

**Green Frog Yoga Teacher Training
School Catalog
200 Hour Teacher Training Program
2023 Program**

(Volume 7.3, effective February 23, 2023)

Green Frog Yoga



**Green Frog Yoga & Fitness LLC
DBA**

Green Frog Yoga Teacher Training School

PO Box 105

Hudson, WI 54229

920.883.8339 | www.greenfroggyoga.com

Mission Statement

Green Frog Yoga Teacher Training School is dedicated to provide a place for students to learn how to guide a safe effective yoga class, take their own practice deeper, and learn about the history and philosophy of the yoga lifestyle.

The program will teach students to communicate effectively to a yoga class, teaching the classes through verbal instruction, hands on assists, and physical demonstration. Students will learn to plan classes that are appropriate to the ability and skill level of the students in class. Students will learn the basic anatomy for yoga teachers, the history of yoga, yoga philosophy, self-care practices, and basics of subtle energy body teachings.

School Information

Green Frog Yoga Teacher Training School
PO Box 105
Hudson, WI 54016



Website: www.greenfroggyoga.com
Phone: 920-883-8339
Email: pam@greenfroggyoga.com

School Facilities and Location

The Green Frog Yoga Teaching Training School office is located in Wisconsin at:
PO Box 105
Hudson, WI 54016

**The 2023 - 200 Hour Yoga Teacher Training Program is offered online
or in person at:**

**Lift Bridge Yoga and Fitness
228 Paperjack Dr
New Richmond, WI 54017**

**Flow Yoga Studio
421 George St.
De Pere, WI 54115**

**Owner, School Director and Lead Teacher:
Pamela Josifek ERYT-200, RYT500, YACEP**



Pam Josifek has been teaching group fitness classes including yoga, core, cardio, and strength training for over 17 years. Pam discovered yoga way a key part of her wellness routine as a means to relax and increase her flexibility. As she experimented with different styles of Yoga, she fell in love with the flowing movements of hot power yoga. She was amazed at how quickly her muscles loosened up and how meditative it was to move from pose to pose during practice.

Pam is inspired to help people gain physical strength and endurance while finding the emotional balance in their life. She understands through years of career and personal challenges how important it is to find that balance and loves to help others live a strong, healthy, and fit life.

Pam's favorite yoga classes to teach are Slow Vinyasa Flow that is a physically challenging yet achievable for all levels and Restorative Yoga that works to relax the mind and the body together.

Education, Training, Certifications:

E-RYT200, RYT500, YACEP

NETA: Personal Trainer, Kettlebell I, Yoga, Pilates, Wellness Coach

MOSSA: Group Active, Group Power

Reiki Level I, Level II, Master Level

Program Description

The Green Frog Yoga 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 (classroom/live Zoom (recordings will be made available)) hours and 20 non-contact hours. The Green Frog Yoga Teacher Training Program consists of 180 contact hours and 20 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 regular attendance and non-contact hours are earned by satisfactory completion of all required written assignments, homework and journaling and passing the final practicums.

The school's curriculum follows the Yoga Alliance guidelines and is a Registered School (RYS) with Yoga Alliance at the 200 hour level. 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).

For the 2023 programs - contact hours can be met virtually (if needed) in response to the Temporary Provision with Yoga Alliance for Covid-19.

Catalog Changes

The Green Frog Yoga Teacher Training Program 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. Class topics for specific dates and times, however, may be changed to accommodate teacher scheduling.

Requirements for Program Admission

- Applicants should be 18+ years of age
- Minimum 6 months of regular yoga practice strongly encouraged
- Be physically and mentally able/willing to practice and teach yoga
- Completed Online Application. No application fee.
- Personal Consultation with Lead Trainer via Zoom (or an online video platform) or Phone Call.
- Applicants should have reliable Internet access with video capability.

How to Apply

To apply to the program, please submit the online application document and schedule a personal consultation with the lead trainer via email to Pam at pam@greenfroggyoga.com or greenfroggyoga@gmail.com. Please understand that application to the program does not guarantee acceptance. The interview is an ideal opportunity to ask any questions about the program. You will be notified of your acceptance into the program via email once your interview is completed.

Within 7 days of acceptance into the program, applicants must sign the Agreement & Liability Release Form, the Code of Ethics, and the Catalog Release Form, and pay their first deposit or make their full payment to ensure their spot and status as a student of the program.

Advance Standing

The school does not offer advance standing for any previous trainings or course work.

Non-Discrimination Policy

The Green Frog Yoga Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Housing

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

Employment Assistance Services

Green Frog Yoga does not offer employment assistance services. We will offer suggestions and discuss possible career and job opportunities within the field of teaching yoga, but we do not offer career counseling or job placement. This program makes no guaranty of employment. For many, teaching yoga is a part-time endeavor and a few may pursue it as a full-time job. And for some, participating in a yoga teacher training is about deepening their knowledge of yoga as a discipline without having interest in teaching.

