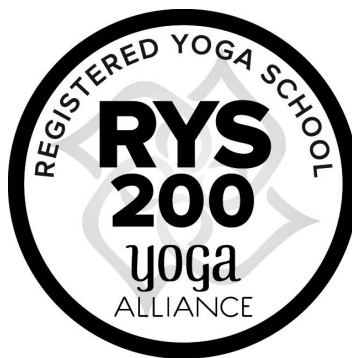




# INNER FIRE YOGA TEACHER TRAINING



*updated April 2023*

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## **INNER FIRE YOGA INFORMATION**

Office/studio locations:

### **Inner Fire Yoga West**

5003 University Ave.  
Madison, WI 53705

### **Inner Fire Yoga East**

1813 East Washington Ave.  
Madison, WI 53704

Website: [www.innerfireyoga.com](http://www.innerfireyoga.com)

Phone: West (608) 661-0167; East (608) 405-5896

Email: [info@innerfireyoga.com](mailto:info@innerfireyoga.com) or [teachertraining@innerfireyoga.com](mailto:teachertraining@innerfireyoga.com)

Owner/Teacher Training Program Director: Marit Sathrum, 500-ERYT

Teacher Training Program Co-Director: Sandra Eugster, 500-ERYT

Program Administrator and Assistant Teacher Trainer: Hannah Moran, 200-RYT

## **HISTORY OF THE SCHOOL AND STUDIO**

Inner Fire Yoga is located in Madison, Wisconsin. Marit Sathrum is the owner and director of Inner Fire Yoga. The studio first opened as Bikram Yoga Madison in October 2002, and changed its name in April of 2007. In January 2008, after expanding the class offerings to include Power Flow, Slow Flow, Inner Fire Flow and Yin Yoga, the studio relocated to an expanded, custom-designed studio location (“West Studio”) at 5003 University Avenue. A second location (“East Studio”) on the East side of Madison in the Marling Apartment building opened in January of 2019. The two studio locations offer a full schedule of yoga classes in four separate studio rooms every day of the week. We offer workshops, special classes such as “Aroma Yin”, two retail boutiques that feature yoga accessories and logo clothing items. Inner Fire Yoga offers a weekends-only teacher training program which began in 2011. We have since graduated over 260 yoga teachers. Our program is certified by the national Yoga Alliance as a Registered Yoga School (RYS) at the 200-hour level.

## **STUDIO MISSION STATEMENT**

At Inner Fire Yoga, we strive to foster a thriving community. We serve that community by offering a wide variety of disciplined yoga practices with the highest level of expertise and integrity, including Hot, Power, Inner Fire Flow, Yin yoga classes and more. Through yoga practice, we aspire to achieve healthy bodies, clear minds, and generous hearts.

## **STUDIO VISION STATEMENT**

The name Inner Fire Yoga grew out of the yoga principle "tapas", meaning fiery discipline or internal flame. Through a committed yoga practice, tapas burn away physical and mental roadblocks leading to a state of mental focus and physical freedom. At Inner Fire Yoga we pledge to ignite your inner fire - your tapas - inspiring you to reach higher and burn brighter.

## **STUDIO VALUES**

We value the well-being of individuals and the larger community through Compassion, Kindness, Discipline, Inclusivity, Integrity, Cleanliness, and Humility.

## **STUDIO PROMISE**

Step through our doors and discover a warm, cheerful refuge, where all people are welcome. Replace the noise of your busy world with the comfort of a safe, clean and healing environment. Our supportive community and expert yoga teachers will encourage, guide and motivate you to achieve new heights of fitness in mind and body. Join us to create a life of balance, strength and inner peace.

## **STUDIO EQUITY STATEMENT**

Inner Fire Yoga vows to create a safe space for all yoga practitioners regardless of race, ethnicity, gender, age, religion, sexual orientation, income level, profession, body type, or level of yoga experience. All beings are welcome and encouraged to explore the benefits of a yoga practice with us.

