



perennial

a yoga community

Perennial WISDOM Yoga School
200 Hour Teacher Training Program

Program Catalog

Perennial | Fitchburg
5500 E. Cheryl Parkway
Fitchburg, WI

Perennial | Madison
3241 Garver Green
Madison, WI

*Perennial WISDOM Yoga School is a Yoga Alliance Approved
200 Hour Teacher Training Program*

Our Mission

Perennial WISDOM Teacher Training Program is designed to give students an in-depth knowledge of yoga techniques, asana, philosophy, meditation, pranayama, anatomy and teaching methodology in order to go forth and share their love of yoga with others. In addition, we explore yoga's ancient past addressing many questions concerning the art and science of yoga today. Our program is inclusive and offered in a way that is accessible for any level of student wishing to deepen their understanding of yoga.

Perennial WISDOM Teacher Training Program is a 200 hour yoga teacher training course using standards established by Yoga Alliance (www.yogaalliance.org). The course includes a 4-day Immersion and 9 additional weekends of training along with non classroom assigned readings, homework and observation requirements. Upon successful completion of Perennial WISDOM's Yoga School Program, students will be awarded a Certificate of Completion and be eligible for registration with Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200 hour level.

Our Vision

All of the world's wisdom traditions and spiritual practices support the seeker looking for an answer to the deeply personal question, "who am I?" Yoga is one of these time-tested practices and it's here for the sincere student ready to heal and follow an insightful map for living. The exploration of yoga we do in this program gives students time outside of their regular life so they can inquire, discern, gain insight and discover their way. Our Yoga School/Teacher Training program prepares its students to be a teacher of yoga if this is their vocational goal, but in truth everyone who moves through this experience becomes a teacher. They become a teacher of the dharma...the way of love, peace, grace and connection. This program lays before them the foundations of the path of Yoga. It gives them access to a practice handed down through the ages so they can use its exquisite wisdom and explicit instruction to live a purposeful, meaningful and connected life.

STUDENTS WILL:

LEARN

- How to weave together the energies of grounding, flowing, radiating and expanding in a way that creates freedom and unifies the mind, body and heart.
- The science and symbology of yoga postures - the anatomy and ancient origin of the shapes.
- Yoga philosophy including the Yoga Sutras and the major branches of Raja, Jnana, Bhakti and Karma yoga.
- The subtle body; the bandhas, koshas, kleshas, vayus and chakras that give rise to the energetic shifts we experience on our yoga mat and meditation cushion.
- Ayurveda - the "science of life" that brings your practice off your mat and into your lifestyle.

EXPERIENCE

- A deepening and expansion of your definition of yoga through your intensified practice-life and with your devoted teachers.
- The science, art and spirit of yoga and how abundant your life becomes when you become a yoga devotee.
- A realization of what yoga is to you and from this a development of your unique teaching style, infused with your own expression of knowledge, insight, joy and energy.
- Sharing heart-to-heart, dropping this, accepting that, BEing YOU.
- Practice teaching in partner and small group settings.
- What it feels like to lean on and learn from a tribe of people who will become very precious to you.
- The nudge you might be needing to step into your Sacred power so you can be an instrument of change.

MANIFEST

- Harmony and health within by letting go of struggle and matching your cadence with Nature.
- Living with greater Self-knowledge and compassion.
- More joy, more freedom, more connection.