Student Code of Conduct

Ethics are at the core of the yogic lifestyle. This topic is taken very seriously at Green Frog Yoga and within the Green Frog Yoga Teacher Training Program. The Code of Ethics outlines our expectations for student conduct. Please review it and be familiar with its contents. During our program, we will discuss ethics in depth.

Students are expected to follow all school rules, policies and ethical codes as outlined in this catalog and behave as mature adults. Any student whose conduct is disruptive may be terminated from the program at the discretion of the Green Frog Yoga administration. Disruptive behaviors include, but are not limited to: excessive tardiness, failure to pay fees when due, harassing other students, abusive language, breach of confidentiality, possession of

or being under the influence of alcohol or drugs during school sessions, destruction of studio or school property, theft, any behavior creating a safety concern, any conduct that is unsatisfactory to Green Frog Yoga, its teachers, desk staff and students, and any act aiding, abetting, or inciting others to commit any act that would detract from the normal operations of Green Frog Yoga.

Attendance

In-Person 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 and attendance is recorded in students' permanent records. Please arrive 15 minutes early to adequately prepare for the class.

If a student does miss a class, they must meet with the Lead Teacher 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. Lectures and other classes that are unique to the teacher training may be made up through individual private instruction with the Lead Teacher. Make up instruction resulting from absences will be charged at \$100 per hour.

If a student misses more than one full week of training or a training weekend, and the hours cannot be made up before the end of the program, the student may be dismissed from the program at the discretion of the Lead Teacher. A meeting between the student and the Lead Teacher will be set up to determine if the student is able to make up the missed hours or if the student will be dismissed from the program.

Online Program:

Completion of all online Modules and one-on-one meetings with the Lead Teacher are required. This includes watching all videos, completing all homework, quizzes, and a final practicum. Online Zoom classes will be recorded and the students are expected to complete the class on their own time if they are unable to attend the class live. Completion of classes will be tracked in the online course software.

Students are required to **teach 5 Practicum classes** (either live or recorded) and meet with the Lead Teacher for individual feedback after each session.

If a student does miss a pre-scheduled session with the Lead Teacher without 4 hours notice, they will need to reschedule based on the teacher's hourly rate of \$100/hour.

If a student does not stay on track with the program deadlines, the student may be dismissed from the program at the discretion of the Lead Teacher. A meeting between the student and the Lead Teacher will be set up to determine if an extension for the the is

feasible or if the student will be dismissed from the program. Note – at the time of catalog development the Yoga Alliance has only approved online programs through December of 2023.

Tardiness

Tardiness and leaving class early is subtracted from the total time of the program and counts against the minimum-required attendance of 180 contact hours as required by Yoga Alliance (out of this 200 hour program). This class time must be made up, see “Attendance” for details on making up missed hours of class time.

Leaves of Absence

Leaves of absence from the Teacher Training Program are not offered. If a student should have to discontinue the training, and should wish to continue the training at a later date, they would have to begin the program again at that time. The refund policy will apply to unused tuition.

Make-Up Hours

Make-up instruction resulting from absences will be charged at \$100 per hour. See “Attendance” for requirements for make-up hours, should it be necessary.

Absence Records

Completion rate will be tracked in the online course program.

Teacher Training School Policies for Students

Students are required to follow all Teacher Training School Policies once they are a student of the program. To be considered a student of the Teacher Training Program, the following criteria must be met:

- Student has successfully completed the application process (see above).
- Student has satisfactorily made their initial deposit or payment in full.
- Student has signed and turned in the Agreement & Liability Release Form, the Code of Ethics, and the Catalog Release Form.

Probation, Dismissal and Re-Admittance

Students who are not progressing through the program at the minimum of a satisfactory level per the assessment guidelines will meet with the Lead Teacher to develop a probation plan to bring the student back to a satisfactory level. If the student does not progress according to the plan, termination from the program will result and the refund policy will be followed for any remaining tuition.

Students who are not fulfilling the Student Conduct codes (see “Student Conduct”) will receive a written warning and will be placed on probation for the length of the program. If a second incident of student conduct policy violation occur, termination from the program will result and the refund policy will be followed for any remaining tuition.

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The Lead Teacher will make probation and termination decisions. Students may apply for re-admission to a future class, however, admission is not guaranteed.

Requests for re-admission must be sent to Pamela Josifek, Lead Teacher, Green Frog Yoga Teacher Training Program at pam@greenfrogyoga.com or via mail to Green Frog Yoga & Fitness LLC, PO Box 105 Hudson, WI 54016.