## **REGISTERED YOGA SCHOOL CREDENTIALS**

Inner Fire Yoga is a Registered Yoga School ("RYS") with the Yoga Alliance ([yogaalliance.org](http://yogaalliance.org)). Inner Fire Yoga is licensed by the Wisconsin Department of Safety and Professional Services, 4822 Madison Yards Way, Madison, WI 53705. Any comments, questions, or concerns about this school's license should be directed to <https://dsps.wi.gov/pages/Home.aspx> or (608) 266-2112.

## **INNER FIRE YOGA TEACHER TRAINING PROGRAM OVERVIEW**

Join the influential leaders of Inner Fire Yoga's teacher training program and be guided toward a higher purpose in a passionate learning environment. Gain a deeper understanding of yoga theory while experiencing tremendous personal growth. Earn the knowledge and skills that will mold you into a credible yoga teacher and leader, inspiring others to realize the amazing life benefits of a dedicated yoga practice.

## **TEACHER TRAINING PROGRAM MISSION**

Inner Fire Yoga Teacher Training Program's mission is to sculpt passionate yoga students and natural born healers into empowered yoga instructors, to channel their desire to help and heal into an effective teaching method that will allow them to guide and inspire others through their own authentic voices, helping others to realize the amazing life benefits of a dedicated yoga practice.

## **TEACHER TRAINING PROGRAM GUIDING PRINCIPLES**

- Passion - Empowering others to heal themselves through a regular yoga practice in order to be at peace mentally and physically.
- Integrity - Holding a high standard for quality yoga and yoga instruction.
- Excellence - Ingraining a deep understanding and appreciation for correctness of form, alignment and sequencing.
- Authenticity - Encouraging confident and effective communication of the benefits and sequencing of yoga poses to any diverse group of students.
- Higher knowledge & Continued Education - Committing to lifelong yoga learning in order to achieve personal and professional growth.
- Healing & Compassion - Encouraging a profound awareness of how yoga works to heal the body and mind, achieving a higher quality of life.
- Inclusivity - Encouraging all beings regardless of race, ethnicity, gender, age, religion, sexual orientation, income level, profession, body type, or level of yoga experience, to explore the benefits of yoga.
- Commitment to a Disciplined Practice - Deepening an appreciation of a dedicated yoga practice.

## **200-HOUR CERTIFICATION**

Upon completion of Inner Fire Yoga's 200-hour curriculum, participants will receive a 200-hour Yoga Teacher Certificate from Inner Fire Yoga. Graduates will qualify to apply for a Registered Yoga Teacher (RYT) credential with the Yoga Alliance at the 200-hour level (optional after graduation). See page 15-16 to read the Yoga Alliance 200 hour curriculum and code of conduct. More info on what comes with an RYT credential can be found at [yogaalliance.org](http://yogaalliance.org).

## **WEEKEND TRAINING SCHEDULE**

The training takes place over the course of eight weekends, Friday evening through Sunday afternoon. Four weekends will take place in the fall and four weekends in the wintertime, spanning from October to March. Training does not take place every weekend. There are always 2-3 weeks in between training weekends.

Some time is required outside of training weekends, such as anatomy/physiology homework, journaling assignments, and practice teaching.

# **INNER FIRE YOGA 200-HOUR YOGA TEACHER TRAINING CURRICULUM**

## **PART 1: FOUNDATIONAL TRAINING & INNER FIRE FLOW**

During the first four weekends, you will learn the foundational yoga poses, breathing exercises and the flow sequence of our 60-minute Inner Fire Flow yoga class, as carefully choreographed by Inner Fire Yoga's owner and select senior Inner Fire Yoga teachers. Inner Fire Flow is a sequenced class (the same poses in the same order every time) that combines the best of the Original Hot Yoga sequence with a Power Flow (vinyasa) style of yoga. After learning the Inner Fire Flow sequence, you will be able to teach a basic yoga class right out of training.

You will also learn the history of yoga, yoga philosophy (8-limbed path of the Yoga Sutras), business and ethics of yoga, and meditation principles in your first four weekends of training.

You will be broken out into groups with each person required to teach a portion of an Inner Fire Flow class with your group members. This will be considered your midterm exam.