Perennial WISDOM Teacher Training Faculty

Meg Groves, E-RYT 200, Co-Leader

I was still an infant in my understanding of the deeper meaning of yoga when I began instructing yoga classes, but I wasn't new to the art of teaching because I had already taught undergrad and graduate Social Work courses for many years. Now, as a lead teacher for Perennial's Yoga School/Teacher Training program, I am often reminded how far I've come and how far I still have to go. But that's the beauty of yoga - it's a lifelong course on learning how to live and connect well. Yoga is my lens, it brings focus to what matters most and to how I see myself and others. It has granted me the capacity to love myself and others, it has brought flexibility and adaptability on and off the mat, and because of yoga I'm able to lean into life's most challenging moments. Best of all, yoga in my life means being surrounded by the most loving and kind-hearted people on the planet. From my vantage point I get to see all the ways a regular yoga practice creates extraordinary shifts in people's lives and this is what makes me so unapologetic about my passion for spreading this practice far and wide. I also see, firsthand, how up-leveling your regular yoga practice with a yoga school/teacher training program like ours sets you on a path of living life from the center of your dharma - your purpose. All the people in your world, especially you, and the world at large needs all of us to live our lives from our center and to express ourselves more and more from this sweet spot.

Keith Borden, E-RYT 200, Co-Leader

I am consistently turned on by the stillness within movement, the silence hidden in sound, and the esoteric in the everyday. I love to practice yoga, and sharing this practice that I love for the last nineteen years has been a terrific gift. I'm very lucky. I have great teachers in my life –

Jasmine Tarkeshi, David Robson, David Gellineau, Manorama, and Rabbi Joseph Gellberman, Arturo Peal, Cheri Clampett Borda – and being a student is one of the best parts of the yoga practice. I have had the unique experience of working closely with and learning directly from my teachers for the majority of my teaching career, and I continue to learn through the transformative process of self-reflection and the creative dialogue of teaching. The classes I offer are energetic and balanced, and are infused with playfulness and creativity. I strive to live, breathe, and offer the devotion-rich yoga that comes out of my daily home practice. I'm a singer, kirtan wallah, a bhakta, and an interfaith minister. I always chant with my classes, and occasionally I play and sing during savasana. I love to experiment in my practice, and years of Muay Thai, Tai Chi, and Qi Gong have taught me that all movement is healing and complementary to my sadhana. My goal is to hold a space that fosters inner quiet, true strength, and a healthy, joyous spirit where students can re-unite with and REJOICE in their true Self.

Additional Support Faculty:

Sarah Barasch -Ayurveda

Sarah Barasch offers the full range of Ayurvedic services: Ayurvedic health consultations, Ayurvedic bodywork treatments, and PanchaKarma options at Perennial Yoga in Fitchburg. Ayurveda, the sister medicine of Yoga, uses food as medicine, lifestyle routines, herbs, 5 sense therapies, bodywork treatments, and gentle cleansing to nourish the tissues, remove fatigue, and increase health and vitality. Sarah provides Ayurvedic wellness plans and bodywork treatments as a Certified Ayurvedic Practitioner and a PanchaKarma Technician (Ayurvedic Bodyworker). To find out more about wellness services Sarah offers, email sarahmbarasch@gmail.com, schedule a free 15 minute phone consultation, or visit www.sarahbarasch.com Sarah completed two years of Ayurvedic studies at the Kanyakumari Ayurveda and Yoga Wellness Center in Milwaukee. Sarah holds a membership with the National Ayurvedic Medical Association (NAMA), and has taught a full time Ayurveda Health Counselor program. Sarah gently keeps herself and her clients on the path of self-care and vibrant health. She is a Reiki Master and has studied: Neurovascular Therapy, GeoTran, EFT, Holographic Tools, Marma training, Medicinal Aromatherapy, and flower essences. Bonus secrets: she's fluent in Mandarin and crazy for British period dramas.

Zach Ketterhagen – Meditation

Before entering his career in employee wellbeing, personal development and change management, Zach Ketterhagen apprenticed for nine years with world-renowned experts in yoga, meditation, holistic health and wellbeing. For the past decade Zach has been teaching meditation, empowering professionals and leading high performance project teams. Zach leverages his diverse skill set in change management, project management, and total wellbeing to help professionals sustain peak performance and thrive. Zach is currently Product Manager at Health Rosetta, a healthcare technology startup that is creating an alternative path for employers to deliver high-performance benefit plans to their employees. Zach writes about optimal performance, fulfillment, productivity, human nature, meditation and total wellbeing on his blog at ZachKetterhagen.com

Katie Hill – Setting Intentions, Creating Themes and Speaking to Spirit

Having been introduced to the practice at the ripe age of 13 as a way to cope with a rather fiery adolescence, Katie has been dedicated to yoga and meditation for 27 years. In 2006 she received her 200-hour teachers certificate from Living Yoga Program in Austin, TX.