Termination Procedure

Students to be terminated or dismissed from the program are notified in writing and may appeal to the Lead Teacher of the Green Frog Yoga Teacher Training Program within three days of the Notice of Termination. Appeals may be sent to Pamela Josifek, Lead Teacher, Green Frog Yoga Teacher Training Program at pam@greenfrogyoga.com or via mail to Green Frog Yoga & Fitness LLC, PO Box 105 Hudson, WI 54016.

Reinstatement

All students requesting reinstatement may be denied at the discretion of the Lead Teacher.

Ownership and Governance

Pamela Josifek is the owner of Green Frog Yoga & Fitness LLC. Pamela Josifek is the Lead Teacher of the Green Frog Yoga Teacher Training Program.

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision made by the Lead Teacher on all complaints is final.

If a complaint cannot be resolved, the student can contact the Educational Approval Program – their contact information is:

Educational Approval Program – Department of Safety and Professional Services
4822 Madison Yards Way
Madison, WI 53705
Phone: (608) 266-1996
Fax: (608) 264-8477
Email: DSPSEAP@wisconsin.gov

Or via mail to:
Department of Safety and Professional Services
Attn: Educational Approval Program
P.O. Box 8366
Madison, WI 53708-8366

Refund Policy

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under EAB 6.03.
2. Accepted was unqualified and the school did not secure a disclaimer under EAB 9.04.
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.

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:

<u>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	N/A	No Refund

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

Students who wish to withdraw from the program may notify Green Frog Yoga Teacher training school in person, phone or email with their intent to withdraw. A written notice of withdrawal is not required and any method of withdrawal will be recognized. Students who fail to stay on pace for three (3) consecutive modules or weekends will be administratively withdrawn and refunded based on their last recorded date of attendance. The school will issue a refund within 40 days based on the refund schedule in the refund policy.

Tuition and Fees for 2023 Programs

2023 In-Person Programs

Lift Bridge Yoga and Fitness, New Richmond WI Program

(April 2023 - December 2023)

- **\$3500 Tuition for Program (Includes \$100 application processing fee)**
 - **Payment Option**
 - **\$350** Deposit(\$250)/Application processing fee(\$100) at time of acceptance
 - **Remaining \$3150** paid **\$350** per month for 9 months due on the 15th each month: April 2023 through December 2023.
 - **Save 10% by Paying in Full by March 31, 2023**
 - **\$3150** due by March 31, 2023
 - Can be split into 2 payments:
 - \$350 at time of acceptance (Deposit(\$250)/Application processing fee(\$100)) and
 - \$2800 due by March 31, 2023.

Flow Yoga Studio, De Pere WI Program

(May 2023 - December 2023)

- **\$3500 Tuition for Program (Includes \$100 application processing fee)**
 - **Payment Option**
 - **\$350** Deposit (\$250)/Application processing fee (\$100) at time of acceptance
 - **Remaining \$3150** paid **\$395** per month for 7 months, due on the 10th each month: May 2023 through November 2023 and a final payment of **\$385** due on December 10, 2023.
 - **Save 10% by Paying in Full by April 30, 2023**
 - **\$3150** due by April 30, 2023
 - Can be split into 2 payments:
 - \$350 at time of acceptance (Deposit(\$250)/Application processing fee(\$100)) and
 - \$2800 due by April 30, 2023.

2023 Yoga Teacher Training Online Program

- **\$4985 Tuition for Program (Includes \$100 application processing fee)**

- **Payment Option**

- **\$500** Deposit(\$400)/Application processing fee(\$100) at time of acceptance
 - **5 Payments of \$897** due the 5th of each month after start date
 - **Save \$500** by paying in full - **\$4485** at time of acceptance
- Please make all checks payable to Green Frog Yoga Teacher Training or pay online at www.greenfrogyoga.com by credit/debit card {Contact Pam Josifek for link to your specific program}.
 - Upon acceptance into the school an initial payment must be submitted within three days to hold a place in the class for the student and to gain access to the online class if taking the virtual option.
 - Please budget approximately \$250 for the required textbooks, yoga mat, journal and supplies such as pen/pencils/highlighters. Textbooks can be purchased through any book retailer; discount or used books can be found online at www.amazon.com.

Materials Needed

Required Books:

- Teaching Yoga: Essential Foundations and Techniques by Mark Stephens.
- The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Adele, Deborah
- Hatha Yoga Illustrated by Martin Kirk
- Functional Anatomy of Yoga: A Guide for Practitioners and Teachers by David Keil

Additional Supplies Needed:

- Journal
- Pens/Pencils/Highlighters
- Yoga Mat
- Computer with reliable Internet Access

Supplies and books may be purchased anywhere. All of the books can be found for purchase on major online retail websites.