## **PART 2: POWER FLOW & SEQUENCING**

During your last four weekends of training, you will learn additional poses and how to sequence your own authentic, vinyasa-style flow yoga class. You will learn to sequence classes with specific themes in mind, as well as to sequence classes for different levels of student experience and capabilities.

You will also learn more yoga-related topics in this phase of training, such as Yin Yoga, subtle body/energetic principles, and different lineages of Power Yoga, such as Ashtanga and Baptiste.

You will be broken out into groups and required to sequence your own unique, 60-minute, vinyasa-style class with your group members. Each of you will teach a portion of your class as your final presentation on graduation day.

Finally, at the end of training you will present individually on a yoga-related topic that interests you. Individual presentations should be no longer than 15 minutes and can cover anything related to yoga or the yogic lifestyle (a short, themed sequence; an informational presentation; an art project; etc.).

## **INNER FIRE YOGA 200-HOUR CURRICULUM DETAILS**

Asana Technique: foundational and intermediate yoga poses; sun salutations; benefits of the poses; alignment principles; modifications; hands-on assists and adjustments.

Pranayama: basic yoga breathing techniques.

Practice Teaching: practice what you've learned by teaching from day one with your fellow trainees and get valuable feedback from a variety of professional yoga teachers.

Yoga History: lineages of different yoga styles and the evolution from Eastern to Western yoga practices.

Yoga Philosophy: the eight-limbed path as taught in The Yoga Sutras of Patanjali (see "REQUIRED READING" on page 6).

Anatomy and Physiology of Yoga: primary muscles, bones, and bodily systems as related to yoga poses; how and why yoga benefits the physical body.

Yoga Lifestyle: yoga values; disciplined practice; yamas and niyamas of the 8 Limbs.

Subtle Body: chakras, energetic body, mudras, mantras, etc.; how and why yoga benefits the energetic body.

Ethics and Business: finding success as a professional yoga teacher; how to market yourself as a teacher; what it takes to open a yoga studio; common ethical dilemmas encountered by yoga teachers; industry ethical codes of conduct.

Power Flow Sequencing: sequencing methods; theory and psychology behind sequencing an effective power flow class; theming a class.

Authenticity: finding your unique voice as a teacher.

Vocal Presentation and Music: keeping your vocal cords healthy; projecting your voice; using music to enhance your students' experience.

Meditation: basic yogic meditation practices; yoga as a moving meditation practice.

Special Project: find a yoga-related topic of interest and present it to the class at the end of training.



## **YOGA ALLIANCE 200-HOUR REQUIRED CURRICULUM**

Inner Fire Yoga Teacher Training has been designated as a Registered Yoga School with Yoga Alliance at the 200 hour level. A student must successfully complete the full 200-hour training, to qualify for Yoga Alliance's 200-hour RYT designation. The following curriculum will be covered in the two modules in order to comply with Yoga Alliance curriculum requirements:

### **TRAINING AND TECHNIQUES: 100 hours**

You will learn the techniques and the proper alignment to teach asana, pranayama, meditation and other yoga techniques. Under the guidance of experienced teachers you will learn how to teach and you will practice teaching the techniques. You will also practice the sequences you are learning to teach.

### **TEACHING METHODOLOGY: 25 hours**

As well as learning basic yoga techniques, you will learn and practice teaching assists and correcting, the observation skills of a yoga teacher and how to demonstrate to the students the techniques you are teaching. You will also learn the business and marketing of the business aspect of yoga.

### **ANATOMY AND PHYSIOLOGY: 30 hours**

In the classroom environment, you will learn about the anatomy and physiology of the human body, including the bones, joints, muscles, and bodily systems. You will learn the application of this knowledge to teach yoga asana. You will also learn the anatomy of the subtle body.

### **YOGA PHILOSOPHY, LIFESTYLES, ETHICS: 30 hours**

You will learn the history of yoga and you will study the eight fold-path of yoga known as Ashtanga as taught by Patanjali. You will study and practice the lifestyle of the yogi and basic Sanskrit. You will learn the basics of a meditation practice and the ethics of yoga.