She has studied with many amazing master teachers, and blends the best of her favorite styles into a grounded slow flow practice that is calming and life-affirming. Katie believes that every person can do yoga and can benefit from the life-changing practice, regardless of the state of their physical body or their current beliefs about their abilities. Her style incorporates grace, humor, acceptance, and mindfulness.

Carla Coleman - Teaching Beginners

It has been said that we may have been sent to yoga by challenges and obstacles in life, and that yoga is about moving toward the light. Carla's own transformational journey began at Perennial Yoga and Meditation in January 2012 and she received her RYT 200 through Perennial Wisdom Teacher Training two years later. Like an archeological dig, her yoga practice has helped her to peel away the layers that had dusted over the authentic self. Her wish is to share this amazing, heartfelt practice with others through vinyasa flow classes that create a moving meditation, a space for your inner wisdom to percolate to the surface, a place to find the stillness inside, and an opportunity to access the spiritual through the physical. Movement, music, meditation, breath work and joy are the foundations of her classes. You bring yourself, your life, your truth. Her hope is for you to unearth your own gifts and grace on your mat, take those treasures into your life, and to live from that center. In addition to taking and teaching yoga classes, Carla is passionate about the dogs in her life; her own four Zen masters, the shelter dogs she works with, and the dogs in her training classes. Hiking the woods and fields with her canine companions, dabbling in interior and landscape design, being a part of the Perennial Yoga community, and sharing life with friends and family members from age 91 to 1 year, keep her grounded, uplifted, and full of gratitude for each day.

Scott Lamps - Anatomy

I have yet to find the limits of yoga practice. Many years ago, I was a soccer player who began yoga in order to keep my body healthy and strong while avoiding the injuries that come with competitive sports. Along with a healthy body came mental control, determination and patience. I love yoga for its athleticism – I participate in the USA Yoga Asana Competitions. I also love it for its physical therapy – Ghosh yoga is founded on the principle of creating health in the body, both inside and out. I also love it for its serenity, spirituality and stillness of mind – breath control and meditation are growing parts of my personal practice. I studied with Tony Sanchez, a yogi who has been practicing for 40 years without injury, focusing on sustainability, spinal health and individual modification. My teaching is always focused on using proper body mechanics combined with mental control and stillness. I strive to balance each class with strength, determination, relaxation and stress relief.

School Information

Perennial WISDOM Yoga Teacher Training
Perennial Yoga and Meditation
5500 E. Cheryl Parkway
Fitchburg, Wisconsin
608-288-8448

Website Information: <https://perennial-yoga.com/yoga-school>

At Perennial our commitment is to stay true to the teachings of yoga and offer students a full expression of the practice so they can heal body and heart, overcome any kind of illness or unhappiness and reach a place of splendid health, strength and peace.

Why the name Perennial?

Perennial Wisdom or Perennial Philosophy can be understood in the phrase, "That Thou Art" taken from the ancient Upanishads. The phrase teaches that our life path is to find out WHO and WHAT we really are and that we're all destined to come to the same realization.... that we are connected to everything and to the Divine within. On our yoga mat and meditation cushion, we find the space to reconnect with who and what we really are.

Facilities

The Fitchburg location is set on a peaceful prairie landscape in Fitchburg, Wisconsin, the Our space is located within the Asian-inspired architecture of the Agora campus. The studio offers three studios and a vegan/vegetarian cafe. The studios are fully equipped with bolsters, blankets, straps and blocks.

The second location is on the mezzanine level of the historic Garver Feed Mill in Madison, Wisconsin. There are two studio spaces fully equipped with bolsters, blankets, straps and blocks.

Catalog Changes

The Perennial WISDOM 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. However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

Program Description

Perennial WISDOM 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) hours and 20 non-contact hours.