Other books may be recommended during the program.

2023 In Person Program Dates

Lift Bridge Yoga and Fitness in New Richmond, WI

April 15-16, 2023

May 20-21, 2023

June 17-18, 2023

July 15-16, 2023

August 19-20, 2023

September 16-17, 2023

October 21-22, 2023

November 18-19, 2023

December 16-17, 2023

Saturday 9:30am - 6:30pm

Sunday 7am - 2pm

1 hour weekly - Check-in/Yoga Philosophy discussion online*

*Online discussion will be recorded and shared if students are unable to participate live. Date and time of weekly online discussion to be finalized during the first weekend. Currently planned for Tuesday Evenings 7pm - 8pm Central Time.

Flow Yoga Studio in De Pere, WI

May 13-14, 2023

June 10-11, 2023

July 8-9, 2023

August 12-13, 2023

September 9-10, 2023

October 14-15, 2023

November 11-12, 2023

December 9-10, 2023

Saturday 8:30am - 4:30pm

Sunday 8:30am - 3:30pm

2 hours weekly - Check-in/Yoga Philosophy discussion online*

*Online discussion will be recorded and shared if students are unable to participate live. Date and time of weekly online discussion to be finalized during the first weekend.

Sample Day for In Person Program

30 Minutes Discussion on Yoga Teaching Practice/Homework

60-90 Minutes Master Class/Practice

30-60 Minutes Yoga History/Philosophy

30-120 Anatomy/Yoga Pose Breakdown/Alignment

30-90 Minutes Class Design/Sequencing

30-120 Minutes Practice Teaching/Hands on Assisting/Community classes

30 Minutes Meditation/Journaling

2023 Online Program

24 Weeks - Getting Started + 7 Modules

Getting Started + Module 1 - Introduction to Yoga (1 Week)

- ✓ One-on-One Intro Call with Lead Teacher/Accountability Coach
- ✓ Professional Ethics, Course Orientation, History of Yoga

Module 2 - Asanas (3rd Limb) and Teaching Methodology (4 Weeks)

- ✓ Learn 40 poses and how to structure/teach a class
- ✓ First 30 minute practice teaching session
- ✓ Follow-up call with Lead Teacher

Module 3 - Anatomy & Physiology (4 weeks)

- ✓ Complete Online Anatomy class
- ✓ Second 30 minute practice teaching session
- ✓ Follow-up call with Lead Teacher

Module 4 - Pranayama (4th Limb) & Subtle Energy (4 weeks)

- ✓ Breathing practices and Introduction to the Chakras
- ✓ Complete a 30-45 minute practice teaching session
- ✓ Follow-up call with Lead Teacher

Module 5 - Meditation (7th Limb) & Sacred Sound (4 Weeks)

- ✓ Complete a 30 minute meditation practice/teaching session
- ✓ Follow-up call with Lead Teacher

Module 6 - Ayurveda (2 weeks)

- ✓ Online videos and reading on Ayurveda

Module 7 - Business and Practicum (5 weeks)

- ✓ Discuss the Business of Yoga
- ✓ Turn in Workshop Plan/Outline/Handouts
- ✓ Complete Final Practicum - 45-60 minute practice teaching session
- ✓ Final Online Assessment/Quiz
- ✓ Follow-up call with Lead Teacher

Sample schedule for Online Zoom Live Classes/Practices*

Tuesday, Thursday, or Saturday: 5am or 8pm MST Live Zoom Practices

Monday, Wednesday, or Sunday 6pm MST or 8pm MST - Group Support Call or Live Practice

*Online Zoom Classes/Practices will be recorded and uploaded to an online course platform for replay if unable to attend in person. **The schedule is subject to change based on instructor and student availability.**

Program Curriculum

Techniques, Training and Practice: 115 Hours (112 Contact, 3 Non-Contact)

Topics in this category could include, but are not limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Required Texts:

Teaching Yoga: Essential Foundations and Techniques by Mark Stephens.

Syllabus Description

Understanding the Asanas	Asana Pose Breakdowns	Techniques, Training and Practice (TTP)	Contact Hours: 27.00	Non-Contact Hours: 3.00	Total Hours: 30.00
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Description

Contact Hours: Students will learn the following series with proper alignment for each pose, learning the Sanskrit language, understanding safe and effective cues for each asana and series: Calming Series, Sun Salutation A, Sun Salutation B, Dancing Warrior Series, Crescent Lunge, Triangle Pose, Balancing Poses, Hip Poses, Inversions, Spine and Core, and final resting series. Non-Contact Hours: Students will read about sequences and poses to prepare for lectures using the following book: Teaching Yoga: Essential Foundations and Techniques by Mark Stephens.