### **PRACTICUM: 10 hours**

Under the observation of accomplished yoga teachers, you will be evaluated and given feedback on your delivery of basic yoga techniques.

### **ELECTIVES: 15 hours**

These hours will be divided among the above categories and will involve research, practice, study and assignments.

A student manual will be given out on the first night of training. This manual will serve as a study guide to take notes in and reference throughout training. The curriculum for each weekend will be shared with all students prior to the beginning of each weekend's session. The student manual will become the property of the student once they are handed out.

## **ADMISSIONS AND ENTRANCE REQUIREMENTS**

In order to participate in the Inner Fire Yoga teacher training program, the student must meet the following requirements:

1. First and foremost, possess a passion for yoga.
2. Be at least 18 years of age.
3. Complete the online application.
4. Pay tuition in full or begin a payment plan after application is accepted.
5. Have a *disciplined* yoga practice, meaning: an immediate (recent and current), regular (meaning at least 3x per week), and established (meaning at least 3 months in length without any breaks) yoga practice in a form of any Hatha yoga discipline (such as Power Flow, Original Hot Yoga, Ashtanga Yoga, Vinyasa Yoga, etc.).

Acceptance into the program is limited, and applications will be considered on a first-come-first-served basis.

## **ADVANCED STANDING**

Inner Fire Yoga Teacher Training does not offer advanced standing for any previous training.

## **NON-DISCRIMINATION POLICY**

Inner Fire Yoga and its Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race, religion, or disability.

## **ACADEMIC REQUIREMENTS AND STANDARDS OF PROGRESS**

During the training you will study the anatomy outside of the training weekends, might take quizzes, have home-study assignments, be required to practice-teach the yoga asanas between sessions, and complete a special project. The quizzes and homework will be graded as pass/fail. During your practice teaching and final presentation, you will be critiqued by experienced teachers and sometimes be given written feedback. Practice teaching and final presentation will be judged based on the following criteria:

- Knowledge of asana, pranayama, and yogic practices as learned throughout training
- Ability to transition within sequencing
- Connection to the students, comfort level and communication skills
- Timing of asana holds and transitions
- Clarity of cuing

If homework is not submitted when due or tests/quizzes not taken when scheduled, you will be responsible to make arrangements with the director to make up the missed assignments. If you do not make these arrangements you will not be allowed to attend the next scheduled training session, which may result in the constructive notice of withdrawal as stated in the CANCELLATION AND REFUND POLICY section.

## **INNER FIRE YOGA CODE OF STUDENT CONDUCT**

A yoga code of ethics will be discussed during training. Students are required to follow the rules and policies of Inner Fire Yoga Center and the teacher training program, as well as the Yoga Alliance Code of Ethics (page 16).

Policies include but are not limited to the following:

*No harassment, sexual, racial, personal, or otherwise.*

*No substance use or abuse during school hours.*

*No smoking allowed on the premises.*

*No breach of confidentiality.*

If behavior is exhibited that conflicts with the code of conduct, the mission statement of Inner Fire Yoga or its Teacher Training program, this behavior may be grounds for termination from the program at the discretion of the owner/director of Inner Fire Yoga. Students dismissed from the program may apply for a future teacher training program if they wish to be reconsidered, but the reason for prior dismissal from the program will be addressed in the enrollment process and may be a determining factor for re-acceptance into the program.

## **YOGA ALLIANCE CODE OF CONDUCT**

The code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a Yoga Alliance RYT<sup>®</sup>, E-RYT or representative of a RYS<sup>®</sup>, I agree to uphold the following ethical principles:

1. Adhere to Applicable Law
2. Follow the Yoga Alliance<sup>™</sup> Scope of Practice
3. Follow the Yoga Alliance Anti-Harassment Policy
4. Follow the Yoga Alliance Sexual Misconduct Policy
5. Do No Harm
6. Actively Include All Individuals
7. Respect Student-Teacher Relationships
8. Maintain Honesty in Communications

The complete Yoga Alliance Code of Conduct can be found on the [Yoga Alliance website](#).