1. Techniques, Training and Practice: 85 hours

Asana

Historical context, poses specific to vinyasa lineage including sukhasana and savasana, sequencing (asana, pranayama, meditation) to achieve particular effect safely, anatomical and alignment principles and contraindications.

Pranayama & Subtle Body

Historical context, effects of pranayama on anatomy and subtle body, sequencing of pranayama safely including alternatives and adaptations, koshas, kleshas, chakras, nadis and prana vayus,

Meditation

Key meditation terms and methods, chanting, mantras, and mudras

2. Yoga Humanities: 30 hours

History

Of 'yoga' and vinyasa yoga specifically and key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern yoga.

Philosophy

Definition of yoga and key terms, relationship between asana, pranayama, meditation in the vinyasa style of yoga, familiarity with major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika), self-reflection on how philosophy relates to practice.

Ethics

Awareness of Yoga Sutras or similar yogic ethical precepts, relationship to Yoga Alliance, ethical commitment including scope of practice, code of conduct, and equity position statement. Comprehension of and responsibility to increase equity in yoga, accountability measures, self-reflection on how yoga ethics relate to practice and teaching.

3. Anatomy and Physiology: 35 hours

Anatomy

Skeletal system including major bones and muscles and types of joints involved in asana, and types of muscle contraction.

Physiology

The nervous system including 'fight, flight, freeze' stress response, vagal theory, overall mind-body connection. Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice. Respiratory system, including muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves body.

Biomechanics

Types of joint movements, joint stabilization. Safe movement as it pertains to balancing, stretching, awareness, and physical limitations. Contraindications, misalignments, adaptations.

4. Professional Essentials: 50 hours

Teaching Methodology

Sequencing, pace, environment, cueing (verbal, visual, physical). Class management.

Professional Development

Yoga-related professional organizations, including the Yoga Alliance credentialing process. Ethical Commitment, including Scope of Practice, Code of Conduct and Equity Position Statement Lifetime of learning and continuing education General professionalism, including timeliness, consistency, cleanliness Marketing and promotion Liability insurance, waivers, invoicing.

Practicum

Knowledge, skills, experience across 12 key competencies

Direct Contact Hours: 200

Schedule & Syllabus

 **Yoga School Schedule & Syllabus**

Homework Assignments

Homework assignments will include written assignments, theoretical class sequences, book report, ability to demonstrate and teach various Sun Salutes, etc. Homework assignments will help the student:

- Integrate what they read, learn and practice during the weekend sessions
- continue to refine their cueing and assisting skills
- prepares them for more refined preparation of class sequencing
- helps instructor assess their progress within the program

All homework assignments will be graded as Complete/Incomplete and will be reviewed with students. Feedback will be in either written or verbal form.

Homework assignments will include but not be limited to:

Required Reading

- Anatomy of Movement, Blandine Calais-Germain
- How Yoga Works, Michael Roach & Christie McNally
- Bhagavad Gita:A New Translation, Stephen Mitchell
- The Yoga Sutras of Patanjali, Sri Swami Satchnidananda

Final Take-Home Exam

Students will have one take-home exam which will include elements from the core curriculum. This exam is not graded but completion is required. The exam will be used during a final review period towards the end of training.

Practice Teaching and Final Practicum

Since teaching in front of a class requires skill and poise, students will practice teaching to each other throughout the program. Practice teaching will begin on the Immersion Weekend and continue through the program and culminate in a one-hour vinyasa class team instructed by 2-4 students. Students will be evaluated based on 2 guidelines, their adherence to basic class structure and teaching the arc of the Vinyasa Class as outlined in the Student Manual. The practicum is graded on a completion basis.

