



RajaHatha School of Yoga™

200-Hour Yoga Teacher Training Program

Yoga Alliance Registered

Hosted by Kula Yoga & Wellness, LLC, Cottage Grove WI

September 2023- March 2024



School Information:

RajaHatha School of Yoga™

Mailing address: 501 Pflaum Rd. Madison, WI 53716

608-630-8555 www.tantramadison.com amypearcehayden@gmail.com

Directed by: Amy Pearce-Hayden, ERYT 500, CRP

RajaHatha School of Yoga™ Certified Yoga Teacher Training Program
Hosted at Kula Yoga & Wellness, Cottage Grove, WI
200-Hour RajaHatha™ Yoga Certification
September 2023- March 2024

Mission Statement:

It is the mission of the RajaHatha School of Yoga™ (RHSOY™) to properly train yoga instructors in the healing tradition of classical yoga, by following the standards set by the Yoga Alliance (www.yogaalliance.org) which include but are not limited to ethics, anatomy, history, scripture study, as well as applied teaching principals of breathing and meditation in the traditional application of yoga. Our purpose and core values center around support and the development of community while preparing the student to succeed in employment upon graduation.

The Facility and Its Amenities:

Kula Yoga & Wellness is a premier Wisconsin based yoga studio, dedicated to classical yoga and mindful living with an intention for making yoga accessible to all bodies and abilities. The studio is located in the village of Cottage Grove, allowing for easy access to local supermarkets and restaurants for a quick bite or any needs during weekend trainings. The studio is well-heated in the winter, and air-conditioned in the summer for comfortable practice and study. The studio is handicapped accessible.

All necessary props, including yoga mats, blocks, straps, blankets, bolsters and chairs are available for use throughout training. No personal props are required, although students are welcome to bring their own, if preferred.

There is a refrigerator for use. Tea and hot water are always complimentary.



RajaHatha School of Yoga™, is directed and owned by Amy Pearce-Hayden, ERYT-500, CRP where she is Chief School Administrator.

Tantra Wellness & Yoga is owned by Amy Pearce-Hayden ERYT-500, CRP

Required Dates and Hours:

Bi-Monthly Wednesday Evenings
6:00-7:15pm
Bi-Monthly Saturday Afternoons
11:30am -6:30pm

Weeknights: (2 Per Month Required)

Membership: All students will receive free online Tantra membership during training, and are required to purchase membership for Kula Yoga & Wellness

Weekends: (7 Hours) (with break)

September 23
October 7
October 21
November 11
November 25
December 16
December 30
January 13
January 27
February 17
March 2
March 16
March 30

About the Faculty

All Yoga instructors are recognized in their training by Yoga Alliance and are certified. Our instructors strive to live their yoga and share their knowledge as part of their life service (Karma). The Program is Directed by Amy Pearce-Hayden, ERYT-500 whose formal Yoga study began in 1995 as part of her training as a professional actor, and has now become her daily education and practice. Amy is the founder of The RHSOY™, and carries this simple philosophy: “Absolutely everything is connected. Our practice is in becoming present in the moment to allow for that reality and magic to joyfully unfold.” Her classes, workshops and private instruction can be found available throughout the NYC metropolitan area, Madison, WI and streaming online.

Amy has studied Yoga in India and also under the guidance of many western yogis. She received her Certification in Yoga that placed focus on the branches of Raja, Hatha, Jnana, Bhakti, and Tantra Yoga as well as Ayurveda. Amy has been leading the RajaHatha School of Yoga’s Teacher Training program since 2004. Fall 2023 will mark the 19th year in the 200-hour program, and her 23rd class to graduate. Amy has been featured regularly in “Yoga International” Magazine both as a contributor and cover model. Additionally Amy has been named “Female Entrepreneur of the Year” of Putnam County, NY. She is the author of “Living the Sutras”, *A Guide to Yoga Wisdom beyond the Mat*, and the spin-off Podcast “Living It”. Faculty guest teachers include local and international instructors as well as the support from graduates. Partner and community work are also integral in our training.