Learning Objectives

Students will be able to recognize poses and sequences by name, including Sanskrit, based on reference material. They will learn the benefits of the poses and understand the alignment principles of them. Students will be able to teach the sequences during an asana practice.

Practice Teaching	Practice Teaching	Techniques, Training and Practice (TTP)	Contact Hours: 55.00	Non-Contact Hours: 0.00	Total Hours: 55.00
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Description

Practice the sequences and poses following the lecture and adding the sequences together to create an effective yoga class.

Learning Objectives

Students will learn to teach an effective yoga class using the knowledge of the poses, proper alignment and benefits for each series.

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Practicing the Asanas	Asana Practice	Techniques, Training and Practice (TTP)	Contact Hours: 28.00	Non-Contact Hours: 0.00	Total Hours: 28.00
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Description

Students will be guided through asana sequences we will be discussing in class. They will experience Slow Flow Vinyasa, Restorative, Yin, Power, Kids, Pre-natal, and gentle flow classes. Focus will be on the slow flow vinyasa.

Learning Objectives

Students will practice, gain experience and knowledge of the different styles of yoga and how it feels to participate in a safe effective class. The students will gain confidence and experience understanding breath work, alignment and sequencing of poses for different populations.

Class Ideas Mantra and Mudras Techniques, Training and Practice (TTP)
 Contact Hours: 2.00 Non-Contact Hours: 0.00 Total Hours: 2.00

Description

An introduction to Mantras and mudras. Focus on how to incorporate them into a yoga class to enhance practice.

Learning Objectives

Students gain experience and become familiar with some common mudras and give the experience of chanting Mantras to enhance the yoga practice.

Teaching Methodology: 27 Hours (22 Contact, 5 Non-Contact)

Topics in this category could include, but are not limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Qualities of a teacher
- The student learning process
- Business aspects of teaching yoga* (including marketing and legal)

*Special Requirement: A maximum of five hours related to the business aspects of teaching yoga may be counted towards the Yoga Alliance Contact Hours requirements for this category.

Syllabus Description

Assisting for the Asanas	Assisting for the Asanas	Teaching Methodology (TM)	Contact Hours: 8.00	Non-Contact Hours: 0.00	Total Hours: 8.00
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Description

Students will learn how to observe, assist and correct alignment for the poses.

Learning Objectives

Students will learn and practice assisting techniques for the asanas to provide a safe and effective class.

Class Design	Class Design	Teaching Methodology (TM)	Contact Hours: 8.00	Non-Contact Hours: 3.00	Total Hours: 11.00
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Description

Students will understand and develop their class to include a theme, appropriate music, and sequencing. Students will understand and develop a workshop on the yoga topic of their choice. Non-Contact Hours: Research and develop the materials for their topic that they will lead a workshop session on during the practicum week.

Learning Objectives

Students will understand all aspects of class design including themes, music, sequencing, room space, voice, cueing, and presentation skills. Understand how to design a standard class and a workshop.

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The Business of Yoga	Business Topics	Teaching Methodology (TM)	Contact Hours: 2.00	Non-Contact Hours: 0.00	Total Hours: 2.00
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Description

Discussions on the business aspects of teaching.

Learning Objectives

Students will learn the business aspects of teaching yoga. They will be introduced to the legal basics, finances, marketing, advertising and locations.

Special Populations	Understanding Needs of Special Populations	Teaching Methodology (TM)	Contact Hours: 4.00	Non-Contact Hours: 2.00	Total Hours: 6.00
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Description

Students will research and report on the needs of special populations to the class. Contact Hours: class discussion/lecture on how to work with these special populations. Special populations include kids, seniors, athletes, pre-natal, and other concerns. Non-Contact hours: Research their special population of choice and be prepared to present material to the class.

Learning Objectives

Students will learn how to adjust class themes, sequencing and asanas to meet the needs of special populations.

Anatomy and Physiology: 34 Hours (14 Contact, 20 Non-Contact)

Topics in this category could include, but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

***Special Requirements:** A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga

Syllabus Description

Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology (AP)	Contact Hours:	Non-Contact Hours:	Total Hours:
			14.00	20.00	34.00

Description

Contact Hours: Lectures and discussions about human anatomy, body systems, bandhas, and chakras. The following systems will be covered: the muscular system, connective tissue, neuromuscular principles, the nervous system, the skeletal system, the foot & ankle, the knee, the hip joint, the psoas, the pelvis, the SI joint, breath, bandha, the spine, the shoulder complex, the hand, wrist, elbow and the chakras. Non-Contact hours include reading the text *Functional Anatomy of Yoga: A Guide for Practitioners and Teachers* by David Keil, watching videos online describing the key concepts and taking online quizzes in each section.