Practice teaching and the final practicum give the student substantial teaching experience:

- helps the student identify their voice
- learn to speak from a place of authenticity
- understand the importance of cueing with clarity
- practice incorporating a theme, quote, intention into the class
- develops self-confidence in front of a class
- develops self-confidence in their ability to teach and assist at the same time
- offers an avenue of feedback based in a supportive and nurturing environment
- helps the students focus on specific areas they need to refine

Other Requirements

During the course of the Perennial WISDOM Yoga School Program, students are required to take 12 hours of vinyasa classes, 3 hours of meditation classes, observe 2 vinyasa-style classes, and complete approximately 30 hours of homework and preparation for their final practicum. (Documentation forms are provided for each student within the Student Manual).

Tuition and Fees

Program Cost: \$3,500 plus a \$100 application fee

Early Registration: \$3,000 - Save \$500

Payment Schedule:

- Application Fee: \$100. Due at time of program application. This fee is non-refundable but will be returned to those applicants not accepted into the program.
- Deposit: \$500. Due upon acceptance into program and applied to tuition.
- First Installment Payment: \$1,500 or \$1250 (if you met early registration date). Due on or before the 1st day of the program.

- Second installment Payment: \$1,500 or \$1250 (if you met early registration date). Due 45 days after start of program

If students are not able to make payments by these dates, or make other satisfactory arrangements, they will be withdrawn from the program and refunded according to the **Refund and Withdrawal Policy**

What Is Included In Tuition

- 200 hours of training that happens during the immersion and 9 weekends.
- Unlimited yoga and meditation practice at Perennial for a 12 month period of time, beginning the first day of yoga school.
- Training Manual
- Graduation luncheon

What Is Not Included In Tuition:

- Required reading books
- Cost of visiting teacher weekend - estimated at \$200.
- Any mats, towels, pens, paper etc.

Missed Sessions

Any missed sessions must be made up through a plan developed with one of the co-leaders.

Admission Requirements:

- Applicants must be 18 years of age or older.
- To be considered for the program applicants should have a regular yoga practice and have practiced yoga for at least one year. Applicants should be able to physically perform the techniques they will teach. This does not mean an applicant must perform all techniques (asanas) covered in the training.
- Applicants are encouraged to have access to computer, printer/scanner and must be comfortable with sending and receiving emails, scanning, and downloading materials as needed.
- Submit a \$100 application fee (non-refundable/non-transferable). Those not accepted into the program will be given a full refund.
- Submit a \$500 dollar deposit that will be applied to tuition upon acceptance.
- Complete the application and submit with the application fee and deposit as needed.
- On the first day of training students must sign the Catalog Release and Liability Waiver form agreeing to the terms and conditions set forth for participation in the program.

How to Apply

- Submit the online application form on our website
- Pay the \$100 application fee through the link provided.

Early application is encouraged because spaces in the course are filled as qualified applications are received and accepted. No more than 20 students will be accepted into the program.

Notification

You will be notified within 5 working days upon receipt of your application regarding acceptance into the program. An email notification will confirm receipt of your application and application fee and outline next steps to prepare for the start of the program.

Completion Requirement and Policies:

- Attendance at all scheduled weekend sessions (and assigned weekdays) and make-up of any missed sessions through one-on-one or as discussed with Co-Directors.
- Completion of all reading assignments and any homework assignments, including but not limited to preparing sequences for mock teaching experience (Complete/Incomplete).
- Plan and teach a portion of a one-hour Vinyasa class to fellow classmates and faculty as final practicum.
- Completion of one take-home exam, which will include elements from Techniques, Teaching Methodology, Anatomy/Physiology, Yoga Philosophy/ Lifestyle and Ethics
- Complete and document 12 hrs Vinyasa-style classes, 3 hrs meditation classes, 2 hrs observing vinyasa-style classes, 5 hrs anatomy readings, 5 hrs philosophy readings. (Documentation forms will be provided for within the Student Manual)
- Payment of application fee, tuition fee, visiting teacher fee and any additional make-up or mentoring fees.

Homework

Students who don't complete the homework and final practicum within 2 months of the completion of the training due to extenuating circumstances will be charged \$85/hour for the additional time required on the part of the co-leaders to support the student in completion of the program (homework review, practicum, etc.)