About RajaHatha™ Yoga Teacher Training & What to Expect

Throughout the intensive 6-Month Training, students will explore the ancient science of Yoga with in-depth focus on asana, pranayama, meditation, personal study and Self exploration, ancient yogic text study (with a focus on Patanjali’s Yoga Sutras), and other yogic philosophy, study of the physical, mental, energetic, emotional and spiritual bodies, as well as anatomy/physiology, teaching methods, yogic ethics, and the healing, restorative and therapeutic aspects of Yoga. The Training is appropriate for students who wish to deepen their Yoga practice and knowledge of the science, want to become certified teachers, or already teach and desire to continue their studies. Students who emerge with certification will have a very solid foundation on which to teach Yoga, in addition to gaining tremendous experiences that are often life-transforming.

Admission Policies:

Applicants must be at least 18 years old. Applicants must answer the admission questions below by deadline and deposit date of: August 1st. 2023.

Admission requirements include a completed application, deposit of \$100 , 6-months of consistent practice prior to start date, and an established asana practice.

Total tuition of \$4220.00 includes: Teacher Training Manual, all required lectures, access to pre-recorded training content, Amy's on demand library, as well as access to RHSOY future training. The balance of \$4120.00 is due September start date 2023. Payment plans are available . Required reading materials are purchased separately by the student, or available to borrow if copies allow.

Application for Admission

Name _____
Address _____
City _____ State _____ Zip _____
Phone day _____ Phone eve. _____
Cell Phone _____ Email _____
Date of Birth _____
Current Occupation _____
Degrees or Certifications _____
Education _____

Please answer the following questions on an attached sheet(s), via email at amypearcehayden@gmail.com or snail mail and return with application deposit. Checks can be made **payable to Amy Pearce-Hayden.**

Venmo preferred, Credit cards/cash accepted. Payment plans, please add 15%. (unless previously agreed upon)

1. How long have you been exploring the practice of Yoga?
2. How many times per week/month do you practice? What styles?
3. Do you practice meditation? If so, how often?
4. Please list where you have studied Yoga and with whom your teachers have been.
5. How were you first influenced to practice Yoga?
6. Why do you practice Yoga today?
7. Do you have a religious or spiritual practice? (may include Yoga)
8. Are you currently teaching Yoga, or have you in the past?
9. What has drawn you to RajaHatha Teacher Training?
10. In addition to Certification, what do you hope to gain or experience during the training?
11. Please list any health related issues that you are currently experiencing; physically, mentally, emotionally, and any medications you currently take or doctor's provisions.

Tuition and Fees:

Total Tuition is \$4220.00 (less the \$100) application fee and is due in full on the start date in September, unless a payment plan agreement has been made. Total tuition includes the teacher manual, as well as mentorship support during the duration of training. All required hours including observation and assisting hours are included in membership. If a student doesn't complete the minimum hours during the 6-month course, they will be able to complete their hours within 18 months of start date.

Application Fee is \$100. If for any reason a student is not accepted a refund will be issued, within 30 days prior to start date.

We offer no financial aid*, however payment plans (installments) are available on a case by case agreement with a fee of 15% (unless otherwise agreed upon prior to start date). See **Tuition Payment Authorization & Agreement**. For installments: after the deposit of \$100; \$4120 remains. Four equal payments of \$1184.50 (amount including 15% fee on \$4120) will be paid by the 1st of September, October, November and December 2023.

*BIPOC Scholarships are available.

Make Up Sessions, Missed Sessions:

Any missed sessions must be made up with the instructor who led the missed lecture or class. The student can elect to make up the missed hours FREE of CHARGE during the next cycle the training is offered, or before testing and graduation at \$135/hour at the convenience of the teacher's schedule.

Benefits:

Once a student had paid their complete tuition, they as alumni are invited to attend any and all lectures by the director free of charge anytime the training is offered. Alumni will receive the complete curriculum outline 30 days prior to the annual start date.

Completion:

No student will be awarded certification until all program requirements are satisfactorily met and all payments are received, unless a prior financial agreement has been made.

Acceptance and Notification:

Students will receive notification of acceptance to the Program within two weeks or less from application date, but not later than September 1st 2023. Included in the letter is an outline of what to expect for the start of training.

Advanced Standing:

The RajaHatha School of Yoga™ does not offer any advanced standing for any previous training from other yoga schools.

Housing:

No housing is provided by RHSOY™.

RajaHatha School of Yoga™
At Tantra Wellness and Yoga, Madison, WI

Tuition Payment Authorization & Agreement

By this contract, I _____ agree to make payments in the amounts and dates listed and agreed upon below. I also authorize the debit/charge to my account listed below on the 1st of each month until my remaining tuition of _____ has been paid. Overpayments or early payments can be made at anytime. I know that cash or a check that is issued before the 1st of the month which payment is due, can be used in place of the debit/charge account.