Learning Objectives

Students will be able to understand the fundamentals of human anatomy. They will understand the basic terminology and the major anatomical systems, sections of the body and their components are affected through the Yoga sequences.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 34 hours (28 Contact, 6 Non-Contact)

Topics in this category could include, but are not limited to:

- The study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita)
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others (seva)

*Special Requirements: A minimum of 2 of the above Contact Hours must be spent on ethics for yoga teachers.

Required Texts for Yoga Philosophy, Lifestyle and Ethics

- ✓ **The Yamas & Niyamas: Exploring Yoga's Ethical Practice** by Adele, Deborah

Syllabus Description

Ethics for Yoga Teachers	Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 4.00	Non-Contact Hours: 2.00	Total Hours: 6.00
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Description

Contact Hours: Discussion about ethics and responsibilities of teaching yoga. As a class we will review the Yoga Alliance Registry Code of Conduct and discuss how to live and teach by these principals. Non-Contact Hours: read the book. The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele.

Learning Objectives

Students will understand the importance of being an ethical yoga teacher.

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The Yoga Sutras	The Yoga Sutras	Yoga Philosophy/ LifeStyle Ethics (YPLE)	Contact Hours: 6.00	Non- Contact Hours: 2.00	Total Hours: 8.00
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Description

Contact Hours: Discussion on the Yoga Sutras and how to integrate the philosophy in your life and your teaching. Non-Contact Hours Students will read the book "7 Secrets of a Successful Yoga Teacher: Using the Chakras as a Guide for Teaching" by Dr. Lisa Dana Mitchell and refer to the book "The Yoga Sutras of Patanjali" by Satchidananda, Sri Swami as needed for an additional resource.

Learning Objectives

Understand and learn how to integrate the yoga sutras into your life.

Yoga History	Yoga History and the Eight Limbs	Yoga Philosophy/ LifeStyle Ethics (YPLE)	Contact Hours: 8.00	Non- Contact Hours: 0.00	Total Hours: 8.00
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Description

Lecture and Discussion on the History of yoga including the Vedas, the Upanishads, the Eight Limbs of Yoga.

Learning Objectives

Students will understand the history of yoga and yoga philosophy.

Ayurveda and Doshas	Ayurveda and Doshas	Yoga Philosophy/ LifeStyle Ethics (YPLE)	Contact Hours: 2.00	Non- Contact Hours: 0.00	Total Hours: 2.00
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Description

Through lecture and discussion, trainees learn the history of ayurveda, and doshas. Discussing and practicing mindfulness.

Learning Objectives

Students will gain knowledge of Ayurveda, and dosha balance.

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Bhagavad Gita	Bhagavad Gita	Yoga Philosophy/ LifeStyle Ethics (YPLE)	Contact Hours: 4.00	Non- Contact Hours: 0.00	Total Hours: 4.00
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Description

Contact Hours: Lecture and Discussion about the Bhagavad Gita on how the ideas can be used in daily life.

Learning Objectives

Students to explore how to use the concepts from the Bhagavad Gita in daily life.

Yoga LifeStyle	Yoga LifeStyle	Yoga Philosophy/ LifeStyle Ethics (YPLE)	Contact Hours: 4.00	Non- Contact Hours: 2.00	Total Hours: 6.00
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Description

Contact Hours: Students will choose a topic of their choice concerning yoga philosophy/lifestyle/ethics presenting the information to the class. The class will discuss the findings and how it can impact their teaching and lifestyle. Non-Contact hours: read a book of their choice on the topic and prepare a discussion for the class.

Learning Objectives

Students to gain knowledge in an area of yoga philosophy/lifestyle that fits in their interests and daily life. Students will also practice presentation skills sharing the information with the class.

Practicum: 10 Hours (5 Contact, 5 Non-Contact)

Topics in this category include:

- Practice teaching as the lead instructor (does not include assisting, observing or giving feedback)*
- Receiving and giving feedback
- Observing others teaching**
- Assisting students while someone else is teaching

*Special Requirement: Each trainee must spend a minimum of 5 Contact Hours actively practice teaching as the lead instructor. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

**Evaluation or observation of yoga classes outside of the RYS Teacher Training Program constitutes Non-Contact Hours.

Practicum - Asana Practice	Practicum - Asana Practice	Practicum	Contact Hours:	Non-Contact Hours:	Total Hours:
			1.50	0.00	1.50

Description

Trainee will be the lead instructor for a full-length yoga class during the final week of the program. Students will be graded as a pass/needs improvement.