## **ATTENDANCE, TARDINESS, AND LEAVES**

**Please note: 100% attendance is required in order to graduate and receive a certificate of completion from Inner Fire Yoga teacher training.**

In the case of unforeseen emergency absences, please notify the director of teacher training immediately. The student is responsible to schedule make-up time through the director or the teacher who taught the missed session(s), or watch the video recordings of the session, if available. If a video recording is not available for the particular session that was missed, make-up training must be scheduled by the participant *at an additional cost* of \$90/hour for private time with a trainer.

If you have pre-planned events that conflict with attendance in the program, please contact us to discuss your options. Absences for medical disabilities or emergencies such as a death in the family are deemed unforeseen emergency absences and will be forgiven.

The student is expected to be at each session approximately ten minutes before the scheduled start time. Class attendance will be taken at the beginning of each session and attendance records will be maintained throughout the training. If the student is late or absent without prior notice more than three times, this will result in a deduction of one hour from your total contact hours and will have to be made up with a trainer at a later date *at an additional cost* to the student.

If an absence is due to medical disability as verified by a medical professional in the form of a letter that states the diagnosis and recommended dismissal from the program, a leave of absence will be granted. In these instances, the refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference of any remaining tuition and/or related administrative fees (if any). If tuition is increased for the next available training, the student must pay the higher rate.

## **EMPLOYMENT AFTER GRADUATION**

***Inner Fire Yoga does not offer placement services nor do we guarantee employment at our studios after graduation.***

You will receive training in the marketing and business of yoga and learn fundamental marketing skills to pursue a career as a yoga teacher.

That said, if Inner Fire Yoga announces a need for teachers, any graduate is welcome to apply and request an audition. We are also happy to provide professional references if the student performed well in the program.

## **STUDENT COMPLAINTS**

Inner Fire Yoga Teacher Training encourages students to discuss in person or in writing with the training director any concerns, complaints, or suggestions that would be helpful in improving the program and/or student experience. All complaints should be directed to the director of teacher training, Marit Sathrum, either in writing (preferred) or in person. If the issue is not resolved to your satisfaction, you may submit a formal complaint to:

State of Wisconsin Department of Safety and Professional Services  
Educational Approval Program  
4822 Madison Yards Way  
Madison, WI 53705  
(608) 266-2112

Formal complaints should only involve issues relating to school policies – not personal grievances. Personal grievances should be submitted to the Director of Teacher Training in writing.

## TUITION & FEES

For current Teacher Training fees, please visit our [Teacher Training website](#).

### EARLY BIRD TUITION DISCOUNTS:

Early bird discounts are available to anyone who pays their tuition in full *or* pays their \$100 deposit and enrolls in a payment plan by August 1.

### TUITION DEADLINE:

**In order to guarantee your spot in training, either your full tuition fees *or* your first installment of a payment plan is due one month prior to the start date of training.** Any applications submitted after this tuition deadline are subject to available space in the training.

### PAYMENT PLANS:

If enrolled in a payment plan, you will be billed a \$100 non-refundable deposit at checkout, followed by 4 monthly installments thereafter. If there is any remaining unpaid tuition as of the first day of training, you will be charged for that remaining amount in one lump sum on the first day of training.

### ADDITIONAL COSTS:

The following additional costs are for required this training program and are not included in tuition fees:

- 1) 30-hr online Yoga Anatomy/Physiology course with David Kiel, [yoganatomy.com](http://yoganatomy.com): \$75
- 2) Require textbooks:
  - a) *Yoga Sutras of Patanjali* – As commented by Swami Satchidananda ([click here to purchase on Amazon](#))
  - b) *Functional Anatomy of Yoga, A Guides for Practitioners and Teachers* – David Keil ([click here to purchase on yoganatomy.com](http://yoganatomy.com) - accompanies online course)

### SELECT YOGA CLASSES INCLUDED IN TUITION:

During training weekends, all studio classes are included in tuition from the beginning of training on Friday evenings until the end of the training weekend on the following Sundays.

*Outside of training weekends, studio classes at Inner Fire Yoga are not included in tuition.* Students will have access to a variety of on-demand yoga classes taught by Inner Fire Yoga teachers in order to keep up with their practice at home.