I understand that all payments are made prior to the lecture units of each month (unless otherwise noted below.)

Printed Name (student)

Signed Name (student)

School Director

Date

Remaining balance: _____ as of _____.

First payment: _____

Due: _____

Second payment: _____

Due: _____

Third payment: _____

Due: _____

Fourth payment: _____

Due: _____

Account to be debited: Credit/Debit or Bank (circle one)

Account # _____ exp. _____ code: _____
zip: _____

Checking Routing: _____ Account # _____

Address: _____

These payments include any interest and other charges that may apply.
This agreement is binding. First, late payments will incur a fee of **15%** every **60 Days late**. Insufficient payment and bounced checks will incur a fee of **\$25**.

By signing this agreement, all parties agree to the terms as described above. Alterations to this agreement can only be made by both parties and must be placed in writing. Both parties will receive a printed copy of this agreement, and will be responsible for upholding its terms.

Special Terms: _____

Program Description:

The RHSOY™ meets and exceeds all standards set by the Yoga Alliance. In order to maintain our registry with the Alliance and provide the student with the hours required to be registered at the 200 Hour Level with Yoga Alliance (RYT-200) a breakdown of time is included here.

Below is a grid outline of Yoga Alliance Required Hours, and where the program time is spent:

| 200 Hr Program Minimum Hours | Techniques 100 | Teaching Methodology 20 | Anatomy & Physiology | Philosophy Ethics Lifestyle | Practicum | TOTAL =170 + Balance of 30 |
|------------------------------------|----------------|-------------------------|----------------------|-----------------------------|-----------|----------------------------|
| Contact Hrs Min 160 | 109.5 | 14 | 22.5 | 15.50 | 8.5 | 170 |
| Non-Contact Hours | 22 | 37 | 12 | 37 | 12 | 120 |
| RHSOY TOTAL (must be at least 200) | 131.5 | 51 | 34.5 | 52.5 | 20.5 | 290 |

Sample Outline:

Wednesday, October 18th

6:00pm: Kriya, Pranayama, Meditation
 6:15pm:Dissecting Therapeutics and Modifications

Saturday, December 16th

11:30 Ayurveda Lecture-- with a focus on: the doshas,The gunas, Dosha test, Seasonal concepts, Practical application
 2:00 Chakra Lecture
 4:30 break
 4:45 Teaching a twist with 3 cues from asana sheet
 5:45 Spotting/Balance poses
 6:00 Closing & Dharma talk #3 prep

Saturday, February 17th

11:30pm Nervous System
 2:15 Circuitry of the Energy Body (Pranamaya Kosha)
 Nadis
 Mudras
 Bandhas
 4:00 Break
 4:15 Dharma talk #3
 5:45 Alignment and Anatomy for back-bending postures/Practice teaching
 6:00 Homework Silent closing

Subject Description & Educational Objective (See hours in chart)

Techniques/Training/Practice:

Over the course of 12 teaching units (the 13th is Assessment) the asana (postures) are divided into various categories including the breakdown of proper postural stance, principals of proper and safe forward bending, back bending, twisting, balancing, inverting, reclining, and resting postures. Time is spent in discourse, lecture and discussion, as well as experiential and practical teaching. The majority of this time is spent as contact hours, but a minimum of 10 hours is required of home study in the form of practice teaching. Mantra and Meditation are also part of technique study.

Teaching Methodology:

Each weekend unit builds on the previous unit to develop the student's skills of effective communication, observation, and analysis, with a focus on language and its use in effective and safe teaching. Hours include lecture and practical application.

Anatomy & Physiology:

Attention is placed on the relationship between physical anatomy (muscular and structural) technical anatomy (major systems overview: digestive, endocrine, cardiovascular, pulmonary, circulatory, lymphatic,) and the subtle body anatomy (chakras, nadis, bandhas, mudras). Hours include lecture and discussion with applied homework for submission.

Philosophy, Ethics & Lifestyle:

An introduction to the classic texts including the Bhagavad Gita, the Hatha Yoga Pradipika, and modern texts on ancient Ayurveda and Pranayama are outlined and applied to creating a personal relationship with yoga theory for the teacher in everyday living. A strong focus on the development of self-study through journaling and daily meditation follows these lectures as home study.