Learning Objectives

Designing classes, music playlists, and refining teaching skills. As a way to monitor their progress, trainees will receive a pass/needs improvement grade.

Practicum - Workshop	Practicum - Workshop	Practicum	Contact Hours:	Non-Contact Hours:	Total Hours:
			1.50	0.00	1.50

Description

Trainee will be the lead instructor for an entire workshop on the yoga sequence/asana group of their choice to the group of trainees. Students will be graded as a pass/needs improvement.

Learning Objectives

Students will present an entire workshop, give and receive feedback. Students will be graded as a pass/needs improvement.

Green Frog Yoga 200 Hour Teacher Training Program–School Catalog 2023 Online Program

Practicum - Asana Sequences	Practicum - Asana Sequences	Practicum	Contact Hours: 2.00	Non-Contact Hours: 0.00	Total Hours: 2.00
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Description

Students will lead a group of 2-3 students through each Asana sequence (15 minute sequences 8 times throughout course) and be observed by the Lead Trainer for feedback on teaching practice.

Learning Objectives

Students will be able to lead a class safely and effectively through the asana sequences.

Practicum - Observing	Practicum - Observing	Practicum	Contact Hours: 0.00	Non-Contact Hours: 5.00	5.00
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Description

Students will observe and give feedback to other students through the practicum classes.

Learning Objectives

Students will learn to give and receive feedback on class design, sequences, and presentation skills by observing and providing the feedback to their peers.

Total Hours: 200 hours minimum

Total Minimum Contact/Online Hours: 180 hours

Total Minimum Non-Contact Hours: 20 hours

Assessment Guidelines

Personal Practice/Journaling

Yoga & Meditation

Students are expected to maintain a regular yoga and meditation practice – a minimum of 20–30 minutes per day, 5 days per week and journal after each session. The journal entry should include:

- ✓ Date, time, and length of practice
- ✓ General description of the physical focus or meditation practice
- ✓ A description of at least one sequence or part of a sequence of postures
- ✓ Any other notes or thoughts

Journal Assessment Guidelines:

	Completion %
Excellent	85% or higher
Satisfactory	75% – 85%
Unsatisfactory	<75%

Online Quizzes

Online quizzes will cover history and philosophy material discussed during the previous session.

Completion of Online Anatomy Course

Students will be set up with access to the online anatomy course on the first day of class. Students are expected to complete all modules of the online Anatomy Course and provide Lead Teacher with a copy of the Certificate of Completion.

Practicum Classes

The practicum classes will cover Teaching Techniques, such as creation of a class using proper sequencing, safe instruction using proper cuing and language and using proper time management and class structure. The practical classes will be graded pass (satisfactory) or fail.

Certification

To receive a certificate of completion from Green Frog Yoga Teacher Training School, students must complete the following:

- ✓ Online anatomy course providing the Lead Teacher a certificate of completion
- ✓ Journal – Satisfactory or Above assessment
- ✓ Satisfactory grade for weekly practicums, online quizzes and workshop assessments
- ✓ Pass final practicum
- ✓ Meet module completion requirements.

At that point, students are eligible to apply for Yoga Alliance 200 Hour registration.

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 200 hours completed as tracked through attending in person sessions and/or the online system.

Green Frog Yoga Teacher Training Program staff is available to fulfill deficit contact hours at \$100 per hour.

Students' Records

Student records are maintained at Green Frog Yoga in computer files. The records maintained include the application, exam completion/grades, attendance, Green Frog Yoga Teacher Training Program - 200 Hour Level - School Catalog records and a copy of the Certificate of Completion.

All records, except for the Certificate of Completion, will be stored for a period of seven years from the date of graduation. The Certificate of Completion will be kept permanently. Records are private and students must contact Green Frog Yoga & Fitness LLC 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.

**200-Hour Yoga Teacher Training Application
2022 Yoga Teacher Training Program**

Personal Information

Name

Date of Birth

Address

City,

State, Zip

Cell Phone

Email

Current Occupation

Emergency Contact

Emergency Contact Phone

How did you learn about the Green Frog Yoga Teacher Training program?

Background Information/Application Questions

Applicant Name _____

- How long have you been practicing yoga? How many times per week do you practice?
- What style(s) of yoga do you usually practice?
- Are you currently teaching yoga? If yes, for how long have you been teaching? Where do you teach? What styles(s) do you teach?
- Why are you interested in Green Frog Yoga Teacher Training?
- What are your expectations for this training? What do you hope to achieve at the completion of the program?
- Describe your physical health (major illnesses, injuries, surgeries, physical/mental conditions).
- Have you ever been injured from your yoga practice? If so, please describe in detail. Do you have the approval from your doctor to practice yoga?