Applying to Yoga Alliance

Yoga Alliance is a national credentialing organization for yoga teachers. Yoga Alliance maintains a national Yoga Teacher's Registry to recognize and promote teachers with training that meets minimum educational standards. Upon completion of all requirements for certification, Perennial WISDOM will issue a certificate that can be used to apply for registration with Yoga Alliance. Perennial WISDOM will also notify Yoga Alliance of students who have completed all completion requirements.

Perennial WISDOM Yoga School Program is a Registered Yoga School with Yoga Alliance as an approved 200 hour teacher training program. Any fees associated with applying for registration with Yoga Alliance to become a 200 RYT are the responsibility of the student.

Upon Completion of the Program, Perennial WISDOM Yoga School Program will:

- Provide a certificate of completion of training program requirements
- Notify Yoga Alliance of students who have completed all program requirements

Employment Services

The Perennial WISDOM Yoga School program does not offer job placement services. The program does offer suggestions for pursuing a career in yoga and class time is devoted to the business aspects of becoming and being a yoga teacher. Perennial WISDOM YS does not guarantee employment placement.

Program Policies

Non-Discrimination Policy

The Perennial WISDOM Yoga School program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Student Conduct

The Code of Conduct outlines acceptable, ethical, and professional behavior that we agree to uphold either as student or teacher within the Perennial WISDOM Yoga School Program. The ethics statement encourages all of us to act from a place of integrity with kindness and compassion. Students will review the Code of Conduct, sign it and turn it in on the Immersion Weekend.

Attendance

To gain maximum benefit from the program, attendance is required for all sessions. Missing 2 full days of training is permitted but the student must work with the co-leaders and their cohorts in the program to make up missed course content. If you anticipate missing any class sessions, please discuss this either Co-Director as soon as possible.

Tardiness

Students are expected to arrive at least 15 minutes early to be prepared for the start of class. If unforeseen circumstances (i.e., weather, car issues) arise, please text Megan Grace. If unexplained, repeated tardiness occurs it is at the discretion of the Co-Directors whether to require additional training hours at the students expense or dismiss the student from the program.

Leave of Absence

Leave of absence from the Teacher Training Program is not offered. If a Student should have to discontinue the training and wish to continue their training at a future date, they will need to begin the program again at that time. The refund policy will apply to unused tuition.

If the participant does decide to continue at a later date, and there has been an increase in tuition, the participant is responsible for the difference between the original tuition they paid and the new tuition fee required.

Student Records

Student records are maintained at Perennial Yoga & Meditation on computer and paper files for a period of 6 years. It is the student's responsibility to keep a copy of their home work assignments. An electronic copy of the student's completion certificate will be kept on file at Perennial Yoga & Meditation. Records are kept private and students must contact Perennial Yoga & Meditation in writing to obtain a replacement graduation certificate. A \$25 fee will be charged for replacement certificates.

Probation, Dismissal and Re-Admittance

Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal from the program.

Students who are not fulfilling **Student Conduct** codes will receive a written warning and a corrective plan will be discussed with the student. Should a second incident of conduct policy violation occur, termination from the program will result. The school Co-Leaders will make this decision and implement the dismissal. Refunds will be applied per the refund policy. Students who have been dismissed, may apply for re-admission to a future training, however acceptance is not guaranteed.

If a student is not grasping the content in the course or satisfactorily completing the homework, but wishes to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect.

A student who has an expectation of receiving a completion certificate but is unable or unwilling to complete homework assignments, or teach a final practicum, will be dismissed from the program after a 2-month probationary period is over. Unused tuition will be refunded per the refund policy.

Auditing is an option offered through the Perennial WISDOM Yoga School Program. Tuition is reduced by \$800 for this option.

Advanced Standing

Perennial WISDOM Yoga School does not offer any advanced standing for any previous training or coursework from other yoga schools.

Housing

Perennial WISDOM Yoga School does not provide housing. Recommendations can be provided for any student commuting for the weekend.