Practicum:

The RajaHatha™ lineage has a comprehensive focus on the psychology of the ego and its relationship to habit patterns and the emotional expressions of the individual. Through lecture, discussion, tactical homework and group study the students begin to explore and understand the mind's role in joyful and responsible living that will translate into applied teaching.

Completion Requirements and Policies

Students who wish to gain certification from the RHSOY™ must complete the following, and have 18 months from the start date of their training in which to finish. After 18 months students are required to re-apply to the RHSOY™ with the \$100 application fee.

-Attendance of all scheduled lectures

-Completion of all written assignments (each month a list of homework is distributed)

-Regular home practice which includes meditation and journaling (journal reflections are presented to the teacher at final assessment)

-60 Hours of Approved Yoga Group Classes divided into:

48 hours taking/demonstrating

6 hours observing

6 hours assisting (this may be modified to 5 online teaching assists due to COVID)

-Required reading and reflections from the following texts:

Light on Yoga by B.K.S. Iyengar

Patanjali's Yoga Sutras, translation by Sri Swami Satchidananda

The Bhagavad Gita translation by Stephen Mitchell

Yoga: For Body, Breath, and Mind, A Guide to Personal Reintegration by AG Mohan

Yoga & Ayurveda, Self Healing & Self Realization, by David Frawley

The Four Agreements, by Don Miguel Ruiz

Yoga Anatomy, by Amy Matthews & Leslie Kamnioff

-Atman Expression Project: Personal Thesis, presented to peers during training

- 10 Hours (minimum) Practice Teaching with fellow students or mentors

-20 minutes of Lecture Discourse on topic of choice to peers

-Recording and Submission of Calendar hours at final review

-8 Hours of Electives, which may include volunteer work, supportive modality study, or elective subject related reading or study.

-Organization and teaching a 20 minute sample class for evaluation where areas of assessment include: accuracy, assisting, voice, intention, sequencing, pacing, modifying and theme. Students are scored 1-10 (10 the highest) where the final average score must be 5.5 or higher. (Students can re-take this portion of the final exam if necessary)

- A 79% or higher score on the final written exam. (Unit 13) (Students can re-take this portion of the final exam if necessary)

Written exams and final assessment grades will be available within 30 days of testing. Each student will make an appointment with their lead instructor to receive grades and turn in calendar hours. If all requirements have been met, students will receive the Certificate of Completion within one week. Upon Certification students can apply immediately to be registered with Yoga Alliance.

School Policies (Required by Wisconsin State Public and Private Schools)

Non-Discrimination:

The RHSOY™ and its faculty does not discriminate on the basis of age, gender, physical ability, religion, race, sexual orientation, marital status or citizenship.

Student Conduct:

All students and faculty receive and sign an ethics, code of conduct, and material reproduction agreement form for submission and personal record. (See page 13) These are kept on file for the lifetime of the school plus 7 years of the school's final enrollment year. Students also sign a *Tantra Wellness and Yoga Health and Waiver/Release* form which Tantra Wellness and Yoga retains on file. A student may be placed on probation or dismissed from the program for unsatisfactory conduct. (see below)

Student Records and Assessment:

Student attendance and records, as well as assessment and feedback forms may kept for the lifetime of the school plus 7 years, or at least 7 years after the student was enrolled. Hard copies as well as electronic correspondence may be included. Students are responsible for logging public class attendance and home practice during the training. An electronic copy of a graduate's Certificate of Completion are kept indefinitely (permanently) and are available if a student needs a reprint or wishes to have an additional copy. Additional copies are \$20. All records are private and can only be accessed by the Director of the School.

Dismissal, Probation, and Re-admittance:

Illegal and criminal activity at Tantra Wellness and Yoga or in association with the program are strictly prohibited by the RHSOY™ and will result in immediate dismissal.

Any student who violates the signed "Code of Conduct and Ethical Guidelines" will be placed on probation for a period of one month per violation, where all make-up hours, lectures, and payment becomes the responsibility of the student on probation. During the period of probation, the student will be assigned a volunteer project or additional writing assignment pertaining to the code they broke. Upon the probation's end, the student will meet with their mentor or primary teacher to discuss continuation. Any student who opts not to continue or further ends up dismissed will be refunded any unused tuition as per the school's refund policy. A sincere, apologetic, and ready student will be immediately re-admitted. Any student who has been dismissed may apply to be re-admitted, but acceptance may not be guaranteed.

