducting my teaching practice at the Bay Area Yoga Center, LLC and elsewhere, I will:

- Offer those services of which I am competent to provide
- Not attempt to diagnose a student's physical or psychological condition, prescribe treatment or suggest or approve of a student going against a physician's or other health care professional's advice.
- Take continuing education in yoga teaching and practice on a regular basis.
- Be honest, fair and conscientious in all of my business dealings with others.
- 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.

Photographs and personal recordings

Bay Area Yoga Center provides an environment conducive to study and practice. Staff may take photographs and videos for use in future trainings or marketing of training programs. This media can be made available for your reference. If you do not wish to be filmed, please discuss with Kathleen Kelly. Students are permitted to take photographs of sessions for personal use, but only when it is not distracting to the class and at the discretion of the instructor. Personal photos may not be distributed outside of the class participants without express written permission of Bay Area Yoga Center, LLC, and the participants who appear in the images.

Ownership and Governance

All decisions are final and are at the sole discretion of Kathleen Kelly, owner of Bay Area Yoga Center, LLC. Kathleen is the school director and the head instructor of Bay Area Yoga Center Advanced Studies Program.

Signature _____ Date _____

Printed name _____