Inner Fire Yoga offers a discounted membership rate for any active teacher training students. Inquire for current rates.

## CANCELLATION AND REFUND POLICY

### CANCELLATION BY STUDENT:

Students may cancel their enrollment by submitting a valid withdrawal notice within 3 business days of acceptance and may receive a full refund of any tuition paid, including the \$100 deposit.

After this 3-day cancellation window up until the first day of training, students who submit a valid withdrawal notice may receive a full refund *minus the \$100 deposit*. This non-refundable deposit covers administrative costs associated with the enrollment process.

A student who withdraws or is dismissed after attending at least one hour of training, but before completing 60% of the in-person training, is entitled to a pro rata refund as follows:

<u>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 hour of training	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	100%	no refund

Refunds will be made within 10 business days of the student's notice of withdrawal.

### NOTICE OF WITHDRAWAL POLICY:

Students are encouraged to withdraw from the program in writing, but any mode of withdrawal will be recognized so long as it is submitted to the Director, Co-Director, or Assistant Trainer for the program. Students will be automatically withdrawn from the program after missing 20 consecutive hours of scheduled, in-person training without prior consent from trainers.

### TEACHER TRAINING CANCELLATION BY INNER FIRE YOGA:

Inner Fire Yoga reserves the right to cancel any teacher training session if fewer participants are registered than is required to successfully administer the program. Upon studio cancellation, all payments will be returned in full.

Refunds will be made within 10 business days of Inner Fire Yoga's notice of cancellation.

## GRADUATION

Upon completion of Inner Fire Yoga's 200-hour Teacher Training program, students will receive a 200-hour Yoga Teacher certificate from Inner Fire Yoga.

***In order to graduate with a signed 200-hour Yoga Teacher certificate from Inner Fire Yoga, students must complete all required training hours, anatomy homework, assignments, exams/presentations, and any applicable make-up time for missed training.***

Grading criteria includes practice teaching, attendance, and timely completion of quizzes, homework, and a final presentation. Students who do not complete these requirements may be placed on probation as stated in the ACADEMIC REQUIREMENTS AND STANDARDS OF PROGRESS section. These items must be completed in order to graduate.

Participants are responsible for making arrangements with the director of teacher training to reschedule retakes of the final presentation if necessary. Students must complete all 200 hours of training before graduation is considered, including the 30-hour online Anatomy/Physiology course.

Final approval is at the discretion of the director. If the student is not ready to teach yoga, they will not graduate from the program until they can display the skills necessary to be a competent, professional yoga teacher.

With a 200-hour Yoga Teacher certificate in-hand, graduates are eligible to register with the Yoga Alliance as a 200-hour Registered Yoga Teacher (RYT). Please see the [Yoga Alliance website](#) for specific Yoga Alliance policies regarding satisfaction of the 200-hour RYT requirements.

Any fees for registering with the Yoga Alliance as a 200-hour RYT must be paid for *by the student* and are *not* included in Inner Fire Yoga's teacher training tuition fees. Registration with the Yoga Alliance is *not* a requirement to participate in Inner Fire Yoga's teacher training program, nor is it a typical requirement at most places of employment in order to be able to teach yoga classes. See the [Yoga Alliance website](#) to learn more about perks of a YA membership. Consult your employer for any studio-specific certification policies.

## STUDENT RECORDS

If a student misplaces or loses their certificate, a physical copy of the graduation certificate can be made available to the student at a \$25 replacement fee. A digital copy can be made available at no charge.

***All student records are confidential and will not be released without the student's written permission.***

## TRAINING SCHEDULE AND CALENDAR

Please visit [our website](#) for the dates and times of our next training.



## REQUIRED READING

Required books must be purchased by the student prior to the first weekend of training. The cost of purchasing said textbooks are *not* included in tuition. Any books on the suggested reading list may be purchased at the discretion of the student. Some of the subject matter in these books may be discussed in the classroom and could enhance your experience as you move through the curriculum.