Students will receive feedback and verbal progress reports each month. Should a student require additional support or tutelage so that they are meeting required benchmarks, a meeting to discuss and implement a corrective plan will be made. Additional instruction may be subject to the hourly rate of the instructor.

A student will be dismissed after the Code of Conduct has been violated a third time, or due to illegal or criminal activity connected to Tantra Wellness & Yoga or in association with the RHSOY™.

Leave of Absence

The RHSOY™ grants a leave of absence at any time for any reason, and the student will be granted a tuition refund that follows the refund policy OR may choose to not take the refund and allow the school to retain and apply their tuition for subsequent training the following starting semester without having to re-apply for up to 18 months from date of leave. A request for a leave of absence may be verbal and is not required in writing.

Attendance and Tardiness:

Attendance of all dated program lectures and practicals are required for completion. Attendance is taken at the start of each day.

Attendance of 60 Hours of Group classes are required for completion, but students may choose dates and times of classes from the approved class list at their convenience, and have up to 18 months to complete the hours.

If a student is more than 15 minutes late for a class or lecture, they are considered tardy, and the time must be made up at the teacher's hourly rate.

Any missed lectures, days, or full weekends must be made up for certification. Missed hours can be made up free of charge the following year at semester start, or at cost by appointment one-on-one at the instructor's hourly rate.

Homework, or make-up demonstrations which are missed are required for certification and will be scheduled to be made up by student and instructor, and will not incur a fee, unless the hours require scheduling outside of training dates, at the teacher's hourly rate.

A student will not be dismissed for repeated absences.

Student Complaints:

If a student has a complaint or concern regarding a fellow student or instructor, the complaint should be brought to the School Director, Amy Pearce-Hayden. If the complaint is regarding the Director, the student may bring the complaint to the Education Board by contacting the Wisconsin Education Approval Board at 608-266-1996, or at Hill Farms State Office Building, 4822 Madison Yards Way, Madison, WI 53705.

Employment Services:

The School does not intend to offer job services for graduates of the RHSOY™ program. However it is the policy of Tantra Wellness and Yoga to notify any graduate interested in employment at Tantra Wellness & Yoga of employment opportunities that arise within as they become available. Graduates will be invited to audition and interview for positions which are open at anytime. We do not guarantee employment. The school will also forward any teaching opportunities that come to our attention to the graduates.

Refunds for Dismissal or Withdrawal

As per the State of Wisconsin Education Approval Board Policies, the RajaHatha School of Yoga™ in collaboration with Tantra Wellness and Yoga uses the following policies:
 The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period after acceptance (under EAB 6.04;)
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:

| Withdrawal | Refund |
|--|--------------|
| Prior to the start of the program | 100 % refund |
| After the start, but prior to 10% completion | 90% refund |
| After 10% completion but prior to 20% completion | 80% refund |
| After 20% completion but prior to 30% completion | 70% refund |
| After 30% completion but prior to 40% completion | 60% refund |
| After 40% completion but prior to 50% completion | 50% refund) |
| After 50% completion but prior to 60% completion | 40% refund |
| After 60% completion or more | No refund |

If a student discontinues their attendance of required lectures and classes and misses 20 or more hours without notice or is unreachable, they will be considered by the school withdrawn, and will receive any refund owed to them.
 Students will receive their allotted refund within 40 days after dismissal or withdrawal.

While written notice of withdrawal is preferred, any communication of a student’s intent to withdraw will be recognized and accepted including written via email or orally to the Director. Students who fail to attend 2 consecutive units (more than 20 hours) will be administratively withdrawn and refunded based on their last date of attendance.

Code of Conduct and Ethical Guidelines as adapted from Yoga Alliance

As a Student of Yoga and as a guide for living an honorable Yogic Lifestyle, 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.
3. Create and maintain a safe, clean and comfortable environment for the practice of yoga.
4. Actively encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliations or sexual orientation.
5. Respect the rights, dignity and privacy of all persons.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Adhere to all local government and national laws that pertain to my yoga studies, and/or teaching and business.
9. Honor wisdom and knowledge as passed down either directly from a Teacher or by published works through written or verbal acknowledgement.

Ethical Agreement of Teaching Material:

According to the Yamas and Niyamas, I additionally agree not to reproduce or copy unethically any material that rightfully belongs to the RajaHatha Yoga School of Yoga™ Teacher Training without permission and or acknowledgment.

Signed _____

Date _____

Printed _____