Student Complaints

If a student has a complaint about an instructor, about the program, or about another student, the complaint should be brought to the Co-Directors for discussion and resolution. If resolution cannot be reached with the help of the Co-Directors, the student may contact the Wisconsin Educational Approval Board, 201 West Washington Ave. Madison, WI 53703 (608)266-1996, www.eab.wisconsin.gov or eabmail@eab.wisconsin.gov.

Refund and Withdrawal Policy

Per State of Wisconsin Education Approval Board policies, Perennial WISDOM Teacher Training Program will use the following refund policies.

If a student wishes to use the withdrawal policy:

- A student will receive a full refund of the application fee (\$100) if the student cancels within 3 business days of acceptance to the program.
- A student will receive a full refund of the deposit (\$500) if the student cancels prior to the program start date AND the program was not at capacity. If the program reached enrollment capacity the deposit is forfeited.
- A student who withdraws or is dismissed after the program starts will be eligible for tuition refund as follows:
 - The current daily rate (\$136) times the number of full/partial days attended will be used to determine the prorated amount of tuition due.
 - An admin fee of \$250 will be applied if withdrawal/dismissal occurs on/before weekend 4, and a \$500 admin fee if withdrawal/dismissal occurs after weekend 4.

Students who withdraw or are dismissed will receive their refund within 10 business days.

Refresh for Alumni

Alumni from past yoga school programs may attend portions of future programs at no additional expense to them as a refresher, to deepen their practice and teaching, and to connect with sangha. Their presence enriches the learning environment and provides an opportunity for you to network with teachers who have developed their yoga teaching careers.

School Information

Perennial Yoga & Meditation

Perennial WISDOM Yoga Teacher Training

Perennial Yoga and Meditation

5500 E. Cheryl Parkway

Fitchburg, Wisconsin

608-288-8448

[Home | Perennial Yoga | Madison and Fitchburg, WI](#)

Copyright Acknowledgement

I acknowledge that all materials contained in the Student Manual are provided for My Personal Use Only. I acknowledge that I cannot alter or distribute in any way without written permission from Perennial WISDOM Yoga Teacher Training Program.

Photo, Video, Audio Guidelines and Release

Staff may take photographs, video and record audio for use in future trainings or marketing of training programs. If you do not wish to be photographed or filmed, please advise the lead instructor. Students are permitted to take photographs as long as it is not distracting to the class. A student should ask classmates if they have their permission to be in a personal photograph, especially if those photographs will be used on social media sites.

Recordings are not permitted without permission from the lead instructor.

I consent to being photographed and recorded, and grant Perennial WISDOM TT Program assignees, employees, and agents, the unrestricted and absolute right to use the photographs or recordings by any means now known or to become known. I hereby release & discharge Perennial WISDOM TT Program its assignees, employees, and agents any and all claims of action, including without limitation, libel, defamation, invasion of privacy or right of publicity, infringement of copyright, trademark or violation of any other right.

Signed _____ Date _____

Printed Name

Catalog Release

I have read and agree to the terms and conditions of application, admission, participation in and completion of the 200 hour Perennial WISDOM Teacher Training Program at Perennial Yoga & Meditation Studio, Fitchburg, WI.

Liability Waiver

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the instructor. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Perennial WISDOM TT Program, Perennial Yoga & Meditation, it's teachers, staff, or agents.

Signed _____ Date _____

Printed Name

Code of Conduct

Preamble

This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behavior by which all students of the WISDOM Teacher Training Program agree to conduct the teaching and business of Yoga. The Code is not intended to supersede the Code of Conduct/Ethics of any school or tradition, but is intended to be a basis of yoga ethics.*

Code of Conduct:

As a student of the WISDOM Teacher Training Program, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean and comfortable environment for the practice of Yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Refrain from words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.
9. Treat all with whom I come in contact as either yoga practitioner or teacher with kindness and compassion.

- *Adapted from the Yoga Alliance Code of Conduct

Signed _____ Date _____

Printed Name