### Required reading (mandatory for training):

*Yoga Sutras of Patanjali* – As commented by Swami Satchidananda ([click here to purchase on Amazon](#))

*Functional Anatomy of Yoga, A Guides for Practitioners and Teachers* – David Keil ([click here to purchase on Amazon](#) - accompanies online course)

### Other recommended reading (optional but recommended):

*The Living Gita: The Complete Bhagavad Gita* – Sr S. Satchidananda

*Prakriti: Your Ayurvedic Constitution* – Robert Svoboda

*Autobiography of a Yogi* – Paramahansa Yogananda

*The Heart of Yoga* – T.K.V. Desikachar

*The Key Muscles of Yoga* – Ray Long

*Teaching Yoga - Ethics and the Teacher-student Relationship* – Donna Farhi

## TRAINING LOCATIONS

Training will take place in-person at our two studio locations in Madison, WI. Exact locations for specific training sessions vary and will be announced for each training weekend.

**Inner Fire Yoga East:** 1813 East Washington Ave, Madison, WI 53704

**Inner Fire Yoga West:** 5003 University Ave, Madison, WI 53705

## ITEMS TO BRING TO TRAINING

In addition to your required textbooks, please bring a yoga mat, yoga strap, one or two yoga blocks, a water bottle, extra towels, and a change of clothes. The student should also have writing materials and a notebook for taking notes or journaling. Food will not be provided, but you are encouraged to bring your own food and snacks for break times. Some sessions will be given while seated on the floor, or on your yoga mats. Back-jacks (floor seating supports) will be provided, or you are welcome to bring your own.

## TEACHER TRAINING AGREEMENT

Participants attending each module will be presented with an agreement at the introductory session of the training. To continue with training beyond the introductory session, participants will be required to sign the agreement. The agreement is found on the last page of this document.



## INNER FIRE YOGA TEACHER TRAINING APPLICATION INFO

### Application Process

- 1) Before applying, please carefully read the “TUITION AND FEES” and “CANCELLATIONS AND REFUNDS” sections of the catalog on pages 12 & 13. (Tuition is due one month prior to the start date of training, or in the case of a payment plan, the first installment of a payment plan must be made at least one month prior to the start date of training. Students are entitled to a 100% refund if a valid notice of withdrawal is received within 3 days of acceptance into the program. A \$100 non-refundable deposit is withheld for student cancellations made more than 3 days after acceptance, but before the first training session. Pro rata refunds are given for student cancellations after partial program completion.)
- 2) When you are prepared to move forward with enrollment, [submit your application online](#). Note: scholarship options are available ([see website](#)). If applying for a scholarship, you do *not* also need to fill out the program application – one or the other will suffice.
- 3) Await an email or phone call from the program administrator for next steps. More information or an interview may be required before a decision is made regarding your acceptance/rejection.
- 4) If accepted, you will be invited to submit your tuition via our online registration portal. The Program Administrator will help you set up your account and submit tuition, if needed. A payment plan option will be made available to you at checkout, or you may pay in full right away.

The tuition deadline is one month prior to the start date of training. For students paying in full, 100% of fees are due by this deadline in order to guarantee your spot in training. For students enrolling in a payment plan, the student’s first installment must be paid by the tuition deadline. Applications submitted after the tuition deadline are subject to available space in the program.

There are limited spaces available in Teacher Training. Applications are considered on a first-come, first-served basis. Should the training program be full by the time you apply, you will be added to a waitlist and notified if a spot opens up.

## **Agreement: Inner Fire Yoga® Teacher Training 2023**

This is an agreement between dba Inner Fire Yoga® (Madison Yoga Studio, LLC and East Madison Yoga LLC) and the Participant who signs below. Participant wishes to participate in Inner Fire Yoga® Teacher Training (“Training”), offered by Madison Yoga Studio, LLC, on the terms stated below. The Training is an intense program that will take the Participant on a journey from yoga-student to yoga-teacher.

**Make-Up Classes.** Participant is expected to be present at all training sessions, barring any unforeseen emergencies. In the event of an absence, time must be made up by either viewing a recording of the session at a later date, or by scheduling make-up classes at an additional cost for private time with a trainer (inquire for current private yoga rates). Participant must arrange any necessary make-up time with the training staff.