Signature: _____ Date: _____

Printed Name: _____

Application checklist

___ Application Questions

___ Personal Consultation Scheduled: _____

Next Steps

___ Acceptance and Notification - You will be notified of your acceptance into the program via email once your interview is completed.

___ Release Forms & Finalize Acceptance - Upon acceptance and to finalize your participation in the program, e-mail or mail the program deposit payment along with the three release forms (Code of Ethics, Agreement & Liability Release, and Catalog Release) to Green Frog Yoga & Fitness, LLC. To pay the program deposit with credit card contact pam@theyogalinkytt.com for an electronic invoice or to set up a payment plan.

Green Frog Yoga Teacher Training Program Agreement & Liability Release

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and a release of muscular tension. As in 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 irrevocable release and waive any claims that I have now or hereafter may have against Pamela Josifek, any assistant teachers, Green Frog Yoga & Fitness, LLC, Green Frog Yoga Teacher Training School, or The Yoga Link.

I have carefully read this agreement and the entire contents of the Green Frog Yoga Teacher Training Program 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 Pamela Josifek, the Green Frog Yoga Teacher Training Program, Green Frog Yoga & Fitness, LLC, The Yoga Link, and all such hosts, instructors, organizers, and participants.

Signature: _____ Date: _____

Printed Name: _____

Green Frog Yoga Teacher Training Program

Code of Ethics

As a certified Yoga teacher, you represent not only the Green Frog Yoga Teacher Training Program to your students, but the integrity of the yoga lifestyle. Certified Yoga teachers are expected to uphold the following ethical standards.

Purpose

As a Yoga teacher, I recognize the sensitive nature of the student-teacher relationship. I recognize that it is my responsibility and privilege to support the physical, mental, emotional and spiritual well-being and growth of my students, and to uphold the dignity and integrity of the yogic teachings. Therefore, I agree to abide by the following ethical standards:

Professional Conduct

In all professional matters and in my teaching practice, I agree to:

- ✓ Offer only those services I am qualified and competent to provide.
- ✓ Represent all professional qualifications accurately and correct any misrepresentation of professional qualifications.
- ✓ Not attempt to diagnose any physical or psychological condition of a student or prescribe any treatment.
- ✓ Not suggest or approve of anything that goes against a physician's treatment or advice.
- ✓ Stay aware of current topics in yoga teaching in modern society and take continuing education in yoga teaching on a regular basis.
- ✓ Be honest, straightforward, conscientious, fair and professional in all business, contractual and financial matters and dealings.
- ✓ Conduct business practices and manage business finances according to recognized business and accounting procedures.
- ✓ Avoid speaking negatively about other teachers, colleagues, and professionals, as well as other yoga styles or traditions.

Relationships with Students

In recognition of the student-teacher relationship, the trust placed on me by my yoga students, and in order to provide an environment which facilitates the well-being of my yoga students, I agree to:

- ✓ Offer complete respect and show only the highest regard and sensitivity for my students' personal beliefs and values.
- ✓ Avoid any action that will conflict with the highest interest of my students.
- ✓ Treat all communications from students with professionalism.
- ✓ Avoid discriminating against any student and offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation.
- ✓ Avoid taking unfair advantage of students financially, sexually, romantically or otherwise.

- ✓ Avoid exploiting the trust and dependency within the unique student-teacher relationship.
- ✓ Avoid any dual relationships with students (business, close personal, or sexual) that could compromise the integrity of our teaching or the well-being of the student.
- ✓ Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student. All forms of sexual behavior or harassment with students are unethical, even if the student consents to such involvement.
- ✓ Use caution if I choose to enter into a personal relationship with a former student. (The student-teacher relationship involves a power imbalance, which can remain even if the student is no longer studying with the teacher.)
- ✓ First discuss openly and honestly with my teacher or the Green Frog Yoga Teacher Training staff if any situation or circumstance arises in regard to a personal relationship with a student that is out of the ordinary and the appropriate course of action is unclear.
- ✓ Fully acknowledge that this ethical protocol is intended to support the best interests of my students and the Yoga profession.

Advertising

In all advertising, promotional materials and descriptions of my services, including verbal statements, I agree to:

- ✓ Make no false statements or exaggerated claims as to the benefits of yoga or my classes/workshops.
- ✓ Represent my training, professional qualifications, certifications, affiliations and abilities with truth and accuracy.
- ✓ Not falsely imply sponsorship, endorsement, or representation by any organization.

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

Signature: _____ Date: _____

Printed Name: _____

**Green Frog Yoga Teacher Training Program
Catalog Release**

I have read, understand, and agree to the terms Green Frog Yoga Teacher Training Program.

Signature: _____ Date:_____

Printed Name: _____