

SOLEIL LUNE YOGA SCHOOL

Fulfillment of this Training Program leaves our students with:

A Yoga Alliance Certification: earn a Certificate of Completion of a 200hr Yoga Teacher Training Program and be able to register with Yoga Alliance as a 200RYT.

A Wealth of Knowledge: leave with a deep understanding of the philosophy of yoga, asana, pranayama and meditation.

Full Embodiment: solidify and own their life, yoga and faith practice experiences.

Authenticity: learn how to authentically live their yoga on and off their mat.

A Tool Box of Intelligent Class Designs: they will have learned the art and science of designing and delivering a safe, dynamic Vinyasa yoga class. Students will design classes with a specific purpose, giving all a notebook of ready to teach classes to start their yoga teaching career.

Skills to Truly Teach: Our program isn't about memorizing and reciting sequences. Instead, an emphasis is placed on teaching principles for clearly instructing the bodies in front of you while bringing those bodies and minds into physical and energetic alignment. **RESULT: All graduating students have employment teaching yoga and/or are using their education in their current vocation.**

The Gift of Finding Yourself: This program will give them the space and opportunity to find their practice of transformation as well as develop/refine their own teaching style.

Post Grad On-going Support: Support for graduates includes free repeat attendance at future 200-hour trainings & life-time access to Trish &/or Kate for guidance & questions as their yoga teaching journey unfolds. We will come alongside them as a teacher as well as if owning a studio is in their future. It is a fantastic partnership for creating change in the world and continued encouragement for them to shine as brilliantly as possible! **RESULT: Mentoring hours have been established with graduating students for developing their businesses.**

Weaknesses

Saturation of Market: with Yoga on the rise, there is a definite potential for the market being overly saturated with 200-hour course of study/certification programs. To combat this we will need to find an audience and convert them into students. This will require creativity, commitment and adaptability. Our best students will come from within the Soleil Lune Yoga Studio's community of existing practitioners and so maintaining the student body with attrition will be of utmost importance and replacing turnover which is estimated nationally at 35% every three years. Saturation also means strong demand and it will be important for us to set our program apart. We will do this through excellence and maintain our current standard of offering what other programs offer in their advanced training, we offer in our entry level training. We will also create an advanced studies course (300-hour) that will focus on yogic philosophies and yoga therapeutics, where other programs tend to offer a deeper knowledge in basic anatomy and only teach superficially teach philosophy. We will also create Continuing Education Courses for 200-hour and beyond graduates to maintain their certification status. We currently have both underway: our advanced program is being developed and both lead instructors are CEC certified facilitators. **RESULT: Two CEC programs being offered 2021/2022. These will be the foundation for the 300 hour advanced study program currently under development. Synergistic relationship with a non-local studio that does not have a teacher training program has been created: Waves yoga Studio in Manitowoc, WI, Hot Yoga Milwaukee, and UWM Waukesha.** Cultivating a familiarity of our lead instructors within their studio will be done by teaching workshops and immersions in order to grow a curiosity to go deeper and enroll in the 200-hour course of study

Lead Instructor Leaving: It is always a possibility one of our lead instructors will leave whether by choice or life circumstance. **RESULT: Year commitments from each lead instructor required for a period of two years into the future.** We require all of our lead instructors to turn in their lectures as we know there can be instances of sudden illness or other life circumstance that can keep the instructor from being present. It is in this way we maintain the integrity of the program and the material covered. We also have the other lead instructor take notes in order to make the instructor binder more detailed as to what was covered during the course work. **RESULT: Full curriculum note taking is available for our lead instructors to review from the last program offered. All lectures have been typed and are available for lead instructors to review and use if illness occurs.** We will also need to be cultivating other staff members to become lead instructors as well as cultivating strategic partnerships with other teacher training instructors and partner with them to instruct their specialties: for example physical therapist for anatomy and injury instruction, Sanskrit scholars for instructing the language, etc. **RESULT: Cultivation of partnership with Mark Dominick for meditation instruction. We are already in the process of developing a mentorship program for cultivation of lead instructors that will coincide with our developing a 300-hour advanced certification program. We plan to launch our 300 advanced certificate in 2024.**

Limited Space: The studio space is limited and the ratio we require is 1 lead instructor for every 10 students. Procuring more lead instructors will be pertinent to the growth of our program. The current studio space limited in size and to overcome this we can offer our program multiple times per year in order to maintain the personal care that smaller class sizes offer. The course can be offered on a weekend basis, like it is currently, but can also be offered as a course that meets one time on a weekly basis. Other options are to offer a month immersion course or alliances with other studios as mentioned before.

Problematic Students: We recognize not all students admitted into the program will be ideal. Some will be troublesome and others will not be a good fit. We must be able to come alongside each student and meet them where they are at. We also need to honor the commitment of other students and be willing to take appropriate measures to remove problematic students. The Soleil Lune Yoga School has strict parameters of attendance and course work that must be met. It will be key for us to have a discussion and plan for when the course work is met, attendance is met, yet the student fails to create a safe container for their yoga teaching. We have a relationship with another studio who experienced this and it will be very informative to get their perspective on this. **RESULT: Adherence to our guidelines proved positive with no behavioral issues to address this past year.**

Life Cycle of a Yoga Student: The average lifecycle of a yoga student is two years. It will be important within our training program as well as within the culture of the yoga studio to focus on, maintain, and emphasize yoga is a lifestyle. Yoga is not just a class you take. It will be important for the instructors of the studio and the teacher training program to encourage their students through wisdom, knowledge, relationship, and modeling the lifestyle of wellness that yoga offers. A lot of studios and teacher training programs revolve around financial means. We

focus on the person and their wellness. **RESULT:** Investment of time into student relations proved valuable. All of our students graduated on time without additional tutoring.