**Certificates.** If Participant successfully completes their full 200-hours of Inner Fire Yoga® Teacher Training, completes any required homework, anatomy assignments, exams/quizzes, etc., and has paid 100% of their tuition fees, they will receive a signed, 200-Hour Yoga Teacher Certificate from Inner Fire Yoga. Inner Fire Yoga® reserves the right to determine in its sole discretion whether the Participant has successfully completed any portion or module of the Inner Fire Yoga® Teacher Training curriculum.

**Tuition Deadlines and Refunds.** In order for Participant to be considered fully enrolled in the program, Participant must pay their tuition by the tuition deadline: one month prior to the start date of training. Participants paying their tuition in full must pay 100% of tuition fees by the tuition deadline. If enrolling in a payment plan, Participant must pay their first installment of the payment plan by the tuition deadline – any remaining tuition due on the first day of training will be charged to the credit card on file as one lump sum on the first day of training. Participant may receive a full refund including the \$100 deposit if a valid notice of withdrawal is received within 3 business days of acceptance into the program. After 3 business days from acceptance but before any in-person training hours are completed, Participant is entitled to a full refund *minus a \$100 deposit* with a valid notice of withdrawal. Participants who submit a notice of withdrawal after partial completion of the program are entitled to a pro-rata refund as per page 13 of the Inner Fire Yoga 200-Hour Yoga Teacher Training Catalog. Inner Fire Yoga® reserves the right to cancel any teacher training session if fewer participants are registered than what is required to successfully administer the program. Upon cancellation by Inner Fire Yoga®, 100% of prepaid tuition fees will be refunded in full, including the \$100 deposit.

**Teaching Inner Fire Flow.** Participant understands that Inner Fire Yoga® (branded sun/moon graphic symbol and the name) are nationally registered trademarks. Participant also understands that the Inner Fire Flow class is a sequenced yoga class designed, choreographed, developed and refined by Inner Fire Yoga®. Participants who successfully complete the 200-hour training have a non-assignable, non-transferable, and non-exclusive right to teach the Inner Fire Flow yoga class, but will not be authorized to train yoga instructors to teach the Inner Fire Flow yoga sequence. Participant agrees that if they represent to the public that a yoga class they are teaching is called “Inner Fire Flow”, they will not deviate from the Inner Fire Flow sequence as taught in the Inner Fire Yoga Teacher Training program. Participant agrees that they may not and will not

teach Inner Fire Flow to the public unless they receive a 200-hour Yoga Teacher Certificate from the Inner Fire Yoga Teacher Training program. Participant agrees that the Certificate does not authorize him or her to open or become a part or full owner of any yoga studio representing itself as an Inner Fire Yoga studio.

**Agreement Not to Compete.** Participant acknowledges that Inner Fire Yoga® teaches yoga classes to students of all ability levels and may provide licenses for entities to be Inner Fire Yoga® studios. Participant is not an employee of Inner Fire Yoga®. In exchange for being allowed to take the Training, Participant agrees that for a period of 2 years after completing the Training they will not own or operate either a yoga studio or a yoga teacher training, or any entity which offers yoga classes or yoga teacher training, which is located within a five-mile radius of any Inner Fire Yoga® studio location or within a five mile radius of any licensed Inner Fire Yoga® location present when Participant opens, begins managing, or relocates a particular yoga studio or entity that offers yoga classes or yoga teacher training. *This covenant in no way and at no time limits the Participant's ability to teach yoga classes for an entity that (s)he does not own or operate, regardless of its location.* This covenant shall be sever-able from the remainder of the agreement if deemed invalid, and shall be enforced under the laws of the State of Wisconsin.

**Online Agreement.** Both Parties agree that this Agreement may be signed electronically or by checking the box next to “I Agree”, the effect of which will be the same as signing by hand and the intention of which is that both Parties desire to be bound by all the terms of the Agreement.

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**You do not need to sign this agreement at this time.** The agreement above will be made available to each applicant during the checkout process. Participants will sign the agreement electronically by checking the box “I Agree” prior to submitting their tuition payment.